Leaders by Choice....

JOIN THE REVOLUTION OF RESPONSIBILITY

2013 Michigan 4-H Volunteer Forum

Saturday, November 9, 2013

Michigan State University

Plant and Sciences Building, 1066 Bogue Street, East Lansing, MI 48824

Interactive Campus Map - Michigan State University

2013 4-H Forum Schedule Overview

8 – 9 a.m.  Registration & Check-In
Morning Beverages & Snacks Available
MSU Plant & Soil Sciences Building, Head House
Parking Available Near-By

9 a.m. Welcome  
Julie A. Chapin, Ph.D.
Director, MSUE Children and Youth Institute
State Leader, Michigan 4-H Youth Development

Keynote  
Amanda Eicher, Keynote Speaker
Amanda’s Opening Keynote will follow the General Welcome

Session selections in each block are listed in the registration materials. Participants will pre-register workshop selections.

10:30 – 11:20 a.m.  Block A Sessions
11:30 a.m. – 12:20 p.m.  Block B Sessions
12:20 – 1:30 p.m.  Lunch
1:30 – 2:20 p.m.  Block C Sessions
2:30 – 3:20 p.m.  Block D Sessions
3:30 – 4 p.m.  2013 4-H Forum Closing
Amanda Eicher — Keynote Speaker

Amanda Eicher lives in Sturgis, MI with her husband Luke and their 4 daughters ages 9, 7, 5 and 4. Amanda graduated from Michigan State University with a B.S. degree in Family Community Services and has an emphasis in Youth and Leadership. Her involvement in 4-H and FFA as a teenager and young adult gave Amanda an understanding and heart for volunteering. Amanda is passionate about motivating people to impact lives and making a difference.

Amanda’s Opening Keynote will follow the General Welcome at 9 a.m.

REGISTRATION DEADLINE AND FEES:

- Registration Deadline is November 1, 2013
- Registration is $35. Per person
- The registration fee covers morning snacks, program costs, and lunch.

REGISTRATION is available online at:  http://events.anr.msu.edu/2013volforum/

Cancellation and Refund Policy:

If you must cancel your registration, please do so as soon as possible. Substitutions are accepted. Registration fees, will be refunded if notice is received by November 1, 2013. To cancel registration, your please send a written/email request to Dixie Sandborn at sandbord@anr.msu.edu

SPONSORSHIP AND APPRECIATION:

The Michigan 4-H Volunteer Forum is sponsored by the Monsanto Corporation. Support is also provided by the Michigan 4-H Foundation with gifts made in memory of Dr. Norman A. Brown, former Michigan 4-H state director, and the Westrate Family Endowment Fund, created by Mr. and Mrs. Benjamin Westrate, former Michigan 4-H Foundation executive director.
HOTEL INFORMATION:

Experience the finest hospitality at the Quality Inn University in East Lansing. The Quality Inn® University is located just one block from U.S. Highway 127, less than two miles from Michigan State University.

Additional area points of interest include: Impressions 5 Science Center, the Michigan Historical Museum, the Michigan State Capitol, the Potter Park Zoo and Eastwood Towne Center.

This hotel is proud to offer free full hot breakfast, featuring homemade waffles, eggs, sausage and an assortment of other breakfast items. Additional amenities include:

- Free beverages at the poolside bar; limit two per room
- Free WIFI access
- Free 24-hour coffee
- Free local calls

The courtyard contains an indoor heated pool with an adjoining hot tub, poolside lounge and bar, and a 6,000-square-foot recreational area with three high-definition televisions, two pool tables, game room and several other activities. Enjoy a workout in the exercise room.

All guest rooms feature microwaves, refrigerators, coffee makers, hair dryers, irons, ironing boards, and cable television with HBO and CNN.

For more hotel information go to: http://www.qualityinn.com/hotel-lansing-michigan-MI030

Room cost is $86.95 plus tax per night per room – based on availability.
Call Central Reservations at 1-517-351-1440.
Please request the 2013 Michigan 4-H Volunteer Forum discount.

There is no reserved block of rooms and this price is available based on availability.
# 2013 4-H Volunteer Forum Session Offerings

**Important Note:** When a session reaches its capacity; the session will no longer appear on the web-based registration system.

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| **Using Social Media: 201**  
Already have a Facebook account? Sent a few tweets? Ready to take social media to the next step? Explore how social media can be safely and effectively used to expand and enhance your 4-H programs!  
Repeat from Block A | **Using Social Media: 201**  
Repeat from Block A | **Inclusive 4-H**  
Discover *The Differently Abled 4-H Program* and learn about our inclusive philosophy which is all about emphasizing abilities and making children feel successful! 4-H is for children with all level of abilities. During this session we will give ideas and brainstorm how to help make your 4-H program more inclusive! | **4-H Curriculum Pizazz**  
A whirlwind tour of 4-H CCS curriculum – from entrepreneurship to entomology; from sprouts to sport fishing! See & sample activities from project guides to support your 4-H group or after-school program. |
| **Take Charge! 4-H Officer Roles & Responsibilities**  
Learn about the roles and responsibilities of being an officer. Empower teens to take the reins and effectively run meetings. | **Parliamentary Procedure**  
“I move” “Call for the vote” “Old Business; New Business” Learn the basics of parliamentary procedure and experience hands-on activities of how to teach parliamentary procedure to others. | **Advisory Groups**  
Advisory groups are an essential part of the 4-H Youth Development programming efforts. This workshop will explore how to maximize your experience as an advisory group member and how to involve youth in a decision making capacity. | **Duct Tape Sculptures: Lead in Style**  
Positive leaders motivate, inspire and create an atmosphere for each individual to participate. In this session, you will work in small groups to design a duct tape sculpture; in the process you will learn about four popular leadership styles. |
| **Heads-On, Hands-On: Experiential Learning**  
Are you familiar with the Experiential Learning? If not, this session will teach you about experiential learning and how to incorporate it into your programming efforts. Experiential learning helps youth to be engaged in their own learning, simply by asking questions. Come and discover experiential learning! | **Be Safe - Bullying**  
Bullying is of great concern to many educators, youth workers, volunteers and young people. This engaging workshop focuses on addressing issues of bullying in settings such as 4-H and provides information, tools and resources. Participants will learn about a new MSU Extension initiative called Be SAFE: Safe, Affirming and Fair Environments. | **Anywhere Animal Science Activities for $10 or less**  
This session will teach volunteers how to easily demonstrate and facilitate activities on topics including digestions, nutrition, livestock judging, biosecurity, cells and more. The lessons can all be replicated anywhere for less than $10 per lesson. Participants will also be asked to share their own ideas and ways to adapt lessons to fit their 4-H audience. | **Anywhere Animal Science Activities for $10 or less**  
Repeat from Block C |
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| **Who’s Behind the Mask?**  
4-H teaches young people citizenship, leadership, and life skills. That’s what we tell people anyway; but how do we prove it? This interactive session will guide you through tools that you can intentionally incorporate into what you are already doing with your club to ensure life skill lessons. | **Positive Discipline in 4-H Clubs & After-School Programs**  
Kids are excited to learn in 4-H. They’re ready to let loose & have fun but in the club setting keeping some sense of order that be challenging. Come learn techniques for positive discipline that work to maintain a fun & safe environment. | **Promoting Academic Success with 5-8 year olds**  
Ideas and activities galore for volunteers who are enjoying engaging with our youngest 4-H participants. Share your ideas too! Celebrate 4-H Cloverbuds! Helping 5-8 year olds develop life skills through 4-H is an important task. Come prepared to get involved. | **TechXcite: An Overview!**  
TechXcite “get your feet wet” session. Discover TechXcite which is an after school engineering curriculum from Duke University. Sample a TechXcite unit & learn how to use them with youth in your county! Kristy will be offering a more extensive TechXcite double-session in the morning. |
| **Sew Easy! Sew Fun!**  
The TV program **Project Runway** shows without a doubt, with a little imagination and know how, you can learn to sew. Session will introduce you to easy sewing projects and patterns that you can use with youth and aspiring fashion designers of all ages.  
**Addition fee $3.00; payable at the session.** | **Be Sharp & Garden Smart**  
Gardeners of all ages will be introduced to gardening practices that work in harmony with Nature. Learn about and build paper plant pots, a mini rain barrel, garden markers, and a pop bottle container wicking system.  
**Additional fee $5.00; payable at the session.** | **Backpack to Adventure**  
An overview of the NEW Backpack to Adventure: Youth Leaders in a Global world curriculum. Using the mythology of the turtle, this session introduces five competencies (Character, Citizenship, Communication, Creativity, and Culture) for youth to become leaders in a global world. Participants will create clay sculptures depicting the five competencies and then present interpretations to the group.  
**Iris Paper Folding**  
Make beautiful greeting cards or wall hangings! Iris paper folding consists of strips of paper that are layers upon each other to create amazing designs. During the session you will make a greeting card.  
**Additional fee $2.00; payable at the session.** | **Iris Paper Folding**  
Repeat from Block C |
| **Valuable Life Skill$**  
Teach your 4-H members to be wise with their money and savvy consumers! **4-H can help!** You don’t have to be a financial whiz to utilize the 4-H resources that instill basic money management skills in children and teens. Explore activities appropriate for members of varying ages and in any project area. | **Valuable Life Skill$**  
Repeat from Block A | **Iris Paper Folding**  
Repeat from Block C |

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<td><strong>Build Your Future: Activities for Teens</strong>&lt;br&gt;Build Your Future: Choices, Connections, Careers is a brand-new 4-H curriculum that connects teens with a future-focused vision. Participants will leave with ideas on how they can use the curriculum. The curriculum’s goal is to show youth the opportunities that exist for them beyond their K-12 education and how to make a plan to achieve those goals.</td>
<td><strong>Build Your Future: Activities for Teens</strong>&lt;br&gt;Repeat from Block A</td>
<td><strong>Fun with 4-H Foods Projects</strong>&lt;br&gt;From eating local to exotic international spices 4-H Foods is a tasty project for all interested in eating. Enjoy learning about healthy foods, entertaining, or simple creating fantastic dishes to delight your palette. We guarantee to be a tasty adventure for participants.</td>
<td><strong>Fun with 4-H Foods Projects</strong>&lt;br&gt;Repeat of Block C</td>
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<td><strong>Goats Around the Globe</strong>&lt;br&gt;Goats are wildly popular and vastly different around the world. Learn how different environments require different goat breeds. Discover impacts globally and culturally and how changes thousands of miles away could spell opportunity for Michigan goat farmers and 4-Hers. Another highlight too is how unique projects and field trips that can be tied to a goat project.</td>
<td><strong>4-H Dog Opportunities &amp; Programming</strong>&lt;br&gt;The 4-H Dog Project has a lot to bark about. Come learn more about this fantastic project area. Learn about dog care, training and showing. Great for all 4-H’ers who truly love man’s best friend.</td>
<td><strong>Shooting Sports</strong>&lt;br&gt;Come and learn the basics on starting a shooting sports program. The program is based on the National 4-H Shooting Sports Program. The session emphasis will be on the Archery but will include basics on the disciplines of Rifle, Shotgun, and Muzzle-loading.</td>
<td><strong>Shooting Sports</strong>&lt;br&gt;Repeat from Block C</td>
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<td><strong>Be Safe:</strong>&lt;br&gt;<strong>Moving from Ally to Bystander</strong>&lt;br&gt;Settings where bullying behaviors occur nearly always involve a larger group of bystanders. An important aspect of creating positive change involves helping kids and adults move from being passive bystanders to being</td>
<td><strong>No Child Left Inside</strong>&lt;br&gt;Since 1975, 4-H has given youth an opportunity to renew the bond with self, others, and environment through the Outdoor Adventure Challenge project. Session will cover possible club structures, management, and activities. Stories and photos of activities like rock</td>
<td><strong>Partnerships for Positive Youth Development</strong>&lt;br&gt;“Partnership for Positive Youth Development” is the story of how members of a small community in Michigan have effectively worked together to support young</td>
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**Powerful Allies**
- That is, people who use their voices in powerful ways to interrupt hurtful behaviors, to support those being targeted, or to do both.

**Block A**
- Climbing, backpacking, camping, canoeing, kayaking, winter camping, wilderness survival, and wildlife photography will be shared too!

**Be a Spartan: MSU College of Agriculture & Natural Resources**
- Be amazed by the career pathways offered by MSU CANR – from Pre-College to Packaging to the Institute of Ag Tech! From Food Science to Forestry! Whether they are in the high school Class of 2014 or 2020 cultivate their interests & discover opportunities to jump-start Michigan’s 4-H members in CANR!

**Prepare Youth for Global Workforce**
- The world of work has changed. Workforce preparation has gone from hard to soft skills. While the former is still important, the latter is imperative for youth to succeed in a globalized economy. Experience and solve intercultural workplace scenarios using new skills that can be “employed” in your club.

**Everyday Items**
- Save yourself from another boring meeting! Ice Breakers, Energizers, Games can quickly spark your club, committee or group for success and learning. You’ll have fun learning some quick, easy activities using everyday items. You will leave this session with at least 20 ideas to take back to your club and county.

**Meeting in a Box**
- “Meeting in a Box” or “Grab & Go Kit” Learn which supplies are best for the box and how this will make your life easier! Participants will develop a bag of tricks to take home and be ready to pack their own box when they get home.

**TechXcite**
- Kristy Oosterhouse
- **Double Session**
- Discover engineering with TechXcite! This hands-on workshop will introduce participants to TechXcite, an after school engineering curriculum from Duke University. Explore activities such as Bionic Arm, Quest for Speed, and Solar Car and learn how to use them with youth in your county!
- *Kristy will also be offering a single session overview of TechXcite in Block D.*

**Relax**
- Gail Innis
- **Double Session**
- This workshop will assist participants to better manage anger and stress in interactions with other adults, children, and volunteers. Participants will learn:
  - What anger is and what triggers it;
  - Ways to calm down/de-stress;
  - Principles of problem solving & effective communication skills; and,
  - Ways to forgive and let go of the past.

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