

# 2024 Rec Lab Workshop Descriptions

During registration, participants (both youth and adult) will be asked to select their workshops. Some workshops are limited and once the workshop is full it will be closed.

## Session 1/2: 9:00 AM - 11:15

### 2 hour workshop DO NOT CHOOSE a Session1 or 2 Workshop

#### **Bringing It Back Around / Claudia Andrade**

In this workshop, we will explore methods of reducing our waste by up-cycling old t-shirts, sweaters, or jeans into new and useful items. Through crochet, braiding, and sewing, we will discover how we can reduce our waste, why we would want to, while also creating a crafty up-cycled project of our own. For this workshop, you will not only learn what future projects you can plan but walk out in your own pair of up-cycled slippers. We will use a mixture of hand sewing and machine sewing for this project, no prior experience needed.

#### **Fiber Arts / Carla Nordlinder**

Wool, cotton, llama, dog, cat, etc. Showing fiber crimp, water felt, and needle felt as well as spinning with drop spindle and wheel.

#### **Handmade Pasta / Merissa Ford & Emily Scruggs**

Learn how to make home-made tagliatelle pasta using an authentic Italian recipe and equipment. We will be helping to prepare the pasta that will be served at dinner on Saturday night!

#### **Olympic Flags / Shannon McWilliams**

What does your Olympic Flag look like? Using batik technique, members will be creating their own flag to represent their own values, projects, and goals.

## Session 1: 9:00 AM - 10:00 AM

#### **Being SMART with Your Goals / MSU Collegiate 4-H**

In this workshop, you will not only learn what SMART Goals are, but also how to apply them to serve yourself and your organization. Together we will focus on how to achieve goals by making a plan and following it. This could be beneficial as a student, athlete, leader, and in your everyday life.

#### **Boater Safety / Kylie Kembel**

If you like to spend time on the water, boating safety education is an important program to Montana FWP. We do classroom sessions as well on the water classes throughout the year. We cover topics ranging from lifejackets to boat ramp etiquette. We discuss important safety equipment, and theoretical knowledge on boating practices (for

classroom sessions).

### **Crafting Your Vision for Gold / Brett Schomer**

Vision boards are a useful tool to help you reach your goals, in 4-H and in life. In this workshop participants practice some visualization techniques and get crafty creating their own vision board that will help bring aspirations to life.

### **Hydrodipping and Alcohol Ink Art / Chris England**

Explore a new way to create art. We will be dipping an item in nail polish and water to create a vibrant art piece to keep or gift. We will also try our hand at alcohol ink art. Make a coaster, a wall decoration, or other piece of art.

### **Insects Around Us / Nancy Antonioli**

This workshop will encompass all parts of the insect world- from parts of the insect to an insect collection. Join us to compare our foot to how many insects can fit in that area and learn about the "Insects around us".

### **On the Go Activities / Veronica Baca**

Participants will learn a variety of easy to use, no prep/ no equipment needed ice breakers, team building/ and time filling activities that are perfect for camp and other group events. We've all been there- waiting on another group to finish or lunch to be ready, with 20 kids staring at you waiting for what's next. These easy to implement activities will help fill those gaps and keep everyone busy.

### **Why do we have to do this? Connecting 4-H activities to "adulthood" / Campbell Barrett**

On the theme of College and Career Readiness- We will connect the dots between 4-H activities like record sheets, finances, demonstrations, club offices, etc. and the skills and abilities business owners say Gen Z employees are lacking. 4-H gives youth a big advantage in the workplace- this will help you better articulate those skills for resumes, interviews or business ownership, and give you confidence in your ability to succeed in the "adulthood" world.

## **Session 2: 10:15 AM - 11:15 AM**

### **Camp Activities 101 / MT Ambassador Officer Team**

Everyone has different experiences from 4-H camp. In this workshop, rotate through the State Ambassadors who will be sharing their favorite aspects of camp, learn different skills, and expand your knowledge on camp activities.

### **Don't Make a Mis-Steak / Cody Ream**

What makes a steak good? Learn about meat quality and choosing the wrong piece of meat could be a big mis-steak!

### **Know Your Soil pH / Holly Rieber**

Are you interested in what makes this grow? Participants will learn all about soil and how to identify what is in it, how water drainage works and the best possible environment for planting.

### **Leadership and Communication Samantha Ferret**

Why we care so much about leadership, what is it and how can we make it better? Participants will exploring

leadership styles, leadership traits, leadership skills with special focus on importance of communication. Lessons used will be collaborative, interactive, engaging and fun and activities and skills practiced will be easy for teens to take back for use in their clubs, ambassador programs, summer camps, and more.

### **Making Your Green Shine / *Roni Baker & Stephanie Johnson***

How can we make ourselves “shine” while recognizing and building up those around us? We will practice ways to make a great first impression to develop our attitude which will determine our aptitude. The interactive, hands-on activities will allow you to try new skills and perfect old ones. We will also talk about the importance and ways of showing gratitude and marketing yourself.

### **Writing is OVERRATED, or is it? / *Weston Hobley***

This workshop will delve into the often overlooked, but ever important skill of dynamic writing! In today's world, we mainly communicate through written messages, however great writing is severely underused and undervalued. While a text to your friend may not require punctuation or proper capitalization, you certainly would not want the cover letter on a job application to look like the chit chat between you and a pal. Now, before you think this is going to be just like another boring lecture from your English class, allow me to mention the comfortable atmosphere, as well as the entertaining and educational activities; both of which are a result of an excellent group of participants who are eager to learn.

## **Session 3/4: 1:00 PM - 3:15 PM**

### **2 hour workshop DO NOT CHOOSE a Session 3 or 4 Workshop**

### **Handmade Pasta / *Merissa Ford & Emily Scruggs***

Learn how to make home-made tagliatelle pasta using an authentic Italian recipe and equipment. We will be helping to prepare the pasta that will be served at dinner on Saturday night!

### **Is That My T-Shirt / *Janell Barber***

Do you have too many t-shirts and are asking what you should do with them? The GREEN thing to do is make them into something else. This workshop will walk you through how to make t-shirt yarn and then use the t-shirt yarn to make a quick project to take home. This project is ideal for sharing with any age and could be used at club meetings, project days, camp, and many other events where you would like to offer a hands-on activity.

### **Open Wide Zipper Pouch / *Yellowstone County Teen Leaders***

During this workshop you will make a pouch that stands up and opens wide- so easy to use, great for pens and pencils, trinkets, or whatever you want to keep organized. Learn to use fusible interfacing insert a zipper and turn a project through a lining.

### **Rosemailing / *Mandie Reed***

Learn the basic brush strokes used in Rosemailing, a traditional Norwegian painting style and complete a small project. This fun painting style is something everyone can learn. No prior painting knowledge or skill needed.

### **Skit Writing 101 / *Grace Simser***

Participants will use public speaking and teamwork skills by brainstorming, writing, and acting out their own skits. Activities will include ice breaker, improv, planning and acting out fun and entertaining skits from start to finish.

### **Survival Skills Olympics / *Rick Balestri***

This workshop will help teach you survival skills including primitive shelter building, survival fire building, key knots, map reading, and compass use. Oh and there will be a hands-on test at the end!

## **Session 3: 1:00PM - 2:00 PM**

### **Beginning Swing Dancing / *Weldon Family***

Learn the basics of dancing with a partner and some new moves on the dance floor.

### **Leadership and Communication / *Samantha Ferret***

Why we care so much about leadership, what is it and how can we make it better? Participants will explore leadership styles, leadership traits, leadership skills with special focus on importance of communication. Lessons used will be collaborative, interactive, engaging and fun and activities and skills practiced will be easy for teens to take back for use in their clubs, ambassador programs, summer camps, and more.

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### **Western Heritage Nerf Cowboy Action Shoot / *Danica Gamble***

We will be mimicking the cowboy shoot using nerf guns and demonstrate the safety protocols. Work on a historical project while you wait for your turn to shoot.

## **Session 4: 2:15 PM - 3:15 PM**

### **Bottle Cap Magnets / *Shannon McWilliams***

Bottle cap magnets are a delightful way to repurpose those unused bottle caps. Add a touch of personality to your fridge or create unique gifts. These little magnets are both fun to make and functional.

### **Camp Activities 101 / *MT Ambassador Officer Team***

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### **Crafting Your Vision for Gold / *Brett Schomer***

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### **So Moved by Parliamentary Procedure / Jenn Swanson**

Work through a 4-H meeting with ease and develop important life skills through Parliamentary Procedure in this workshop. We will be playing a game suitable for kids ages 12+ and get better acquainted with parliamentary procedure.

## **Session 5: 3:30 PM - 4:30 PM**

### **4-H History & Heritage / Moriah Schutt**

This hands-on workshop will define and discuss 4-H History and Heritage Clubs. Explore how to incorporate history into any 4-H club including the National 4-H History Preservation Project, how and why to preserve 4-H history, and explore resources to start a 4-H history club. Participants will create a plan to take back to their clubs to engage in "hands-on" 4-H history project activities such as crafting a heritage quilt, creating a historical pennant, and displaying artifacts at the county fair.

### **Advanced Swing Dancing / Weldon Family**

Learn some advanced steps to show off with a partner on the dance floor.

### **Ages and Stages Communication / Kellie Kahtani**

We will work through the "ages and stages" to help teen leaders and camp counselors gain a stronger understanding of working with kids of different ages/levels. We will draw adolescence at different ages and work through an activity, discussing how we would give age-appropriate directions to complete a task or activity.

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**Parli Pro Pizza / *Lisa Terry***

Join our exciting 4-H parliamentary procedure pizza workshop where members will learn the fundamentals of parliamentary procedure while crafting a delicious pizza! Participants will use their favorite pizza toppings to propose, debate, and vote on various motions to create the ultimate pizza masterpiece. This hands-on and tasty workshop combines learning about effective communication and decision-making with the joy of creating a personalized pizza that reflects the collective decisions of the group. Don't miss this unique blend of education and flavor- where every topping represents a voice in the democratic process and we enjoy eating our parli pro pizza!

**Sapphire Mining / *Kayleen Kidwell & Ben Hauptman***

Practice your skills mining for sapphires. You may just come away with a few sapphires in your pocket.

**Teamwork Challenge Games / *Paula Arneson***

This workshop will include games such as "Unity Challenge", "Pen and Ball Challenge" and "Rubber Band Cup Stacking" to work through challenges as a team. How can you support your team through challenges and how can you support yourself through tough times?