STARR 2015 Workshop Choice Descriptions

Long Workshops (Select one long workshop you will have 2 sessions; each are 90 minutes long)

1. **State Fair Service Opportunity** - Spend some time helping prepare our 4-H State Fair exhibit cases and display walls for the 2015 Great NY State Fair! Have some fun, learn some basic construction and painting skills while helping us get our county booth equipment ready for fair! Participants will also have an opportunity to discuss their ideas for teen activities at the State Fair including county booths and teen leader experiences. (max 20)

2. **Disaster Preparedness and Response** - STARR participants will be introduced to the four steps to preparedness (Make a plan, Build a kit, Be aware, Get Involved). Participants will also receive instruction in fire safety and how to use a fire extinguisher. Hands-on fire extinguisher training will be completed during a head-to-head fire extinguisher competition. Group activities will be completed to reinforce learning objectives through presentation. (max 30)

3. **Ready to Rocket!** - Like engineering solutions and making things fly? Interested in leading science projects for your 4-H group? We'll use the 4-H National Youth Science Day activity Rockets to the Rescue to practice facilitating STEM learning experiences for young people. This workshop will include an introduction to leading inquiry-based science activities using the science and engineering practices and information about other aerospace activities you can do with your group. (max 15)

4. **4-H Game Jam** – Come learn about the video games industry and how to become a developer. Then you get to make your own game in a hands-on experience! You are welcome to bring your own laptop. Software will be provided. Please bring a USB stick to save your game to. (max 20)

5. **Theater Improvisation- A Doorway to Creativity** - This workshop will introduce students to the wonderful world of theater improvisation. Students will learn how to improvise on their toes about themselves, their daily lives, relationships, car rides, game shows etc. Students will use voice and movement during the workshop as tools to help them create theatrical moments. Students will learn how to create theater out of nothing but suggestions from their peers. Theater improvisation is a valuable tool for actors as well as daily life. Improvisation teaches students to think on their toes and develop positive life skills while having fun and trying new things in a comfortable environment. Come join us and discover your abilities. (max 20)

6. **Square Dancing** - Basic steps, calls, and patterns of Square Dancing. Program may include calling from a Western Square Dance caller or from Traditional (Eastern) Square Dance calling. Presenters will discuss types of typical dress worn during square dancing, but casual is all that is needed for fun. Historically, 4-H Square Dance teams competed
at the NYS Fair, just like other program areas. Get active, get healthy, and learn team activities. Are you interested? (max 16)

7. **Hammer and Nails** - Bring your muscles and we'll build something new for use at State Fair! All supplies will be provided. (max 12)

8. **American Red Cross First Aid** - First Aid

   Learn how to recognize an emergency and what to do in an emergency.

   Fee for class is $25.00 (max 10)

9. **You Can Eat That?** - Hands-on workshop identifying wild greens, roots, shoots, and berries. Explore wild edibles from the delicious and readily available to the "survival" foods found in the North East. Class will be both inside and outside on the grounds.

   There will be items to prepare and taste! (max 25)

10. **A Journey through the Horse's Mouth** - Hands-on activities and a short lecture will enable participants to learn the basics of equine digestion. Those attending will gain the knowledge needed to find organs in the horse and learn how trailer and other activities affect the horses gut. (max 15)

11. **Mercy Flight: How to be a Flight Paramedic** - Topic of a career as a Flight Paramedic or Flight Nurse. Education on the equipment and medication used in the field along with what services are provided with Air Medical transportation. Helicopter will land for touring, weather permitting (max 25)

12. **Nxt Robots - Using Sensors for fun programs!** - We will dive into using the sensors included in the kits to solve some fun challenges. We will work with the light sensor, ultrasonic, touch sensor and a few more fun Agriculture sensors. (max 20)

13. **4-H WHEP or Wildlife Habitat Education Program** - will give you hands-on experience with wildlife pelts, skulls, and calls of common mammals of New York. Participants do not need to handle pelts if they so choose. Learn about predators and prey, omnivores, carnivores, and piscivores. Speaking of pisces, we'll also be learning to identify common sport fish in NYS. And, what's the point of identifying if you aren't prepared to catch them? So, in addition to an overview of types of fishing, we will be doing casting practice and even making out own lures. (max 20)

14. **Exploring the Fun of Science** – Learn about various Cornell and National 4-H Curriculums and activities and how to implement them into working with peers and younger youth. Have some fun with liquid nitrogen and several sticky, icky fun materials. (max 20)
Short Workshops (Select two short workshops each session is an hour long)

1. **Outdoor Games** - Come join us to experience what types of outdoor games can be done with either limited or extensive materials. Connect games to environmental education, team building, and how to process challenges and thought processing. Participants should be wearing outdoor footwear and pants and bring a full water bottle. (max 20)

2. **Rabbits and Cavys: Everything you need to know to Show!** - This workshop will give teens and adults everything they need to know about showing their Rabbit and Cavy at the County and State. We will also get into how judges see rabbits and also what they are looking for in the different types of rabbits. Gain knowledge on basic rabbit and cavy husbandry to the more interesting aspect of the different breeds and types of rabbits recognized by the American Rabbit Breeders Association. Join us for the fun!!! (max 30)

3. **Self Defense** - basic self-defense targets and how to react if somebody grabs you (max 16)

4. **Upcycling - crocheting with plastic grocery bags** - So what do you do with all those plastic grocery bags? Crochet them into a project of course! This workshop will teach you how to make plarn (plastic yarn) & the start you on a plarn project. You need to know how to crochet in order to take this workshop. (max 12)

5. **Soap Making** - We will make cold process soap from start to finish. Students will take home a bar of home-made soap. (max 15)

6. **From Brainfreeze to Brainstorm: Making and Discussing Smoothies and Renewable Energy** - This workshop will use smoothie/energy bikes to explore concepts of renewable energy and healthy living. First, we will have some fun making and tasting smoothies based on NYS 4-H youth creations! Then, we will unveil our new prototype of a child-sized smoothie bike and brainstorm around developing a curriculum and set of activities for use with younger youth. We need your help to co-write and build fun and engaging lessons to accompany the new bikes and reinforce principles of healthy living and renewable energy. (max 20)

7. **Time Management Tips and Tidbits** - Do you ever feel overwhelmed, stressed, or that you just have too much on your plate? Do you wish you had more time to do the things you truly enjoy? If so, then this is the workshop for you! Participants will complete a hands on self-assessment to help determine their top priorities. We'll then talk about a variety of ways to help organize your life including; time management strategies, how to combat deadline stress, and ways to discover time in your day that you never knew you had. Not every time management technique will work for everyone, but you're sure to leave this session will several new found tricks to help take control of your life! Participants should bring with them some sort of calendar or agenda. This can be paper or electronic based. (max 15)
8. "Let It Grow" - an experiment in moss art - Have you seen the pictures of moss art on the internet? Dubbed as “green graffiti,” the images depict moss growing from walls in elaborate designs or written words. Have you wondered to yourself, “is this even possible?” In this workshop, participants will have the opportunity to find out. The workshop will discuss the basic moss biology, developing a type of “moss paint,” creating a design on a portable surface, and how to care for the moss to encourage growth. For 4-H’ers, this could evolve into a cultivation project. Please take special note that this workshop is entirely experimental, and your finished results may or may not look like the pictures on the internet. But it will be fun to see if it works! (max 16)

9. Teaching Basic Vehicle Maintenance - In this workshop, participants will learn how to perform and teach other to perform basic vehicle maintenance practices including: changing engine oil and filter, checking and replacing the engine air filter, checking and filling vehicle fluids, removing a flat tire and replacing it with a spare tire, diagnostics of simple vehicle repair issues. (max 12)

10. Artwork & Art Progression - personal development with whatever craft someone would be interested in. Everything requires patience and practice before improving on a skill. Learn about techniques in artwork. (max 20)

11. Knit 1 Pearl 2 - A favorite pastime of many begins with 2 needles and some yarn. We will be creating a small pouch. Who knows, you’re next project may be a four needle pair of mittens! (Feel free to bring supplies – knitting needles and/or a skein of yarn but not required) (max 15)

12. How to give a Public Presentation Basics: Things to look for and consider - It is said that for most people the 3 most terrifying things in life are; Childbirth, Death and Public Speaking – and NOT necessarily in that order! In fact most people say that Public Speaking is the number one thing they fear. Truth be told at some point in our lives most of us have occasion to speak publicly so this is your chance to learn to do it well! I'll take you through the in's & out's and do's & don'ts so that you are as comfortable speaking publicly as you are to your friends and family (well OK, maybe not quite that comfortable) but we will have fun doing it! (max 12)

13. Public Presentations Master Class - We'll start by going over some general rules and then the participants can give their presentation to the group. The technique may vary in that you may give your presentation in its entirety and then I will give you my thoughts, suggestions and comments at the end (please note that I give critiques openly so that all participants can learn from each other) or I may stop you during your presentation in order to illustrate a point and/or prevent bad habits. My goal here is NOT to upset anyone rather to teach you how to be comfortable in front of others and to give wonderful presentations! Please note that you may use any previously given presentation; the content isn't what's important here, rather it is the performance! (max 12)

14. Herbal Exploration - Explore the history, identification, and preparation of common weeds, roots, and herbs used as medicine. Learn how tinctures, teas, decoctions, and
ointments have been prepared, preserved and utilized by people throughout history. The common dandelion, *Taraxacum officinale*, is perhaps the most recognizable weed in the world and has been used as both food and medicine pre-dating written history. The Greek word *taraxacum* translates as “disease remedy”. Many other plants commonly thought of as noxious weeds also have interesting histories as medicines. Weather permitting, participants will take a walk to identify plants and will prepare an herbal tea from the wild.*This class will explore the historical usage of herbs as medicine and is for educational purposes only. Before using any herbal remedies, consult with a physician. (max 20)

15. **Ramen 101- Surviving on your own!** - Are you headed off to college soon... do you spend lots of time traveling with animals for shows???? Bored of the same old ramen noodles??? Come to a fun hands-on, food in your tummy workshop on how to kick Ramen Noodles into high gear, and make some tasty meals on a budget! Must be willing to try new things! This is an eating workshop, and is NOT considered "nutritious", it is a budget friendly learning lab!

*** If you have food allergies, this is not the workshop for you*** (max 20)

16. **Every (STEM) Hero Has a Story** - Partner with your local Public Library during the summer and help lead fun, hands-on activities that relate to science, technology, engineering, and math. Learn about the books and the activities as well as how to connect with your library. To be covered...*Olivia's Birds, Saving the Gulf*: by Olivia Bouler, activities about birds and oil spill cleanup. *The Camping Trip That Changed America*: by Barb Rosenstock, activities about trees and conservation. *Twenty One Elephants and Still Standing*: by April Jones-Prince, activities about bridge building. *Wee and the Wright Brothers*: by Timothy Gaffney, activities about air and flight. While each of these themes can be implemented on its own, we would love to see 6 hours or more spent by offering multiple sessions covering the entire curriculum. (max 20)

17. **Fun and Funky Flower Arrangements** – Make roses out of coffee filter and make arrangements out of them. (max 16)

18. **Cake Decorating** (max 15) My apologies at the time of publishing the workshop description was not provided yet – please stay tuned.

19. **Zentangle** (max 20) My apologies at the time of publishing the workshop description was not provided yet – please stay tuned.

20. **Making Homemade Butter and Pancakes** (max 20) My apologies at the time of publishing the workshop description was not provided yet – please stay tuned.

21. **Introduction to Architecture** (max 20) My apologies at the time of publishing the workshop description was not provided yet – please stay tuned.

22. **Growing Giant Pumpkins** – Have you ever grown a giant pumpkin? Would you like to learn how to grow huge pumpkins? Come to this workshop to learn the science behind pumpkin growing and to learn the “tricks of trade” for this fun, summer time activity. A PowerPoint will be shown which was created by the President of the World Great
Pumpkin Commonwealth, Andy Wolf. Prize winning giant pumpkin seeds, tall corn, sunflower and mini pumpkin seeds will be given to each participant for free! Along with written suggestions. Bring your questions! Let’s see if you can grow a 1000 pound pumpkin! (max 20)

23. Citizen Preparedness Corps – The Citizen Preparedness Corps teaches general audiences how to prepare, respond and recover from any level of disaster- from home fires to fierce regional storm. We not only bring information for the attendees to take home, but also an example of a “go-kit” to visually illustrate how to build a kit. The workshop also talks about how anyone can be involved in a family, neighborhood, and community planning by understanding the various resources available and different volunteer opportunities.