



## MOOVIN' AHEAD II



Shawnee County Master 4-H Volunteers present a workshop providing project-specific information, tips and ideas for teaching lessons at project meetings. Many classes will provide hands-on opportunities. **COME JOIN IN THE FUN!**  
\$5 registration fee (non-refundable unless entire workshop is cancelled)  
***This workshop is for all adult and youth 4-H project leaders and Extension staff.***

Saturday, November 14, 1-4:00 p.m.  
Seaman High School, 4850 NW Rochester Road, Topeka  
4-H Concessions available

**NEW:** pre-workshop class, 9:30-11:30 Competitive Kansas Award Portfolio in Your Project—learn about the new Kansas Award Portfolio (KAP). See Class Listing for full description.

\*\*\*\*\* Directions \*\*\*\*\*

From I-70 in Topeka drive north on Highway 75. Go east (right turn) on 46<sup>th</sup> Street, proceed to the blinking light (3 miles) and turn north (left) on Rochester Road. The school is on the east side of the street at 4850 NW Rochester Road. Please park in the north parking lot. Enter through the west door; check-in will be in the atrium.

Registration forms are available online at [www.shawnee.ksu.edu/4-H Youth Development/Forms](http://www.shawnee.ksu.edu/4-H%20Youth%20Development/Forms).

Mail **registration form** and **\$5 fee\*** (payable to Shawnee County 4-H Events Council) to:  
KSU Research and Extension, Shawnee County  
c/o Sarah Laib  
1740 SW Western  
Topeka, KS 66604  
Fax 785-232-0093

Or e-mail your completed form to [slaib@ksu.edu](mailto:slaib@ksu.edu)

***REGISTRATIONS DUE OCTOBER 28, 2009!***  
***No late registrations accepted***

\*\*\*\*\* Questions? \*\*\*\*\*

Monday through Friday, 8:00 a.m.-5:00 p.m. call 785-232-0062 ext 120;  
Outside of business hours call Roberta at 785-286-3849

**\*Registration is not complete until fee payment is received. Any additional fees for individual classes may be paid day of event.**

\*\*\*\*\* Please keep this page for your information \*\*\*\*\*

Name: \_\_\_\_\_ County: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_

Phone Number: Day \_\_\_\_\_ Evening \_\_\_\_\_

E-mail address: \_\_\_\_\_

Would you rather be contacted by: \_\_\_\_\_ telephone or \_\_\_\_\_ e-mail?

Pre-workshop class: (offered 9:30-11:30 only)

\_\_\_\_\_ **Competitive Kansas Award Portfolio in Your Project**, Roberta Wirth, Master 4-H Volunteer  
PLEASE BRING YOUR PROJECT SPECIFIC Kansas Award Portfolio (KAP) and your permanent record from 10-01-08 through 09-30-09. We will review your KAP and suggest improvements. You will leave this class with a plan to expand and better document your project work. You will also learn about the Interview Portion of the KAP. There will be a \$5.00 fee to cover the cost of materials provided.

## CLASS LIST

During this event, everyone will rotate through three classes. Please rank your top ten choices (by writing a "1" next to your first choice, a "2" next to your second choice, etc.) Most classes will have a minimum and maximum number of participants; within those limitations, we will do our best to place everyone in their top three choices.

\_\_\_\_\_ **Helping 4-Hers Develop Life Skills In Foods And Nutrition**, Carol Fink, PhD, Extension Specialist-4-H

Ever wished kids would taste a food before they said "I don't like it"? Using the experiential model participants will learn tactics to help children think about what foods they like and possibly why they don't like other foods. Be ready to taste food and have fun.

\_\_\_\_\_ **Food Safety**, Master Food Volunteer

Learn how to Clean, Separate, Cook and Chill to Fight BAC! And avoid food borne illness.

\_\_\_\_\_ **Bigger isn't Better/Portion Distortion**, Master Food Volunteer

Super sized portions mean too many calories and too much fat, sugar and salt. Learn the portion distortion traps and how to choose healthy foods according to MyPyramid.

\_\_\_\_\_ **Vary Your Protein**, Master Food Volunteer

Learn how to choose a variety of lean or low-fat protein-rich foods from all seven categories of protein foods. Make and sample healthy recipes.

\_\_\_\_\_ **Meats**, John Unruh

Learn how to identify and judge cuts of meat (especially beef)

\_\_\_\_\_ **Dead Serious**, June Martin, Master 4-H Volunteer

Suicide is a serious, but preventable tragedy among teenagers. Learn where to find resources to help teach this lesson from the Family Studies Notebook.

\_\_\_\_\_ **Explore It! (Science) Design It! (Engineering) Use It! (Technology)**, Gary Gerhard, PhD, Extension Specialist—4-H

What does it mean to be scientifically literate? Understanding the relevance of science, engineering and technology and how these complement each other is the focus of this session. All examples and activities are within the 4-H project work or after school learning environments.

\_\_\_\_\_ **Hands On! Minds On!**, Gary Gerhard, PhD, Extension Specialist—4-H

Kids ask questions. They want to know how things work, what will happen if, and why, why, why! Inquiry and experiential learning are natural ways to learn. Understanding inquiry and experiential learning helps 4-H leaders to capitalize on kid's interests, assure better learning, and provide exciting learning opportunities for SET competencies.

\_\_\_\_\_ **Set Abilities For The 21<sup>st</sup> Century**, Gary Gerhard, PhD, Extension Specialist—4-H

Hearing a lot about science, engineering and technology (SET) these days? In a fun, hands-on way, learn which SET abilities 21<sup>st</sup> century kids need for success and how you can support the development of these skills and abilities in fun and interactive ways. Special emphasis is given to fostering observation skills, one of the critical SET abilities.

\_\_\_\_\_ **Gone With The Wind**, Krista Rice, Shawnee County Extension Summer Intern

Krista will share tips and hands on experiments for teaching this new science, engineering and technology curriculum, in which students learn about the wind and how it can be used as a source of power.

\_\_\_\_\_ **Communications**, Cheryl Reynolds, Master 4-H Volunteer

\_\_\_\_\_ **Just Horsing Around I**, Leanne Edington

Learn how to use the horse kit activities to teach younger 4-Hers about the horse.

\_\_\_\_\_ **Just Horsing Around II**, Leanne Edington

Learn how to use the horse kit activities and additional material to teach the middle age groups about the horse.

\_\_\_\_\_ **Just Horsing Around III**, Leanne Edington

Learn how to use the horse kit activities to teach older 4-Hers advanced information/techniques.

\_\_\_\_\_ **Re-Creation –A Sensation!**, Denise Peterson and Christie Peterson

Recycling in the Visual Arts project. Displays, demonstrations, and a hands-on project. Turn your right brain green and join in the fun.

\_\_\_\_\_ **Be Savvy With Photography**, Kathleen Ramonda, Master 4-H Volunteer

Learn to use composition in photos of your 4-H club and county events plus other material.

\_\_\_\_\_ **Computer Manipulation Vs. Computer Enhancement**

\_\_\_\_\_ The Space Tells the Story, **New Photography Curriculum**, Kathleen Ramonda, State 4-H Photography Action Team member

\_\_\_\_\_ **Dog Care And Training For Non-Trainers**, Rebecca Wenner and Toni Webb, Master 4-H Volunteers

Be an effective Dog Club Leader—with no dog training. Make it fun, make it effective.

\_\_\_\_\_ **Don't Forget About Me**, Anna Wenner, State 4-H Dog Care and Training project winner

Preparing you and your dog for a natural disaster.

\_\_\_\_\_ **Reading**, Maggie Metz and Natalie Haag

Reading: the project for any age group. Learning, creativity, competition, and community service are all part of this diverse project. Come learn ways to help 4-Hers grow through this project.

\_\_\_\_\_ **So You Think You Can Model?**

Tips and tricks for modeling. Learn the right way to walk, turn, and stand.

\_\_\_\_\_ **Flat Pattern Design**, Linda Biles, Master 4-H Volunteer

Learn basic techniques to create a new garment design or change the existing design of a flat pattern.

\_\_\_\_\_ One session—learn to move darts

\_\_\_\_\_ Two sessions—learn additional techniques

\_\_\_\_\_ **Clothing Embellishment/Recycling**, Karen Perkuhn, Shawnee County Fair 4-H Clothing Construction Superintendent

4-Hers love to individualize their clothing with embellishments and make something new from a used item. Karen will give you tips and ideas to help your 4-Hers be inspired to use their creativity.

\_\_\_\_\_ **(Thrifty Trends In )Basic Mending**

Economic conditions may call for a new look at the basics of mending. Learn some tips for inconspicuous mends or make the hole part of a creative design!

\_\_\_\_\_ **Tool Safety**, Krystal Duer, State 4-H Wood Science project winner

How to use hand and power tools correctly while working with wood in the shop.

\_\_\_\_\_ **Home Environment: Reduce, Reuse, Recycle**, Brenda Bauman Swank, Home Environment Project Leader

We may be familiar with this slogan but do we really know what it means? We'll explore various ways to live closer to this goal in continued efforts to go green.

\_\_\_\_\_ **The Consumer In Me**, Cindy Evans, Family and Consumer Sciences Agent- Shawnee County

Explore curriculum for teaching lessons in finance including: "Balancing the Books", "That Interest is Simple", "Why is Compound Complex?", and "Time is Money".

\_\_\_\_\_ **Project Meetings Simplified**, Linda Biles, State 4-H Family and Consumer Science Action Team member

Get ideas of easy lessons to teach at Foods, Clothing, Family Studies, Health, Home Environment, and/or Visual Arts project meetings.

\_\_\_\_\_ **Leadership Project Team Building: Creating Items For Fun Activities**, Roberta Wirth, Master 4-H Volunteer

Research shows that working together is a fun way to solve problems. We will create items for fun team building leadership activities. Then we will plan how to use them. \$10.00 fee for all materials.

\_\_\_\_\_ **Leadership Project Team Building: Using Fun Activities**, Roberta Wirth, Master 4-H Volunteer

We will play with fun team building activities that you can use with youth and adults in your club or county to create teamwork and develop problem-solving skills. We will relate how each activity reinforces leadership skills. There will NOT be an item created in this class.

\_\_\_\_\_ **Leadership Project: Programming For 15 To 18 Year Olds**, Roberta Wirth, Master 4-H Volunteer

As we play, we will learn how to keep older 4-Hers connected to the 4-H program; unique needs and characteristics of this group; and how to use team-building activities to expand leadership training for older 4-Hers.

\_\_\_\_\_ **Conflict Resolution for Everyone**, Rebecca Wenner, Master 4-H Volunteer

Learn basic techniques to resolve conflicts, avoid escalating volatile situations, and work with difficult people whether you are a 4-Her, adult volunteer, leader, or extension staff. This class may come in handy the next time you are talking to an angry parent, trying to convince a 4-Her to follow the rules, or just dealing with angry and/or aggressive personalities.

\_\_\_\_\_ **Kansans Move Into Health**, Cindy Evans, Family and Consumer Sciences Agent- Shawnee County  
Using available curriculum, help 4-Hers learn about a healthy lifestyle, identify risk factors for disease, incorporate physical activity into daily life, and tips for a balanced diet.

\_\_\_\_\_ **Genealogy—Citizenship Not Family Studies**, Cheryl Reynolds, Master 4-H Volunteer

\_\_\_\_\_ **Citizenship—Political Process Involvement**, Cheryl Reynolds, Master 4-H Volunteer

\_\_\_\_\_ **Veterinary Medicine**, John Reynolds