

2022 REC LAB // 4-H HIGHWAY 2022, 4-H ROAD TO SUCCESS //

Workshop Descriptions

Title	Presenter(s)	Extra Fee	Workshop Description
Session 1			
Caution! Icebreakers Ahead!	<i>Liberty County Ambassadors</i>		Make sure to drive with your lights of leadership on full beam as you break new trails for meaningful meetings. Be prepared to speed away with a full tank of icebreaker ideas. You'll never run into a dead-end discussion by visiting our dealership!
Creating Confident Cloverbuds	<i>Chris England, Michelle Farley</i>		Learn what ideas will help you to have a successful Cloverbud program in your club and your county. We will share ideas for Cloverbud activities at your meetings and how to organize and initiate a Cloverbud day camp. Most importantly, we will share how we encourage and excite them about becoming a member.
Cross Stitch for Beginners	<i>Allyssa Peak</i>	\$6	Cross stitch is a hobby for all ages! Learn the basics of cross stitch including choosing fabric, needles, and floss, how to start and end a project, and where to find patterns. Many cross stitch techniques can be translated to other needle point hobbies like hand embroidery. Participants will also be provided with a beginner kit to take home.
Dance Fitness (Zumba) Workshop	<i>Abby Majerus</i>		An active workshop where participants will get a good cardio workout all while better understanding body mechanics, targeting muscle groups through movement and best of all that "workouts" don't have to be boring.
Jerky Making	<i>Wendy Becker</i>		On the road to success, it's important to remember our roots and ways to feed ourselves. You will learn how to make jerky both with whole meat and ground meat. This is a hands-on workshop!
On the Highway to the 4-H Livestock Sale	<i>Kari Lewis</i>		On the highway to the 4-H livestock sale, what stops should you make and who should you connect with to market your 4-H livestock animal? This workshop will walk you through the process of marketing your 4-H animal, start to finish, to provide tips and tricks for connecting with those roadside inspectors who survey 4-H livestock on sale day.
The Trail to Success	<i>Maggie Barth</i>	\$2	Western heritage's trail starts in the 1860s and travels through to the 1900s. So what happened along the trail?
Why Don't We Just Dance 	<i>Montana 4-H State Ambassador Team: Breanna Blain, Mariah McPhee, Carter Jasper, Cassandra Cox</i>		Take me home to the lane I belong in. Cruise on over and join us for a boot stomp'n good time. Or as my friend Carter says, "They are going to dance  "
Session 2			
First Aid Kit for Animals	<i>Colleen Pagar</i>	\$10	If you own animals, chances are you will have to bandage a cut, take a temperature or heart rate at some point during your animal's life. This workshop will go over some basic supplies that should be in an animal first kit and it can act as a basic first aid kit for people as well. Learn the basics of animal first aid and basic vitals for horses, dogs, cats, cattle, goats, hogs, sheep and others. Participants in this workshop will leave with their very own first aid kit as we explore and discuss what should go into a kit and what we need to do if we should ever have to use the kit.
4-H Opportunity Jeopardy	<i>Brett Schomer and Judy Smith</i>		4-H can take you more places than most members know. Join us for a fun game of Jeopardy and learn all the ins and outs of state, national and international 4-H opportunities.
Gavel Games Roundup	<i>Cassandra Cox</i>		The Fergus and Petroleum Montana cows, a senior gavel games team and their cowgirl, are proud to present an interactive workshop, where you will learn basic parliamentary procedure skills. Learn how to tell people to sit down and shut up in a professional setting.
I Am Pining For You	<i>Jennifer Saunders</i>	\$3	If the road to camp winds through the pine trees this will be a perfect camp craft for you. Plus the campers will take home a beautiful wreath to greet visitors at the end of their journey.
Leading the Road to Success	<i>Victoria Kirby and Samaria Kirby</i>		In this workshop you will be able to add to your skills on the road to success by learning games to play with anyone of any age. This workshop will give you tools to help break the ice to be able to have members know more about each other to fun games that will keep everyone involved or just fill the time.
Leathercraft	<i>Kodie Olsen and Amanda Williams</i>	\$10	Join us for some tooling fun! Participants will make and take a coaster or keychain made of leather.

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Mindfulness at Camp	<i>Mandie Reed and Roubie Younkin</i>		When people think summer camp, they think tranquil natural setting, fun, happiness, and bliss. While this permeates throughout camp life, the threat of stress — and a lack of resiliency to that stress — can derail those wonderful elements. This workshop will include mindfulness activities that can be easily incorporated into your camp schedules and enhance moments of relaxation, focus, kindness, and fun. Come learn a variety of mindfulness activities and be inspired to include them in your camping experiences.
Montana Cookie Farm	<i>Adriane Good and Kim Woodring</i>		If you look closely, you'll see Montana Agriculture is incredibly diverse. You might be blind to the fact that the majority of cookie ingredients are grown right here in the state! In this workshop we will look deeper into why Montana is so great for growing cookies. After that, we'll put on our safety glasses and go through the process of making our own Montana grown flour, sugar, margarine, and butter to make into edible cookie dough!

Session 3

Building a Better You Through 4-H International Exchange Programs	<i>Dave Brink</i>		Embracing the "...my World..." part of the 4-H pledge can lead one down the road to 4-H international exchanges. Learn about the opportunities through 4-H to either travel abroad, host someone from a foreign country, or both! This session is for youth, volunteers, agents, or anyone else wanting to know more about 4-H international exchange program opportunities.
Building Green Spaces with Leadership	<i>Jennifer Solf</i>		Participants will learn how to incorporate leadership and team building skills into gardening. In addition, participants will brainstorm garden-related community service projects to take back to their clubs. One of these project ideas will include hydroponic gardening and learning more about it throughout the remainder of the workshop. This type of gardening can be a cost-effective way to create green spaces in a smaller area. Participants will learn the basics of hydroponic gardening, how versatile it is, and how to construct their own hydroponic garden. Participants will need to bring their own wide mouth, quart-size glass jar as part of the construction process. All other materials will be provided, along with a reference sheet for the materials and instructions on building their hydroponics garden.
Growth Through Art	<i>Mandie Reed</i>	\$5	Participants will construct two art projects they can take home. This workshop is engineered so that participants of any skill level will be successful and can enjoy learning creative expression.
I Will Leave the Light On	<i>Jennifer Saunders</i>	\$3	Wherever your journey may lead you, this beautiful light will guide you back home. For your window or garden it will light the way.
Joining the Technology Fast Lane	<i>Kari Lewis and Kim Woodring</i>		As a leader, your time is limited but joining the technology fast lane will help you be organized, efficient, and accomplished! This workshop will walk you through various free technology tools designed to help organize, streamline and market your events and activities. In addition, teen tech etiquette will be covered to help ensure you remain on the route to success with communications within school, 4-H, and other activities.
Leadership 101	<i>Brett Schomer</i>		Are you a leadership first responder? What makes a good leader? In this workshop participants will do some hands-on activities that get to the bottom of being a good leader and preparing them to be a first responder when the opportunity for leadership arises. Work out the kinks of your own leadership vision and what leadership opportunities are right for you.
Learn How to Jitterbug!	<i>Sarah and Daniel Bock</i>		Want to learn how to jitterbug? Already know how but just want to have an opportunity to dance? Either way, this workshop is for you! We will be going over the basics of jitterbugging and then go into a few more complicated moves if time allows, to get everyone ready for the dance!
Yoga with Jackie	<i>Jackie Rumph</i>		Wherever your roads take you, it is important to take stretch breaks along the way. Join MSU Extension Agent and 200 hour registered yoga teacher, Jackie Rumph for an hour of yoga. Many modifications will be available for when the road is a little bumpy. Whether new to yoga or if you practice regularly, this is an opportunity to try something new, in a fun environment.

Session 4 // 2 Hour Workshops //

Participants that choose one of these workshops will not choose a workshop for session 5.

Dance Along the Highway	<i>Kwin Briscoe</i>		Signing up for this workshop will help you navigate your way through many kinds of dances and gain confidence and skill to dance along life's highway.
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Find Your Way 'Gnome'	<i>Sue McKenna, Chelsea Hollender</i>	\$5	Jump in our workshop and cruise on down Highway 2022 by finding your way 'gnome'. We will show you how to make some cute little gnomes made from yarn and recycled materials. If you run out of gas on this activity, we will then show you how to make some great paper folding home decorations that will work for any season. All this folding knowledge will be handy to have the next time you pack for vacation! We will work on paper trees and paper flowers/snowflakes that look great along Highway 2022 on your road to success! It will be a fun workshop with all three projects under construction. It's a make and take, so you will have a finished product when you reach your destination.
Mapping The Destination For Success	<i>Tim Barth</i>		Leadership - what it is, how to develop your leadership skills, how to set others up for success - give them a road map to where they need to go.
Real Colors	<i>Sarah Bock</i>	\$7	This workshop will take you on the road to understanding yourself and others. Real colors is workshop that will use a personality instrument to put place you in one of four colors - Gold, Blue, Green or Orange. This tool will serve as a map for you in understanding what your strengths are as well as the strengths of the other three colors. This fun, interactive and engaging workshop will help you to be a better leader and team member in any setting. This workshop can serve as a useful and fun stretch on "The Road to Success".
Team Infrastructure: Building Bridges to Success	<i>State Ambassador Officer Team; Cassandra Cox, Carter Jasper, Breanna Blain, MariahMcPhee</i>		Steel yourself for a blast as the State 4-H Ambassador team directs you through a fun, interactive, and informative workshop. You will learn constructive ways to build up your team, chisel away at destructive attitudes, and effectively approach communication gaps. With a bit of patience and conflict resolution you will be able to "cone" in on how to build a better team together.

Session 4 // 1 Hour Workshops //

Participants that choose a Session 4 1 Hour workshop will choose a workshop for Session 5.

Color the Road to Relaxation	<i>Judy Smith</i>		Coloring can be a great way to smooth out the bumpy road of life. Spend a quiet, easy hour coloring and chatting with new friends. Colored pencils, markers and coloring pages will be provided, music will be playing to accompany you on your journey to relaxation!
Road to Communications	<i>Chouteau County Ambassadors</i>		Come learn from the Chouteau County Ambassadors on how to facilitate teamwork and improve communication skills.
Roadmap to a Successful 4-H Camp	<i>Julianne Snedigar and Trent Noel</i>		Are you interested in being a 4-H camp counselor this year? Do you feel like you have great ideas that could improve your 4-H camp? Join us to design a roadmap for successful 4-H camps! We will help you map out your camp by conducting a mini needs assessment. You will identify priorities, highlight successful programs, and generate ideas for areas that need improvement. This workshop is an interactive time for you to share your ideas and enthusiasm for 4-H camp!
Sewing in the Fast Lane	<i>Shawna Crawford</i>	\$5	Come learn and complete some quick and easy sewing projects that you can teach to young sewers or for older sewers who want a fast finish. Everyone seems to have a cell phone or a tablet these days. Let's create a phone holder or stand for hands free watching. Maybe you need a quick sewing project for a gift. Then come learn to make a quick coaster or potholder.

Session 5

Fast Lane Knitting	<i>Janell Barber</i>		No driver's license required to drive this activity for all ages. Hold onto your hats, because learning to finger knit will have you on the speedway of constructing a fob for a keychain, backpack, bag, etc. Merge this activity anytime you have idle hands during club or project meetings, camp, etc. We are not responsible for speeding tickets incurred.
Road Games for the Back Roads	<i>Cody Ream</i>		On this side trip away from the beaten path kids will play games to pass the time in order to learn about livestock. These games will test your kids' livestock knowledge on everything from breeds to nutrition.
Time to Hit the Road	<i>Chouteau County Ambassadors</i>		Every day is filled with school, sports, 4-H, etc. Join the Chouteau County Ambassadors to look at how to help you maximize and prioritize your time.
4-H Paving the Way to a Successful Future	<i>Julianne Snedigar and Trent Noel</i>		How many of you have chosen a career path? Do you know that 4-H is a great way to learn life skills that will help you have a successful future? This workshop will help you identify the skills you have learned in 4-H and how you can use these skills in a future career. This fun, interactive workshop will also help you learn ways to turn those 4-H projects you love into a career.