

2017 WA State 4-H Forum Workshops

Friday, October 20th Track Trainings

9:00 AM - 4:00 PM

FA-01 Make a Splash, Become a 4-H/FFA Poultry Judge (Pam Watson) - FALLEN TIMBERS
A Judging in 4-H, show room set up, and using the Standard of Perfection (have one, bring it). How are market classes different; what may be included in county shows? Fitting and Showing questions age appropriate for all levels of 4-H/FFA. A panel of experienced county fair or higher level judges. **\$5 Fee**

1:00 PM - 4:00 PM

FB-02 Jumping: How to get started (Kathy Manor) - FALLEN TIMBERS B
All the information you need to get a jumping program started and safely run it. You will learn about how to qualify riders for jumping, what is involved in designing a course and get instructions on building your own jumps.

FB-03 Successful Camps for Small Counties/Areas (Patricia Shamek/Martha Parsons) - CHEHALIS D
Whether putting on a horse, judging, still life, or quilt camp; we will help you with ideas for planning, advertisement, and share our experience in doing camps in small counties.

FB-04 Promoting Ag Literacy in Youth (Susan Kerr/Kristen Hinton) - CHEHALIS E
Because so few of us farm anymore, the public has little knowledge about modern farming practices. This knowledge gap sets the stage for consumers to be confused about how their food is produced. This workshop will introduce participants to resources designed to increase agricultural literacy in both children and adults.

Saturday, October 21st Workshops

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

SA-01 Farm to Table-Understanding the Meat Animal Puzzle One Bite at a Time (Mark D. Heitstuman/Janet Schmidt) - FALLEN TIMBERS A
Through interactive and hands on activities, workshop participants will gain a better understanding of how livestock genetics, selection, nutrition, and management impact the consumer eating experience. Carcass quality and yield grade will be discussed as it relates to the ultimate price that the producer receives for the animal.

SA-02 Dive in with your Head and your Heart (Ann Fagerlie/Lynda Hotchkiss) - FALLEN TIMBERS B
Dive in to the world of civic engagement and discover service learning. Sewing can be a fun & rewarding adventure. Organize a service learning day camp/afterschool group to sew special items for donating. Bring your sewing machine to make and take home projects.

SA-03 4HOnline: Dive into Improved Communication at the Club Level (Natalie Kinion/Bailey Young/Josefina Guzman) - CHEHALIS D
Moving 4-H enrollment to the 4HOnline system will make it easier for leaders to communicate with members. We will teach you tricks to running reports, sending out blast emails, creating directories by project, and other useful tips to utilizing 4HOnline to make communication at the club or county level even easier!

SA-04 Make a Splash with Social Media (Nancy Baskett) - CHEHALIS E
Learn how social media can enhance your 4-H programs. Learn which platform is right for you. Is a group or page the best for your club. Learn how you can use Facebook for marketing and information sharing as well as focus your audience. Learn does and don't and other tips"

SA-05 The World of Pollinators and Painted Ladies (Sheila Gray) - CHEHALIS F
Pollinators are in the news almost daily. Often the headline reads no bees; no food." Helping our youth recognize pollinators beyond bees will help ensure that they will be cared for in the future. Come learn about different pollinators, complete metamorphosis, and how to raise a Painted Lady butterfly. **\$3 Fee**

SA-06 Wade into Getting Money and (Record) Keeping it! (Jana Ferris/Missy Cummins) - NORTHWEST TERRITORY A
Would you like to know how to generate money for club AND how to maintain your funds so that you follow the policies and procedures for 4-H? This workshop will combine the two in a fun simulation that walks you through the process. Skills and techniques will be shared to help you teach others using the simulation and provide a concrete example of how youth

SA-07 2018 Know Your Government Orientation: Lobbying for Change! (Alex Laughery/Dorothy Elsner) - NORTHWEST TERRITORY B
KYG 2018 will explore the Legislative Process. During pre-conference county meetings, participants will learn about the U.S. Legislative system and how it works interactively with the executive and judicial branches of government. **(Continued to Session B)**

SA-08 4-H Horse Program Round Table (Pat Pehling/Jennifer Leach) - NORTHWEST TERRITORY C
An opportunity to share time with State Extension Horse Specialist, Equine Advisory Committee members and other Horse Leaders to discuss current status of 4-H Horse Publications, future policies, and revisions and share innovative ideas to help county programs overcome issues and increase successful youth development.

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

SB-01 Animal Behavior and Handling (Amber Adams-Progar) - FALLEN TIMBERS A
Projects that include caring for an animal teach youth responsibility, compassion, and decision making skills. Working with animals; however, also increases the risk of youth injuries. This workshop will teach participants how to evaluate animal behavior and create a safe environment for youth as they learn how to handle animals.

SB-02 All Together, Not All the Same (Eric Larsen/Mary Katherine Deen) - FALLEN TIMBERS B
This training will provide you the opportunity to integrate principles of positive youth development with diversity and inclusion practices that can be applied to the 4-H program that you serve. You'll leave with a new perspective as well as resources, activities and lessons you can use with your club, project, or any other context.

SB-03 Club Officers: Going from Treading Water to Synchronized Swimming (Kevin Wright) - CHEHALIS D
Come check out the new Club Officer Handbooks. This workshop will introduce the materials and help you make club officers effective and develop leadership skills. Whether you're training for the county or just your club, these materials will make it easy to have successful officers in all your 4-H groups.

SB-04 Feed your Farm with Fodder (Donna Ruelas-Semasko) - CHEHALIS E
A workshop on making a mini fodder grow system to help you understand how fodder grows. Fodder is the new farm animal feed and can be done in a small way or large way. We will go over the nutritional values of fodder and discuss fodder equipment and seeds. **\$5 Fee**

SB-05 How to give a memorable Informational Presentation (Gary Fredricks) - CHEHALIS F
The presentation will illustrate several methods used to engage an audience for greater understanding and retention of information. Learn how to have your audience leave with a complete understanding of the material presented, desirous to use it when they get home and wanting to come back to learn more.

SB-06 Round Table: Teaching Foundations in Personal Finance (Michelle Lain) - NORTHWEST TERRITORY A
This workshop will discuss teaching the complexities of personal finance to middle school aged youth.

SB-07 2018 Know Your Government Orientation: Lobbying for Change! (Alex Laughery/Dorothy Elsner) - NORTHWEST TERRITORY B (Continued from Session A)

SB-08 Do Horses Really Make A Difference in Youth? (Jennifer Leach) - NORTHWEST TERRITORY C

The research says yes!!! Come and learn about the impacts that working with horse's have on reducing stress in youth, increasing self esteem, equine assisted learning, and other tidbits of the research. The workshop will also provide research from our own WSU Human Development department faculty and graduate students who have done research on how middle school teens working with horses have proven reduced stress levels. Don't be turned off by "research", as you will learn that horses really do make a difference and it not always what happens in competing---but is what happens in world of practicing horsemanship, working with others, and finally--the relationship with the horse. As horse leaders---you know that you are making a difference---but now is the time to tell others--non horse leaders--that the research proves the point that we are making a difference through the 4H horse project.

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

SC-01 Learning to judge is for everyone! (Marilyn Brennan/Mindy Wallace) - FALLEN TIMBERS A

Judging contests and activities aren't just for livestock and horse kids! You'll learn some fun ways to incorporate judging activities into meetings whether your members are into gardening, sewing, rockets, or food preservation.

SC-02 Life is more fun when you're crafting (Annthea Gobel) - FALLEN TIMBERS B

In this fun workshop come learn some techniques for making cards and scrapbook pages as well as learn how to make an ornament out of toilet paper.

SC-03 Zoom Calls Demystified/Survey Monkey (Abby Hirte-Uhlorn) - CHEHALIS D

This class will help educate participants on Zoom. Together we will explore Zoom, look at what can be done using Zoom and Survey Monkey. Bring a tablet, cell phone, or laptop.

SC-04 Small Animal Roundtable (Jean Lindsey) - CHEHALIS E

Roundtable discussion to talk about the challenges and rewards of working with Rabbits, Cavy's, Chickens and Cats, in the 4-H environment. Working with curriculum and projects to reach members goals. Also Livestock auctions with those projects involved.

SC-05 Empowering Youth Through Parliamentary Procedure (Alison White/Natalie Hernandez) - CHEHALIS F

Parliamentary procedure is a time-tested method that empowers all 4-H members to have an equal voice in their club. However, when misunderstood, it can be intimidating instead of encouraging. We'll explore several hands-on activities for leaders to share with their club, helping all involved learn more along the way.

SC-06 STEM Robotics: Sharing What We Have Learned Running Our Program (Ron Wright) - NORTHWEST TERRITORY A

We will demonstrate various robot brands and discuss advantages of each, costs, program setup, physical site needs, competitions, funding, and structuring volunteer help. Robot brands are LEGO EV3, VEXiQ, Tetrax Prime, Parallax BOE-bot, Tetrax MAX, and M.A.T.E.

SC-07 Effectively teaching Challenge activities (Alex Laughery/Dorothy Elsner) - NORTHWEST TERRITORY B

"During this workshop participants will learn the importance of Challenge activities, and why they are used in 4-H. Along with learning the importance of challenge activities we will be building a resource guide that participants can take home after the presentation."

SC-08 Introduction to Western Dressage (Sarah Gunderson) - NORTHWEST TERRITORY C

Find out what Western Dressage is all about. This new riding discipline was just added to USEF in Dec of 2013. Learn about the similarities and differences between Western Dressage and English Dressage. What do you need to know to train and compete.

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

SD-01 Be a 4-H State Fair Coordinator for your county! (Marilyn Brennan/Bruce Bradley) - [FALLEN TIMBERS A](#)

Join us as we explain the benefits to your county 4-H program when you have a volunteer step into the role of 4-H State Fair coordinator. We'll give you all the tools and information to help your members have a great State Fair experience.

SD-02 Know Your Surroundings (Jeff Floyd) - [FALLEN TIMBERS B](#)

Learn about ways to keep you and your loved ones safe by being aware of what is going on around you. We will discuss about what to do if something does happen along with schools Run, Hide, Fight.

SD-03 The 4 "H"s of Goal Setting (Jenny Schmidt/Tanya Barnett/Joy Lile) - [CHEHALIS D](#)

Help your 4-H club, council, members and volunteers plan for success. Let the 4 "H"s, guide you in setting goals for your 4-H experience. Practice a variety of individual and group goal setting models and methods. Apply your goals towards establishing an annual budget and take positive community action!

SD-04 Get to Know You Games (Jenny Taylor) - [CHEHALIS E](#)

Do you want to create a welcoming atmosphere at your 4-H meetings? Do you need a fun way to learn names? Do you want to get to know parents and members a little bit better? In this workshop, we will play a variety of get-to-know-you games that you can use at 4-H meetings and events to get everyone involved and having fun. Get-to-know-you games are also a great way to build confidence and get members comfortable speaking in a group. Let's get to know each other!

SD-05 4-H International Exchange=Global Perspective (Dianna Ullery) - [CHEHALIS F](#)

Participants will learn about the States' 4-H International Exchange Program in Washington and how it can enrich the experiences of 4-H families, members, and volunteers. Cultural exchange through an immersion experience is the unique feature of this WSU 4-H Global Initiative.

SD-06 STEM made Simple: STEM Patch Program (Phoebe Bachleda) - [NORTHWEST TERRITORY A](#)

Ever wondered how to encourage and support STEM programming? Learn how to highlight the STEM activities that are already happening on a weekly basis in your 4-H programs. 4-Hers are already scientists when they wonder, observe and try to predict what will happen. Join in and discover STEM everywhere!

SD-07 Youth Leadership Opportunities Round Table (Rachel George/Doreen Tudor Bennett) - [NORTHWEST TERRITORY B](#)

A discussion of teen leadership opportunities available and those that leaders can help make available to youth! Come share and brainstorm ideas on teen leadership opportunities and ways to implement them.

SD-08 Horse Game Night - Learning in Action (Billie Dorsey) - [NORTHWEST TERRITORY C](#)

Thurston County 4-H Horse Department has hosted successful Horse Game Nights that bring in new members, increase member knowledge, challenge all ages, and bring a sense of community to the entire department.