STARR 2016
April 29 – May 1, 2016
NYS Fairgrounds, Syracuse, NY

https://apps.cce.cornell.edu/event_registration/main/events_action.cfm

Registration opens February 12, 2016 at 12:00 pm and closes at 11:59 pm on March 14, 2016

If you encounter any challenges with your registration please email Jamila Walida Simon, NYS 4-H Civic Engagement Specialist at jws62@cornell.edu!

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

1. Exploring Identity and Embracing Diversity (25 participants)
   The national leadership for 4-H Youth Development has identified reaching new and diverse youth as the highest priority for the 4-H program. This workshop will engage NYS 4-H teens in a conversation about identity and diversity, how it plays out in their lives and in their 4-H experiences. The workshop has three primary goals: 1. Create a safe space to learn about and explore issues of diversity and inclusiveness in 4-H and beyond. 2. Build awareness, leadership and communication skills. 3. Provide a space for 4-H youth to identify opportunities and obstacles in 4-H that impact on the vision of increasing diversity and inclusiveness.

2. Mastering Monet (12 participants)
Claude Monet was the creator of Impressionism Art. It’s just a little dab of paint that when combined with 100’s of other dabs and variety of colors creates a masterpiece. All you need is your fingertip; we’ll provide the rest. Come discover the budding artist in you!

3. Farrier Science; It’s A Lot More than Just Metal Meets Hoof (20 participants)
   Equine leg and hoof anatomy, Vet/Farrier/Customer relationship, Certifications, hoof ailments, making a horse shoe

4. Theater Improvisation: A Doorway to Creativity (20 participants)
   This workshop will introduce students to the wonderful world of theater improvisation. Student 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.

5. T-Shirt Weaving (15 participants)
   We will be turning old t-shirts into a one-of-kind bag. The process includes creating "t-shirt yarn", then weaving that yarn into a custom bag.

6. Adult CPR (Please note there is an additional $25 fee, register for all of your long and short workshops if you are interested in getting certified, and there is a maximum of 10 participants)
   Get a jump on your summer certification by learning to perform skills for Adult CPR and AED.

   What do Bio-gasification, 4-H Outdoor Cookery, the Science of “fire”, and a gigantic “Fun Factor” all have in common? They are all part of the proposed 2016 STARR Great “4-H Tin Can Rocket Stove” Connection workshop. This workshop will start out with an introduction of the current technology in efficient recreational back packing stoves. Participants will explore some new 4-H project work that uncovers the science behind an efficient burning camp fire. Plus each person will build his/her own small scale “4-H Rocket Stove”. In the second half of the workshop participants will put their stoves to the test preparing healthy outdoor cooking recipes from the old 4-H Outdoor Cookery Manual. Workshop participants will also be encouraged to take home what they learned to share with other 4-Hers…and consider an invitation to share more at the NYS Fair.

8. 4-H Geospatial Science and Technology (25 participants)
   Quadcopters, small unmanned aerial vehicles (UAVs) are great fun to fly. They are also being put to work collecting images for agriculture, natural resources and planning. In
this hands-on workshop, learn to fly a camera-equipped mini-quadcopter, take aerial video images and build an online digital Story Map to share your experience.

9. 4-H Archery (18 participants)
An introduction to an age old skill and activity, archery. Learn types and parts of bows, basic shooting stance and range rules. We will also discuss the science and health components of bow and arrow. Equipment provided, must be fully enrolled member of 4-H.

10. 4-H Game Jam (25 participants)
Learn about jobs in the video game industry and make your own game in this workshop! No experience necessary. Please bring a flash drive to save your work. You are welcome to bring your own laptop to work on.

11. Leading from Within (30 participants)
Do you consider yourself an introvert? Do others perceive you as shy, not a people person, or a nerd? Have you ever screamed on the inside that you can do something just as well as someone else? Introverts can easily make the best leaders with the right tools! Embrace your power as a leader in a world that can't stop talking.

12. Feeding 4-H at STARR (20 participants)
This is a special opportunity to learn how to cater alongside our 2015 Volunteer of the Year Ron Neidermaier. Ron has graciously offered to cater all our meals for this leadership retreat and he needs your help. Do you have an interest in catering, hospitality management, or tourism? Take some time to learn about what it means to work the “back of the house” and learn lots of valuable catering techniques in order to serve breakfast, lunch, and dinner to all of our STARR participants! Please select this option for your long and short workshops if you accept this challenge.

13. State Fair Service Opportunity (20 participants)
Spend some time helping prepare our 4-H State Fair exhibit cases and display walls for the 2016 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.

14. Start Your Engines!: Discovering Small Engine Mechanics (16 participants)
Have you ever wondered just what makes a car’s engine work? Prepare to get your hands dirty in this highly interactive workshop as you discover the magic under your vehicles hood. You will have the chance to break down an engine piece by piece, and learn just how the parts of an engine work together to make power. You will also learn the importance of practicing vehicle and engine maintenance. So put on your work gloves, grab your wrenches, and get ready to Start Your Engines!
Short Workshops (Select two short workshops each session is an hour long on a single topic)

1. Smoothies (20 participants)  
   In this workshop, we will spend some time learning about veggie juicing and practice some make-your-own recipes. Then, we will play around with some new and funkier smoothie recipes. (Funky-healthy recipes will be encouraged.) Finally, we will talk about and demonstrate our new program, Jr. Iron Chef. Jr. Iron Chef is being promoted to educators and teen leaders starting next month. We hope to link county or district Jr. Iron Chef programming to an annual event at State Fair.

2. Motion Commotion, NYSD Project (20 participants)  
   This workshop will provide a fun, hands-on activity that thousands of young people took part in where they learned about physics, speed, and safety!

3. Introduction to Square Dancing (24 participants)  
   Modern Western square dancing, which includes Virginia Reel through Grand Square. Fun, healthy activity for all.

4. Rabbit Hopping and Agility (40 participants)  
   The events and competitions involved in the sport of rabbit agility will be demonstrated and then able to work with the rabbits themselves to be able to train their own pets in this exciting new event. It is a great way to get people moving and give them a great way to bond with their animals.

5. From Concept to Craft (35 participants)  
   Cosplay 101 includes sketching your superhero costume. Did you ever want to play your favorite character in a book, movie, or TV show? Well now you can with cosplay. Cosplay is a fun, new, nerdy hobby that many people participate in. In this workshop we will be playing with cosplay materials, talking about what a con is, and sketching a cosplay outfit idea.

6. Small Scale Hydro- and Aqua-Ponics (15 participants)  
   Short introduction to growing plants in hydroponic and aquaponic systems. Participants will work first-hand with a small scale system.

7. Microwave Mug Cooking (15 participants)  
   What do you do with a microwave, a mug & a bunch of ingredients? Answer: Make delicious foods in a mug using the microwave. Participants should bring 3 microwavable mugs.

8. How to Improve Your School Lunch (15 participants)  
   How do you feel about school lunch? Do you think it could be fresher and tastier? Join the teen leadership group from Buffalo, the Youth Advisors Council, to learn what we're
doing to improve our school lunches. You'll come away from this workshop with lots of ideas, and action steps, for how to work with others to make your school lunches better.

9. Renewable Energy Action (25 participants)
Come learn about renewable energy from New York State Energy Research and Development Authority (NYSERDA).

10. Ok I need a job...how do I get it? (12 participants)
Students will learn the process of applying for a job. Students will learn about professional greetings, professional dress, resume writing, cover letters, interview skills, answering interview questions, and take part in mock interviews. Learn the Do's and Don'ts of Interviewing?

11. Learn to Cross-Stitch and Teach Others too! (15 participants)
We will cover the very basics. The materials for one simple project will be provided. Resources will be provided so that you can easily share this timeless skill with others ages ~8 to eternity! You will also learn how to continue to extend your own knowledge to make projects for yourself or for handmade giving.

12. Disaster Preparedness: RU Ready? (25 participants)
Have you and your family prepared for a disaster? No, not the zombie apocalypse, just the average snow storm or storm Irwne knocking out the power. Do you have a plan? Have you set aside food and water? Learn about EDEN resources.

13. Ultimate Frisbee: Encountering the Basics (20 participants)
This would be a workshop about the 2 basic throws used in Ultimate frisbee, as well as a brief explanation of the rules. We would then follow this by either a short game of ultimate, using those rules learned and of course enjoy the game.

14. Flower Fun with Bethany (10 participants)
Do you enjoy flowers, and making things? Than you might enjoy learning to make a corsage or boutonniere.

15. Communicating Science Effectively (20 participants)
What features of an exhibit at a museum stop you in your tracks and make you want to learn more? Are there posters about science that attract you, while others are intrinsically boring? What is it that makes a talk, a poster, or an exhibit engaging, while things with similar content appear to be jaw-droppingly dull? In this workshop, you will assess different posters and exhibits to discover approaches that will make your work stand out from the crowd. I will not focus on fancy graphics, but ways of communicating that will help you up your game in the future. My focus will be on more behavioral and ecological sciences because that is what I do, but the approaches will work for you in any field. If possible, come with your 4H posters or exhibits so we can see if we can make them more striking.
16. Public Presentation Skills (20 participants)
   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!

17. Feeding 4-H at STARR (20 participants)
   This is a special opportunity to learn how to cater alongside our 2015 Volunteer of the Year Ron Neidermaier. Ron has graciously offered to cater all our meals for this leadership retreat and he needs your help. Do you have an interest in catering, hospitality management, or tourism? Take some time to learn about what it means to work the “back of the house” and learn lots of valuable catering techniques in order to serve breakfast, lunch, and dinner to all of our STARR participants! Please select this option for your long and short workshops if you accept this challenge.

18. Scratch (20 participants)
   Want to learn how to code using a very simple coding language? Well come Scratch with us!

19. Math Puzzles for Non-Mathy People (40 participants)
   This will be an interactive workshop where we will work through some physical logic puzzles with props.

20. College 101 Life Workshop (15 participants; offered in the AM only)
   Are you a sophomore or a junior in high school? Thinking about college or pursuing a career already? Not sure how to get started on your search or what to do? Or think that college is too expensive? This workshop is for you! The focus of this workshop is to provide guidance for sophomores and juniors in high school prepare for the road ahead to college. This workshop will also introduce new tools that help perspective students make the right choice for a great future.

21. College 101 Freshman Year and Beyond (15 participants offered in the PM only)
   Are you a senior in high school attending college in the Fall? Not sure what to expect? Plan on Commuting or Dorming? This workshop is for you! The mission is this workshop is to expand participant’s knowledge about college and build upon their existing knowledge of: Financial Literacy, Time Management, Culinary Skills, Financial Aid/Scholarships, Study Habits and more…
22. Adult CPR (Please note there is an additional $25 fee, register for all of your long and short workshops if you are interested in getting certified, and there is a maximum of 10 participants) Get a jump on your summer certification by learning to perform skills for Adult CPR and AED.

23. Crocheting (12 participants) Have you noticed the surge in popularity of crochet? This fiber art, which originated in the 19th century, is making a comeback! Is it time YOU learn crochet so you can create your own works of art? In this workshop you will use yarn, a crochet hook (which you get to take home!) and the single crochet stitch to create a simple finished piece. With the knowledge you gain from this class you will be able to crochet just about anything you can dream up - a headband, a cell phone carrier, a bookmark, a wallet, the possibilities are endless. This class is geared toward beginners, but if you already know how to crochet, you are welcome to come, too!

24. Firefighting (15 participants) The weights that a firefighter carries can be extreme, only a few can be learned the rest come with experience. Learn more about the gear and the tools firefighters utilize to keep citizens safe.

25. Wild Game Cooking (15 participants) Creator of the Wild Harvest Table website will show youth how to create delicious and nutritious wild game recipes. Different culinary techniques will be taught for tenderizing meat and creating gourmet sauces.

26. Music Jam Session (10 participants) In this workshop we will invite participants to bring their various stringed instruments. We will meet and just jam out together.

27. Introduction to Square Dancing (16-24 participants) Modern Western square dancing which includes Virginia Reel through Grand Square. Come join this fun, healthy, activity for all!