



UW-MADISON EXTENSION

Fall Forum Workshops

Saturday, November 6, 2021

Afternoon Sessions Option 1: Session I – 2:10-3:00 PM

Title	Presenter(s)	Description
4-H Barn Quilts	Sarah Weier, Iowa County 4-H Coordinator Lori Wick, Lafayette County 4-H Educator Olivia & Evie Koss, Youth Leaders	Flying Geese, Hidden Star, and Weathervane are a few of the hundreds of quilt patterns. Iowa and Lafayette County 4-H Clubs made 2x2' barn quilts. The goal was a project for youth to work together as a group after a year of virtual meetings. Learn how each county promoted the project, materials used, cost and see a few examples of the barn quilts.
4-H Fun with Forensics*	Amanda Szomi, Adult Leader Julie Diepenbrock, Price & Taylor Counties 4-H Educator	Fingerprints, Crime Scenes, DNA, Oh My! Join us in learning different ways a member of a Crime Lab is able to catch who did a crime! We will explore your unique fingerprints, learn about using photography in the lab, and so much more!
Better Questions for a Better Life*	Luisa Gerasimo, Dunn County 4-H Educator	This short workshop will teach you to tame the voices in your head (yes, we all talk to ourselves, all the time!). By asking yourself better questions using a Choice Map (a system created by Dr. Marilee Adams, and used with her permission), you will learn how to take a path that leads to better choices and a better life. This simple program, in its longer form, "Change Your Questions, Change Your Life," has been used all over the world to help people lead better lives. Participants will be provided with a copy of the Choice Map. Please bring a pen and a notebook to jot your thoughts. There will be some small group discussion.
Bringing Together a Box Program: The Botanical Box	Emery Bork, Vernon County 4-H Educator Charley Marley, Vernon County 4-H Intern	In this session you will learn how to design and bring together all of the essential elements of a DIY or self-paced learning box kit. Box kits are a fun way to keep families learning and exploring together at home and are a great supplement for club leaders as well! Participants will learn about our experience of putting together the first statewide box program: The Botanical Box.
Calling All Cloverbuds!	Penny Tank, Waupaca County 4-H Educator	Are you looking for ideas for Cloverbud projects in your club or county? Whether you are meeting virtually or in person, 1st or 10th year as a Cloverbud youth or adult leader, you will learn and see a variety of project ideas for your youngest 4-H members. We will also have fun creating a 'Copycat Solution' with a hands-on project during our time together.
Coaching 101	Maddie Kleist, Youth Leader Cindi Syverson, Adult Leader Mark Deutschmann, Adult Leader	Bring out your inner coach as you join Mark, Maddie, and Cindi to interact and play!

Connection Before Content*	Chad Littlefield, We & Me, Inc.	Join our Keynote Chad Littlefield for interactive engagement. Dig into Connection Before Content. Discover new strategies you can use in your clubs and groups to build connections.
Countdown to Summer Camp	Justin Hougham, State Specialist John Celley, Camp Staff	Countdown to Summer Camp! Calling all past and future 4-H summer camp counselors and adult volunteers. Learn about this past camps, how you can participate in Summer 2022, and learn several activities/strategies to improve your leadership at summer camp.
Design a Parachute Challenge	Tracy Keifenheim, Fond du Lac County 4-H Educator	Youth and adults will be invited to put their engineering skills to work while completing the Parachute Design Challenge. Together, we will learn a little bit about different parachute designs and the basic parts of a parachute. We then will apply what we learned while developing and designing our parachutes. Once the designs are completed, everyone will test their parachutes. Designs can be modified or another design can be built to be tested. The possibilities are endless, so happy engineering!
Digital Skills for All!*	Joanna Skluzacek, State STEM Specialist Tonya McKenna Trabant, Adult Leader Members of the 4-H Tech Changemakers Team	Developing job-related skills is important for youth and adults. Whether you're new to the workforce or just want to improve your job performance, there are many online resources to support your career journey. The 4-H Tech Changemakers Team can assist you in locating these digital resources and help you improve your digital fluency.
Doing DNA: The Code of Life*	Liz Jesse, Biotechnology Education Specialist	Explore ways to think about and work with DNA, the stuff that's the leading "genetic recipe card" of life on Earth. We'll start with the Paradox of the DNA Tube in which you'll analyze a sample of highly-purified DNA, then you'll extract DNA glop from wheat germ, and finally you'll build a model of single-stranded DNA that shows how DNA is a lot like an alphabet that can spell (and misspell) genetic information. We'll discuss your ideas about the roles of DNA science in food, health, environment, ethics, law and justice.
Exploring Culture: Personally & Globally*	Adam Riley, WI 4-H International Program Coordinator International Exchange Students	Participants will have an opportunity to engage in exploring their own personal culture and learn more about cultures around the world. Join us for a multi-cultural experience exploring what it means to be a global citizen, while reflecting on your own personal culture and values! Information about hosting and travel opportunities through 4-H will also be shared.
Getting the Healthcare You Need and Deserve*	Erica Koepsel, PATCH Site Coordinator PATCH Teen Educators	Join PATCH Teen Educators as they lead their peers (that's you!) through activities that explore teen health care rights, discuss relationships with health care providers (like doctors, nurses, & counselors), and engage in conversations about your responsibility to be open and honest with health care providers. By the end, you'll feel more comfortable advocating for yourself and take advantage of the knowledge, advice, and treatment that health care providers offer.

Horse Dancing and Obstacle Courses*	Kristin Tetschlag, Southeast District Director, Wisconsin State 4-H Horse Association	Learn about dressage and jumping, two of the crazy activities we do in the Horse Project. We will also try to answer any of your questions about horses and the Horse Project.
How to Cultivate Meaningful & Mindful Relationships*	Stephanie Hintz, Dunn County Human Development & Relationships Educator	<p>There are so many ways practicing mindfulness can help us including but not limited to physically, mentally, and emotionally but did you know that it can also help us build, strengthen, and grow lifelong meaningful relationships and networks?</p> <p>"I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel." - Attributed to Maya Angelou.</p> <p>Join this session to learn mindful relationship building strategies that will make people never forget how you made them feel!</p>
Leading & Teaching*	Samantha Budtke, Youth Leader Maria Zillges, Youth Leader Ellie Lankey, Youth Leader Lisa Sprangers, Adult Leader	As young and experienced leaders, we are all exposed to situations that challenge our leadership and teaching skills. We will discuss and learn from each other what makes a good leader and teacher. We hope after attending this session, your leading and teaching skills will be improved.
Science Savvy In Food Science*	Tom Zinnen, Biotechnology Education Specialist	Develop your science savvy & your engineering ingenuity by designing and doing experiments to test your ideas about how to solve these puzzles: "Which Makes Better Bubbles: Skim Milk, Whole Milk, or Chocolate?" and "Can You Invent the Squirt Gun?" and "Does 'Milk Fireworks' Really Depend on Milkfat?" Honing your science exploration skills with food experiments enables you to share your STEM insights with your family & friends because food is familiar, accessible, inexpensive and safe--plus, you get to eat the data!
Strengthen Your T.E.A.M. Using Puzzles and Activities*	Ron Jakubisin, Fond du Lac County Positive Youth Development Educator	This fun workshop will have you thinking and interacting with others on Zoom as we learn about 5 simple steps of team development. so that 'Together Everyone Achieves More' (T.E.A.M... get it?). Knowing the 5 steps can help you understand the areas of strength you and the rest of your 'team' have working together, as well as discovering areas that might need some 'conditioning'. Take some of the activities and puzzles we do back to your group for fun and insight on working (and playing) together. Get inspired and find new ways to create a tight knit T.E.A.M.!!!
Telling Your Club Story: A Multimedia Experience	Melinda Pollen, Brown County 4-H Youth Development Educator Angela Wiese, 4-H Club Leader Alivia Wiese, Youth Leader Jon Hill, Brown County 4-H Program Educator	When the Wrightstown 4-H Club does things, they do them in fun and exciting ways and they document them well. During this interactive session, hear how this club went way beyond telling their club story - and into a multi-faceted intentional effort to document (for now and well into the future) everything their club did. From photography, newspaper articles, pictures, social media and an annual scrapbook, learn what they did – and how you could do it too. During

		the session, participants will be invited to try on a few new ways to tell THEIR club story.
Treasure Bag Hand-Stitching Project*	Deanna Springer, Producer and Host of Stitch it! Sisters	Sew an easy Draw-String Felt Bag by hand! Add optional felt handles to make the bag into a basket. Everything you'll need to make your bag is included within the kit. Customize your bag with buttons, trims, or accessories from your home to decorate your Draw-String Felt Bag! No Sewing Experience Needed.
Welcoming New Families to 4-H	Heidi Vanderloop Benson, Chippewa County 4-H Educator	Did you know if a 4-Her rejoins 4-H for a second year, they are more likely to become a 4-Her for life? Join Heidi Vanderloop Benson to learn about how to create a welcoming environment to support the growth and development of new families in your club or county! She will share simple, effective strategies to help your new families feel welcomed to 4-H.
Who's Robert and Why Are His Rules So Important?	Alicia Acken, Adult Leader & American Institute of Certified Planners Member	Learn the 'why', 'how' and 'when' for using Robert's Rules of Order in this interactive skill-building session.
Wonders of Physics	Mallory Conlon, Quantum Science Outreach Coordinator Haddie McLean, Quantum Science Outreach Specialist	During the Wonders of Physics workshop, you'll be able to dive into some jaw-dropping physics demonstrations and interactive activities. What you'll walk away with is a newfound appreciation for the physics all around us (and maybe some prizes too)!
Ready, Set, Goals!	Emily Crook, La Crosse County Positive Youth Development Educator Jayna Hintz, Ozaukee County 4-H Youth Development Educator Connie Creighton, Portage County 4-H Youth Development Educator Dawn Vandevoort, Door County 4-H Youth Development Educator Margaret Sage, Sauk County 4-H Youth Development Educator Lisa Curley, Dane County 4-H Youth Development Educator	Yes, Goal Setting Can be FUN! Experience and learn a sharable teaching activity that makes writing SMART goals fun! Gain insight on setting smart goals for your club and yourself.

Afternoon Sessions Option 1: Session II – 3:10-4:00 PM

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4-H Fun with Forensics*	Amanda Szomi, Adult Leader Julie Diepenbrock, Price & Taylor Counties 4-H Educator	Fingerprints, Crime Scenes, DNA, Oh My! Join us in learning different ways a member of a Crime Lab is able to catch who did a crime! We will explore your

		unique fingerprints, learn about using photography in the lab, and so much more!
A Model of Peer Education: Monroe County Agents 4 Change	Joshua Goede, Monroe County Positive Youth Development Educator Bernadette Adams, 4-H Volunteer & Program Organizer Paige Hoeft, Agent 4 Change Laurel Adams, Agent 4 Change Sandra Arriola, Agent 4 Change Thomas Cummings, Agent 4 Change	Monroe County 4-H and Community Partners work in school systems to provide Substance Abuse Prevention Education. Learn how partnerships were made and training was conducted. The peer education model is one step further into learning by doing and youth and adults partnering for positive outcomes.
Better Questions for a Better Life*	Luisa Gerasimo, Dunn County 4-H Educator	This short workshop will teach you to tame the voices in your head (yes, we all talk to ourselves, all the time!). By asking yourself better questions using a Choice Map (a system created by Dr. Marilee Adams, and used with her permission), you will learn how to take a path that leads to better choices and a better life. This simple program, in its longer form, "Change Your Questions, Change Your Life," has been used all over the world to help people lead better lives. Participants will be provided with a copy of the Choice Map. Please bring a pen and a notebook to jot your thoughts. There will be some small group discussion.
Beyond Robert's Rules of Order: Other Ways to Create Equity in Meetings	Alicia Acken, Adult Leader & American Institute of Certified Planners Member	How Appreciative Inquiry, Strategic Planning, Group Polls, and other tools can create more input and equity in meetings
Connection Before Content*	Chad Littlefield, We and Me, Inc.	Join our Keynote Chad Littlefield for interactive engagement. Dig into Connection Before Content. Discover new strategies you can use in your clubs and groups to build connections.
Digital Skills for All!*	Joanna Skluzacek, State STEM Specialist Tonya McKenna Trabant, Adult Leader Members of the 4-H Tech Changemakers Team	Developing job-related skills is important for youth and adults. Whether you're new to the workforce or just want to improve your job performance, there are many online resources to support your career journey. The 4-H Tech Changemakers Team can assist you in locating these digital resources and help you improve your digital fluency.
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	International Exchange Students	multi-cultural experience exploring what it means to be a global citizen, while reflecting on your own personal culture and values! Information about hosting and travel opportunities through 4-H will also be shared.
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Meeting Engagement	Barb Jones & Waukesha County 4-H Teen Council	Steps to have successful meetings with youth engagement, whether in person or online.
Moving Forward with the Wisconsin 4-H Movement	Sara Waldron, Barron County 4-H Educator Breanne Meyer, Rusk County 4-H Educator Morgan Martinez, Green Lake County 4-H Educator Evan Henthorne, Adams County 4-H Educator	Let's get excited about Wisconsin 4-H! In this session you will learn, laugh, and lead through the Wisconsin 4-H Movement. You will have the opportunity to engage and let your voice be heard through hands-on interactive brainstorming.

	Jennifer Swensen, 4-H Regional Program Manager	
Officer Training Resources, Tips, and Tricks!	Tracy Keifenheim, Fond du Lac County 4-H Educator Jayna Hintz, Ozaukee County 4-H Educator Youth Leaders TBD	Are you looking for helpful officer resources? Are you a youth leader wanting to know more about your position? We have created some resources for you! Come learn some tips, tricks and interactive games for meetings!
Pathways to a Perfect Poultry Project	Emery Bork, Vernon County 4-H Educator	Well...maybe not perfect. Poultry is one of the fastest growing hobbies in Wisconsin and 4-H has had a lot of interest in virtual poultry programming. Learn the in's and out's of how to grow your poultry project, what opportunities exist for youth that are interested in poultry, and a Q & A session.
Plarn Mat Service Project	Rachel Hart-Brinson, Eau Claire County 4-H Educator Lily Schwartz, Eau Claire County Youth Leader	Wisconsin 4-H Youth and Staff have created a community service lesson plan for 4-H and other organizations. Join the creators to learn the steps to start this project in your own club, county, or community. We will make plarn (yarn made from plastic bags) plus discuss how to organize the project so it works for your club, county, or organization.
Science Savvy in Food Science*	Tom Zinnen, Biotechnology Education Specialist	Develop your science savvy & your engineering ingenuity by designing and doing experiments to test your ideas about how to solve these puzzles: "Which Makes Better Bubbles: Skim Milk, Whole Milk, or Chocolate?" and "Can You Invent the Squirt Gun?" and "Does 'Milk Fireworks' Really Depend on Milkfat?" Honing your science exploration skills with food experiments enables you to share your STEM insights with your family & friends because food is familiar, accessible, inexpensive and safe--plus, you get to eat the data!
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Option 2: Extended Afternoon Workshops – 2:10-4:00 PM

Title	Presenter(s)	Description
Supporting Youth Mental Health for Volunteers Training	Supporting Youth Mental Health Facilitation Team	<p>This training is for adult volunteers who want the practical knowledge and skills to support youth if and when they experience emotional distress. Understand the facts about youth mental health. Learn to recognize signs and symptoms of distress. Build skills to support youth mental health.</p> <p>Note: Participants who sign up for this session will be asked to take the 1-hour online portion of the training before attending Fall Forum. More information will be emailed to you.</p>