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. Wild Edibles; Identification, Preparation, Preservation, and History of Medicinal Uses (20 participants)
Identification of wild edibles, sustainability, preparation. Will include "foraging" outside the building, sampling dishes, and preparing an ointment made from wild plants.

5. Theater Improvisation: A Doorway to Creativity (20 participants)
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.

6. 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.

7. Adult CPR (Please note there is an additional $25 fee and 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.

9. 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.

10. 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.

11. 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.

12. 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.

13. 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.

Short Workshops (Select two short workshops each session is an hour long on a single topic)

1. Smoothies (20 participants)
   This workshop will use smoothie/energy bikes to explore concepts of renewable energy and healthy living.

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 Irene 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. Entomology (20 participants)
    At the time of the posting of the registration the workshop description is not available.

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!

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

19. Turn Down for What? (20 participants)
*At the time of the posting of the registration the workshop description is not available.*