

Session 1 8:30-9:30 AM	Break 9:30-9:45	Session 2 9:45-10:45	Break 10:45-11:00	Session 3 11:00-12:00
Mindful Me (15 people) Presenters: Pat Stackhouse and Martha Klaumann		2 hour		Scrappy Gift Box (10 people) Presenters: Pat Stackhouse and Martha Klauman \$7.00 fee
Breakout: The Livestock Feeding Game (20 people) Presenter: Colleen Buck \$5.00 fee		Winter Horse Projects (20 people) Presenter: Heather Hamilton		Having Fun With Outdoor Adventure (20 people) Presenters: Colleen Buck and Robin Weinmeister \$5.00 fee
Soils- Life Beneath Your Feet (20 people) Presenter: Renee Gebault King		Squishy Circuits (20 people) Presenter: Alice Burchak \$10 fee		Resource Refresher: Livestock Quality Assurance (30 people) Presenter: Renee Gebault King
Build Your Program Through Reflection Presenter: Meghan Phillippi		Plan for Safety to Keep 4-H Fun Presenter: Meghan Phillippi		4-H Grows Financial Responsibility and Accountability Presenters: Meghan Phillippi and Anne Wassan
Farming is Risky Business Presenter: Shylea Wingard		Lighten Up Your Life (15 People) Presenters: Lacey Lanaghan and Melody Harris		2 hour
A Family Affair: Involving Parents in 4-H Activities Presenter: Allison Kosto		Building Blocks of Perception and Expectations (20 people) Presenter: Gary Bailey		Clever Clover Communications Presented by: Allison Kosto, Mandie Reed
Leadership 1, 2, 3 Presenters: Brett Schomer & State Ambassadors		Montana 4-H Beyond the County Presenters: State Ambassadors		Not Just Fluff! (20 people) Presenter: Madison Bailey

Highlighted areas show workshops with a fee or they are 2 hours workshops or both.

Workshop Descriptions:

A Family Affair: Involving Parents in 4-H Activities (Presenter: Allison Kosto)

Ever feel like you are the only one who does all the work in your 4-H club? Do you struggle to get parents to actively participate and assist with 4-H activities? If so, then come to this workshop to explore the topic of parent involvement and techniques to engage more parents in your 4-H club and activities.

Breakout: The Livestock Feeding Game (Presenter: Colleen Buck)

Participants will learn basic livestock nutrition, by solving puzzles, clues and riddles in order to open a locked breakout box full of helpful information and prizes. Whether a leader or a club member, knowing what to feed and how to feed an animal is an important part of any livestock project. This workshop will utilize basic livestock nutrition information with a twist of fun and a bit of a challenge as the box will be locked with up to 5 locks that will need to be unlocked. (\$5 fee; limited to 20 participants)

Build Your Program Through Reflection (Presented by Meghan Phillippi)

Reflection is an essential part of learning, yet most of us are not taught to be reflective learners, nor are young people offered much opportunity to pause and reflect as part of their typical school day or out-of-school program schedule. This workshop will teach you debriefing, processing and reflecting activities to use in your 4-H programming.

Farming is Risky Business (Presenter: Shylea Wingard)

A fun, interactive way to learn risk management for your farm or project through a risk management game.

Leadership 1, 2, 3 (Presenters: Brett Schomer and the State Ambassadors)

Travel with fellow workshop participants on a journey down the road of 4-H leadership development. Learn about the path that 4-H members can take to develop their leadership skills throughout their entire 4-H career. Presenters will demonstrate how youth can develop a love for leadership at each stage of their involvement. Topics covered will include: age appropriate roles and responsibilities, roles to motivate different interests, important policy and life skills gained that will set them up for a future of successes.

Mindful Me (Presenter: Pat Stackhouse and Martha Klaumann)- 2 hour workshop

The Mindfulness Project fosters mindful practices that lead to improvements in physical health through mindful eating, social health through building positive relationships and emotional health through emotional regulation and stress management. You will be mindfully entertained as you gain insights into a new 4-H project as presented at Western Regional Leaders Forum in San Diego. (Limited to 15 participants)

Squishy Circuits (Presenter: Alice Burchak)

Squishy Circuits uses conductive and insulating playdough to teach the basics of electrical circuits in a fun, hands-on way. Great camp or club educational activity. Participants will experience a lesson from the Squishy Circuits Lesson Plan guide. All participants will receive a copy of the lesson guide and one Squishy circuit Lite Kit. (\$10 fee; Limited to 20 Participants)

Not Just Fluff! (Presenter: Madison Bailey)

Using interaction in small groups and teams, you will get hands-on experience in collaborative and creative problem-solving. Don't miss this fun and interactive class! (Limited to 20 participants)

Soils: The Life Beneath Your Feet (Presenter: Renee Gebault King)

Soil is a critical component in our everyday lives! We need soil to grow food, clean water, support structures and to play. This workshop will explore the basics of soil: 1) soil formation and composition; 2) soil as a filter; and 3) soil food web. Various hands-on activities will accompany each of the units, culminating in participants making and edible "soil" snack. (Limited to 20 participants)

Building Blocks of Perception and Expectations (Presenter: Gary Bailey)

This interactive workshop will take the group through several exercises using our minds, hands, and creative thought on how perception and expectations can impact our interactions in a project, a club, or any other group activity. (Limited to 20 participants)

Lighten Up Your Life (Presenters: Lacey Lanaghan and Melody Harris)- 2 hour workshop

Create a miniature lighthouse to enjoy in your own backyard or make one for a gift. We will use small inverted clay pots to be painted by participants, using outdoor paints and solar lights. You can put these in your garden, on a picnic table or use while camping to create a warm glow and enhance your outdoor festivities. Clay pots, paints, glue and solar lights will be provided to help create these one-of-a-kind light sources. (\$10 fee; Limited to 15 participants)

Montana 4-H Beyond the County (Presenters: State Ambassador Team)

Learn about all of the opportunities Montana 4-H has to offer our young leaders. From scholarships... to awards... to leadership development, there are chances around every corner for senior 4-H members to continue their 4-H journey beyond the county.

Plan for Safety to Keep 4-H Fun (Presenter: Meghan Phillippi)

As a 4-H volunteer leader you bring expertise, excitement and support to the 4-H program, all to help "Make the Best Better". When you plan activities and events it can be easy to focus on specifics such as goals, location, people involved, food, etc. It can be harder to think about possible risks involved and how to manage those risks. In this workshop you will learn how to use the "Pre-Event Planning Matrix and Guide" to help you to insure a safe activity/event for youth and volunteers.

Scrappy Gift Box (Presenters: Pat Stackhouse and Martha Klaumann)

What do you get when you combine a sponge, a box and little bits of fabric? Bring your creative side and we will all have some fun creating a take-home project that you may want to use at your county camp. (\$7 fee; Limited to 10 participants)

Resource Refresher: Livestock Quality Assurance (Presenter: Renee Gebault King)

The Montana 4-H Center and Montana State University Extension developed a Livestock Quality Assurance manual geared to youth with livestock projects. 4-H livestock project participants are required to complete the "Livestock Quality Assurance for Youth Producers" training once as a Junior (4-H ages 8-13) and once as a Senior (4-H ages 14 and older). The training will involve a condensed review of the training manual and some of the teaching resources focused on safe animal handling, livestock health, administering vaccines and record keeping, nutrition, safe animal housing and more. (Limited to 30 participants)

Having Fun with Outdoor Adventure (Presenters: Collen Buck and Robin Weinmeister)

This workshop will give participants a glimpse into the shooting sports discipline of Hunting and Wildlife. This is a discipline that has great potential to teach multiple life skills and this workshop will give an example of what could be taught and hopefully spark the interests of leaders to get trained in this discipline and take it back to their counties. (\$5 fee; Limited to 20 participants)

Winter Horse Projects (Presenter: Heather Hamilton)

We would like to share fun activities and skills you can teach without a horse to keep your horse project group working together and learning in the winter months when riding is not as easy to arrange. We will share and lead games to learn parts of the horse and other book skills as well as using other kids to learn and practice the basics of showmanship, desensitizing and sensitizing your horse and essential knots to know. (Limited to 20 participants)

4-H Grows Financial Responsibility and Accountability (Presenters: Meghan Phillippi and Anne Wassen)

This workshop will provide 4-H volunteer leaders with information needed to address financial matters in any 4-H group. The new Financial Manual for 4-H Volunteers will be debuted. This new resource will be helpful when instructing 4-H members and particularly youth treasurers about how to handle the group's financial business, including the required forms and reporting.

Clever Clover Communications (Presenters: Allison Kosto, Mandie Reed, Nikki Bailey, and Meghan Phillippi)

Come to this workshop to receive a copy of the NEW Grab-and-Go Communications curriculum and for a change to try the activities. This curriculum was designed for 4-H volunteers, teen leaders or staff to help youth develop communication skills with fun engaging activities. Many of the activities help youth work through skills for demonstrations, interviews, public speaking and interpersonal communication.

Discovery Camp (\$15)

Ages 3 to 10 are eligible. Enjoy the conference while your little ones are taken care of by 4-H ambassadors and other adult volunteers with food, games and fun. Children can be dropped off at 8 am and cared for until 4:30 pm. \$15 covers the cost of the banquet, all other meals and activities are being provided for through a grant from Northwestern Energy and the Montana 4-H Council.

Talent Show

Bring your banjo, fiddle, guitar, poetry, singing voice, dance, etc. and join us Friday evening for some down home 4-H entertainment. We ask that acts are no longer than 6 minutes in length.

Pre-Conference Workshops (Friday September 28, 2018)

Leaders' College II is an interactive, fun, educational, and provides networking opportunities for the participants. We will explore the following topics: 1. Essential Program Elements Review, 2. Status and Power, 3. Youth/Adult Partnerships, 4. Leadership Styles, 5. Vibrant Youth Groups, 6. Communication and Relationships, 7. 4-H Recognition Model

With a deeper understanding of these topics, participants will be even better prepared for their roles as 4-H Volunteer leaders.

First Aid/CPR class (Red Cross Certification) this class is for everyone and a great opportunity to either become certified or brush up on your skills. **ARC Certification provided free of charge.**

This course teaches you real, life saving skills, in accordance with The American Red Cross (ARC) curriculum. The (ARC) CPR/AED for Adult Patients course focuses on proper adult CPR, for cardiac emergencies, paired with AED use and proper life-saving skills for choking patients. You will be able to Initiate the Emergency Medical system, Provide CPR to an Adult and use an AED safely and properly.

In the second half you will learn to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies, in accordance with The ARC curriculum. At the conclusion of the course you will be able to: Identify an emergency situation, Initiate the Emergency Medical System, Assess an Injured individual, and Provide Basic First Aid Care.