

4-H – The Connection

February 1-3, 2019

Z.J. Loussac Public Library,

3600 Denali St, Anchorage, AK



Alaska 4-H Statewide Volunteer Leaders (AVLO) Forum sponsored by UAF 4-H and the AVLO.

Name (as you want your name tag to read): _____

Mailing Address: _____

Email: _____

Home Phone: _____ Emergency Contact Name: _____

Cell Phone: _____ Emergency Phone: _____

Special Dietary needs: _____

I am willing to be a Room Host. _____

The 2019 AVLO Forum hotel is the Springhill Suites Midtown. Participants are responsible for their own hotel reservations. Group Code is 4-H Leaders Forum. Rate is \$105.00/room plus tax. Individual reservations with the group code can be made by calling the reservations desk at 800-314-0783. Hotel room rates with the group code are valid until Jan. 11, 2019. Participants may stay at any hotel.

Presenters:

Presenters who are not staying to participate in the forum and meals need not pay the registration fee. Presenters planning to stay for meals should pay the \$50 registration fee.

Silent Auction:

Participants from all districts are encouraged to contribute items or baskets for the silent auction. This is a FUNDRAISING opportunity for the AVLO to help cover the costs of meals above the \$50 registration fee.

PLEASE REGISTER by Jan. 15th to allow for Catering Reservations.

Preconference Registration:

Shooting Sports training (Thurs. and Fri. am, limit 20) No Cost but must register _____

Location is at AFES Matanuska Farm Do you need transportation? _____

Shooting Sports Re-certification (Fri. afternoon) No Cost but must register _____

Conference Registration includes Regular by Jan. 15 \$50 _____

(Friday evening, Saturday, and Sunday workshops and 4 Meals) Late after Jan. 15 \$75 _____

TOTAL _____

Please Mail CHECK payable to Alaska State 4-H Volunteer Leaders Organization or you may register using a credit card by calling Rhonda Boswell at (907)474-2450. Rhonda will be out of the office until January 7.

Print Registration Form and Mail to:

AVLO 4-H – The Connections

c/o Tanana District 4-H Office

PO Box 758155

Fairbanks, AK 99775

Workshop Schedule

Pre-Conference Workshop

Shooting Sports – AFES *Matanuska Farm, Palmer*

Thursday January 31st : 9 am – 5pm

Friday February 1st : 8 – noon

Shooting Sports Re-certification – *Loussac Public Library, Moose Room*

Friday February 1st : 12:30 – 5:30

	Raven Room	Ann Stevens Gallery	Assembly Chambers	Learning Commons
Friday, February 1 st				
				Meet and Great (Fiesta meal)
Saturday, February 2 nd				
9:00-9:50	1. Ag in the Classroom	2. Your True Nature	3. Zoonotic Diseases	
9:50-10:00				Hospitality Open
10:00-10:50	4. The Treasurer's Treasure	5. Intro to GPS	6. Bits & Bridles	7. Cowboy Ethics
11:00-11:50	8. Powerful through Partnerships	9. Working with Wool	10. Working Equitation	
12:00-1:50				Lunch (AVLO Planning)
2:00-2:50	11. Leaders Councils	12. Green up your 4-H Club	13. Competitive Trail Riding	
3:00-3:50	14. Record Box	15. Project Learning Tree	16. The Importance of Livestock Studies	17. Disaster Preparedness for your animals
4:00-4:50	18. Club Structures	19. Skillathon Style Fun!	20. Teen Clubs and Interstate Exchanges	21. Experiential Education Tour of Salmon Ecology
5:00-5:50	Committee Meetings			
6:00-8:00				Dinner and Silent Auction
8:30	Social Gathering			
Sunday, March 3 rd				
9:00-9:50	22. Meaningful Connections	23. Cloverbud fun	24. Using Essential Oils on Animals and Natural feeding for your horse	
9:50-10:00				Hospitality Open
10:00-10:50	25. Panel Discussion on 4-H leaders Support	26. Wagon Wheel Weaving	27. Rabbits, Rabbits Everywhere	28. Youth In Governance
11:00-11:50				Trainings update and Closing Program, Lunch

Workshop Descriptions

1. Lee Hecimovich – Ag in the Classroom

Ag in the Classroom offers tons of fun agriculture related lesson plans and fun activities for your 4-H club, classroom and family. Check out this workshop for new ideas, resource links and even the new indoor gardening curriculum.

2. Melissa Clampitt – Your True Nature

Environmental education & healthy living combined: create a lesson from nature, get tools for outdoor/environmental practices, leave with a better understanding of how physical activity in the outdoors improves mental health and values.

3. Sarah Coburn, DVM - Zoonotic Diseases and How to Protect Human and Animal Health

Zoonotic diseases are diseases that can be transmitted between people and animals. The One Health model will be used to describe how human health, animal health, and environmental health are interconnected. Dr. Coburn will discuss some zoonotic diseases present in Alaska, and ways to decrease the risk of transmission between pets or livestock and people. There will also be discussion of some recent zoonotic disease outbreaks nationally, such as Salmonella in backyard poultry, and recommended biosecurity practices in response to these outbreaks.

4. Rebecca Uta – The Treasurer’s Treasure

A discussion on the duties of a Club/District Treasurer. From a new treasurer’s point of view and working alongside seasoned members, let’s talk about how to keep the funding straight with tips, trick, trade secrets, and chocolate. Okay, Chocolate is a bonus. The plan is to tread lightly into annual reports, closing last year’s finance books, and why club charters and council/club minutes are so important. Additionally, we will chat about how we have found the best way to keep our local district books and how to conduct an office clean-up, in regards to the treasurer’s books.

5. Stephen Brown – Introduction to GPS

This hands-on workshop will be a combination of indoor and outdoor activities. Participants will learn how to use a Garmin GPS receiver with a focus in back country travel, emergency response and geocaching.

6. Laurie Knuutila - Bits & Bridles: A Look at the Basics

An examination of the basic types of horse bits and how they work

7. Marla Lowder - Cowboy Ethics: It’s Not Just For Cowboys

Have you ever heard of the “Code of the West”? Well it’s not just for cowboys anymore. I attended a workshop, taught by Jeff Goodwin of Colorado, a few years ago and it has stuck with me. I talk about it often and have created my own spin off workshop from it. I also keep a card with me at all times that reminds me of the Ten Principles. While in the workshop I learned of a teacher in Denver, Colorado, who had taken the “code of the West” and made them principles to live by and was teaching them to her inner city kids. The kids were very apprehensive at first as they were not cowboys and wanted nothing to do with them. As the principles were taught and they were discussed their attitude changed and they started to quote the principles to others and changed their actions. During this class each of the “Ten Principles To Live By” will be presented and discussed on what they mean to us. After discussion you will be challenged to come up with your own 11th principle and what it means to you. So come learn about Cowboy Ethics and how they can apply to anyone’s life.

8. Paul Rioux & Claire Sanchez- Powerful through Partnerships

Since 2011, Sitka Spruce Tips 4-H club has operated under a unique partnership between Sitka Conservation Society and the University of Alaska Fairbanks. Besides the two lead organizations, the club has also had success collaborating with over 50 community partners on various 4-H projects and camps. Sitka Spruce club administrators and volunteers will share their experiences on developing multiple projects that are co-facilitated with community partnerships. Topics to include identifying and facilitating community partnerships, developing new projects, recruiting volunteers.

9. Shana Eager – Working with Wool

In this class you will learn fiber arts using wool. This will include wet and needle felting as well as spinning wool into yarn.

10. Laurie Knuutila - An Introduction to Working Equitation

11. TBD - Tips & Tricks to Get and Keep a Leaders Council in Your District

Leaders from Kodiak, AK will discuss the benefits of having a leaders council, and offer a Q/A for how to keep your leaders council functioning! We’d like this to be an interactive session as much as possible, and have some tips & resources to give out to those wanting to start a Leader’s Council in their district.

12. Jasmine Shaw - Green up your 4-H Club through citizen science and storytelling

Citizen science can inspire and connect youth with professional scientists in your community and around the globe. A new NSF study in Alaska provides evidence that an engaging way to incorporate citizen science into club activities is by weaving storytelling into citizen science projects. In this workshop you will learn about green up, why it is important to climate change research, learn science protocol that you can do with your own 4-H club, and complete a data collection challenge from NASA, all while telling your own personal climate change story.

13. Laurie Knuutila - An Introduction to Competitive Trail Riding

14. Patty Miller - Record Box

Come learn how to read the score cards for record books and answer the question, Why do I get a low score on my record book when I filled it out?

15. Lee Hecimovich – Fun in the Forest with Project Learning Tree

Project Learning Tree is a great forestry education resource with hands on lesson plans for 4-H leaders, teachers, and other group leaders or parents. Try out some of the activities and see how this could be a new project area for your club.

16. Kenai Peninsula Wranglers Livestock Team – The Importance of Livestock Studies in Alaska’s Youth

Join the Kenai Peninsula Livestock team as they demonstrate their areas of learning and discuss the importance of studying livestock in Alaska as well as competing on at both the state and national levels.

17. TBD – Emergency Preparedness for your Animals

18. Nancy Graff and Jan Hanscom – Club structures and Youth participation

This workshop will present ways to do community club and project club meetings and how to integrate 4-H pillars, community service and public speaking.

19. Priscilla Rice – Skillathon Style Fun!

Learn ways to organize and participate in a skillathon. Find out how a skillathon can be both fun and educational to your 4-H club and all types of projects.

20. Marla Lowder - The How's of Teen Club's and Interstate Teen Exchanges

Going new places, seeing new things, learning about areas and how 4-H works in that particular place, this is what doing an Interstate Teen Exchange is about. They are lots of fun, but there is a lot of work to get there. Getting everyone together, fund raising, deciding where to go and how to get there is just a few of the task it will take. Come on in and lets take the trip together and have a chance to ask questions and learn from Marla and a few teens who have done them.

21. Kay Shoemaker – Experiential Education Tour of Salmon Ecology

Why do 4-H youth from kindergarten through high school respond to this crazy predator/prey tag game that stories the salmon life cycle and challenges they face in their diverse habitats, from mountain streams to estuaries to the open ocean? Because acting like a sea lion is fun. Because tagging your peers with a bear or eagle puppet is ridiculous and brings heaps of laughter to the activity. Because running through the salmon life cycle and avoiding being turned into “sushi” by a dam’s turbines is challenging, to say the least. Because, in Alaska, our families and our future depend on a healthy salmon habitat. It’s relevant to us all. Be prepared for Learning by Doing!

22. Deanna Baier – Meaningful Connections

One shape doesn't fit all, especially with youth programing. Find out how Bristol Bay 4-H responds to the needs of the region, connecting meaningful clubs, events and resources to youth and families. Join us in learning and sharing ideas on how to provide a program that works for youth and families in your area.

23. Jan Hanscom and Nancy Graff, – Cloverbud Fun

Working with cloverbuds gives you a chance to play and do all kinds of fun activities.

24. Becky Osimowicz and Tessa Miller – Using Essential Oils on Animals and Feeding Naturally for your Horse

Learn how to use essential oils to help animals with injuries and anxiety. Essential oils are a great way to help aid in a natural way without bad side effects. Bring your questions and come ready to learn!

25. Kate Schaberg & others TBD - Panel Discussion on 4-H Leader Support

Leaders are the heart of our program, and we want to set our volunteers up for success and make sure they feel well supported. I would like to gather a veteran 4-H leader, a new 4-H leader, maybe a Teen Leader, and myself to talk about where we could improve the support we offer for 4-H leaders.

26. Patsy Perkins – Wagon Wheel Weaving

Make a coaster using wagon wheel weaving techniques. Skills learned can be used to make a woven denim rug. Directions will be provided.

27. Patsy Miller – Rabbits, Rabbits Everywhere!

Learn the deference between what makes a good market rabbit and a good show rabbit. Talk about feeding our rabbits for what we are using them for.

28. Priscilla Rice and Kaitlyne Rice – Youth In Governance

Discover what the Youth In Governance program can do for you. Hear about opportunities to learn about Alaska's legislative system. Bring all your inquiries to a YIG Q&A.