TO: MSU Extension Offices

FROM: 2016 Rec Lab Committee

RE: Rec Lab Registration and Information

County Agents, Leaders and Ambassadors from District 7 look forward to hosting the 2016 Montana 4-H Rec Lab, **"Reach for the Stars in 4-H" in Joliet April 8-10, 2016**. This event provides an opportunity for youth and adults to enhance their leadership, communication and team building skills in an action packed and interactive setting. Rec Lab programming is designed to provide participants with tips and tricks for being a better club, camp and community leader. Montana 4-H Rec Lab is open to youth 13 years of age or older as of October 1, 2015.

In this packet you will find all the information needed to register. If you have any questions though, please do not hesitate to contact us!

Some of the fun activities we are planning include a keynote presentation by Karen Grosz. Ms. Grosz owns Canvas Creek Team Building. While painting on canvases, we will learn about team building and how we can be a better team player. So, be forewarned, we recommend not wearing good clothes to the evening session on Friday!

To fit with the theme this year, we have planned for the dance Saturday night to be semi-formal so our youth can feel like the "Stars" they are. They will have an opportunity to walk down the Red Carpet, and get pictures taken in the photo booth. This shall be a fun evening for all to enjoy!

We hope this packet will make getting the information out to youth and the registration process easier for the 2016 Rec Lab. We are excited to have you all!

Registration Information

Registration will be completed using 4-HOnline. Your registration process will depend on your county usage of 4-HOnline. If you have provided families with their own login information they can complete the registration themselves, and you can confirm them in 4-H online. If families do not have individual access you can collect the registration information using the worksheet provided and have staff complete the registration. (Please note, only "Active" members in 4HONLINE may register for events. If Extension agents and staff need to register for events please make sure they are an active contact in the system.) The registration fee is **$90 due on March 25**. There will be late registration available for **$110 due April 1.** Registration includes lodging, snacks, meals, t-shirts, workshop fees, and speaker fees.

A copy of this packet and instructions for registration using 4honline can be found at **montana4h.org** under the programs tab.

The registration worksheet has been provided to assist in collecting registration information and workshop preferences, but these worksheets should not be sent in with the required paperwork. Once the online registration is completed, you will be prompted to print a confirmation to mail in with payment as well as a medical release form for each youth and adult participant. Please make registration checks payable to: **4H Rec Lab.**

During registration, participants will be asked to indicate their workshop preferences. Many of the workshops have a limited number of participants and will be filled on a first come, first-serve basis.

If your delegation does not wish to stay at the school, they will be responsible for making their own hotel arrangements at their own cost. Please remember youth participants need be accompanied by an adult chaperone when staying at the school or in a hotel.

All activities will take place at Joliet High School, 200 N Main St, Joliet, MT. Female participants and chaperones and male participants and chaperones will be housed in different areas of the school facilities. All participants will need to bring: * Sleeping bag * Air mattress/pad * Pillow * Towel and other personal items.

Please contact the Big Horn County Extension Office 406-665-9770 or email molly.hammond@montana.edu or jdale@bighorncountymt.gov if you have any questions about registering for Rec Lab.

Checklist of what needs sent to Big Horn County for Rec Lab registration:

- ☐ Registration confirmation printed from 4H online
- ☐ Registration fee
- ☐ Medical release form

Individual Registration Information

After completing this worksheet please return it to your county office to complete your registration. If you have any questions about the registration process please contact your county office.

Name:_____ ***County***:_____

Phone:_____ ***Email***:_____

YOUTH ONLY: ***Chaperone***_____

LODGING

Participants will be housed at the Joliet High School and should bring: sleeping bag, air mattress or sleeping pad, towel and other personal items. YOUTH MUST BE ACCOMPANIED BY AN ADULT CHAPERONE.

T-SHIRT

Participants will receive a t-shirt with registration. Please select your preferred size.

- ☐ Small
- ☐ Medium
- ☐ Large
- ☐ X-Large
- ☐ 2X-Large

ADDITIONAL INFORMATION

Do you need to request disability accommodations or inform us of special dietary or other needs:

Workshop Registration

Workshops will take place Saturday 4/9. Please select your first(A) and second(B) choice workshop for each session.
Please review the workshop descriptions before selecting your preferences.

Morning Workshops

SESSION 1 & 2:

2 hour workshop. If selected DO NOT choose a workshop for Session 1 or 2.

- ☐ Tangled in the Stars
- ☐ Wood & Nail Art
- ☐ Roughing It Easy/Camping on a Budget
- ☐ Agronomy Walkabout
- ☐ Workshop Presenter

SESSION 1:

1 Hour workshop. Choose a workshop for session 1 and a workshop for session 2.

- ☐ Rocket Building
- ☐ Step Out of Your Box
- ☐ Wood Signs
- ☐ Guiding Stars
- ☐ 4-H Camp: What We Do Best +STEM
- ☐ UAV/Drones
- ☐ Let Your Light Shine
- ☐ Tips To Make Your Workshops Shine
- ☐ Vivid Visual Aids
- ☐ International Stars
- ☐ Leaders Challenge Course
- ☐ Workshop Presenter

Morning Workshop Choices A and B:

	2 hour	1 hour
A:	_____	_____
		_____
	2 hour	1 hour
B:	_____	_____
		_____

SESSION 2:

- ☐ Hollywood Skits
- ☐ Step Out of Your Box
- ☐ Wood Signs
- ☐ Star Light Star Bright
- ☐ Fire in the Hole: Loading Your Toolbox With Active Games
- ☐ UAV/Drones
- ☐ Let Your Light Shine
- ☐ Tips To Make Your Workshop Shine
- ☐ Communication Constellation
- ☐ International Stars
- ☐ Yoga Under the Stars
- ☐ Who are You Wearing?
- ☐ Workshop Presenter

Afternoon Workshops

SESSION 3 & 4:

2 hour workshop. If selected DO NOT choose a workshop for Session 3 or 4.

- ☐ Be Spontaneous
- ☐ Northern Star Rockets/Rocket Launch
- ☐ Cooking for the Stars
- ☐ Workshop Presenter

SESSION 3:

1 Hour workshop. Choose a workshop for Session 3 and a workshop for Session 4.

- ☐ Light Up Your Night
- ☐ Step Out Of Your Box
- ☐ Wood Signs
- ☐ Hollywood Skits
- ☐ Officer Training for a Superstar 4-H Club
- ☐ Animal Science Fun
- ☐ UAV/Drones
- ☐ Tile Ink Coasters
- ☐ Whoo Can See In The Dark?
- ☐ Edible Arts
- ☐ An Itch To Etch
- ☐ Yoga Under the Stars
- ☐ Workshop Presenter

SESSION 4:

- ☐ Light Up Your Night
- ☐ Wood Signs
- ☐ Guiding Stars
- ☐ Officer Training for a Superstar 4-H Club
- ☐ UAV/Drones
- ☐ Tile Ink Coasters
- ☐ The Center of Attention
- ☐ An Itch To Etch
- ☐ Yoga Under the Stars
- ☐ Teambuilding
- ☐ Workshop Presenter

Afternoon Workshop Choices A and B:

	2 hour	1 hour
A:	_____	_____
		_____
	2 hour	1 hour
B:	_____	_____
		_____

Workshop Descriptions

4-H Camp: What We Do Best + STEM (Roubie Younkin) 1 Hour-When you think about camp the traditional activities such as hiking, nature, water activities, games and campfires come to mind. But do you think about science or engineering? What we do best in 4-H is experiential learning through hands on activities. Incorporating new and engaging learning experiences will be the focus of this workshop where you will participate in hands on activities to incorporate Science, Technology, Engineering and Math in traditional camping programs. These activities at camp provide youth with "out of the box" experience in a fun learning environment. (25 Participants)

Agronomy Walkabout (Mat Walter) 2 Hours-Let's take a walk. Range plants change from one corner of Montana to the other and sometimes we can have a hard time determining what might be beneficial and what is harmful. We'll look at and talk about Plant ID, range science, and soil science while taking a walk through the Beartooth foothills. Bring your hiking boots because we're gonna go for a walkabout! (10 Participants)

An Itch to Etch (Jasmine Powell) 1 Hour-In this workshop you will be engaging in glass etching-simple-decorative-fun. Create art on the surface of glass by using etching tools to cut into the surface and create a unique and beautiful piece of art. (10 Participants)

Animal Science Fun (Roubie Younkin) 1 Hour-Learning through your Animal Project does not have to be limited to Animal Quality Assurance or project books. Members can have fun while learning animal nutrition, reproduction, terminology and even gain leadership in this workshop where games rule the animal science world. Leaders and members alike can gain skills in teaching and leading members through these interactive games that reinforce the principles of animal science. (25 Participants)

Be Spontaneous (Mat Walter) 2 Hours- Enjoy a little freedom and learn how improvisation can help your public speaking skills. We'll learn the basics of stage presence and how to keep from letting your improv become a distraction. Learn about audience cues and how to find your speaking personality! (10 Participants)

Communication Constellation (Alice Burchak & Jane Wolery) 1 Hour-Come see how you can be one of the stars that line up with the new Communication Constellation. Montana 4-H is presenting new communication curriculum that will include Demonstration/Illustrated Talks, Speeches, Career Communications, Video, Promotional Package and Commercial. Be among the first stars to see the shiny new curriculum and learn how your county can encourage 4-H members to sparkle as they become communication stars! Find out which new communication contests will be included at Montana 4-H Congress and how you can star in the pilot production of these programs. The program will be informative and interactive as we explore the Communication Constellations. (50 Participants)

Cooking for the Stars (Stephanie Johnson) 2 Hours-Ready for the competition? This is a Chopped-Stir-Ups Workshop. You will work in teams of 4 to create a dish or snack with limited ingredients. (Team Building) Become your own Chopped Superstar Champion of 4-H. Come join this fun workshop and feel the competition. (16 Participants)

Edible Arts(Jodie Drange) 1 Hour-Wanna have fun playing with food? You will learn how to turn cauliflower into a poodle or a pineapple into a parrot and many other cute things out of your food. You will take with you many ideas that you can use for 4-H foods or just to add flair to your next party. (15 Participants)

Fire in the Hole: Loading your Toolbox with Active Games (Roubie Younkin) 1 Hour-This workshop offers a variety of activities designed for everyone to teach (especially teens). The basis is to give youth the opportunity to develop life skills using fun, active and lively activities that are very inexpensive. Fire in the Hole will involve total interaction from participants as they learn to lead and teach leadership and team building to all ages. Everyone will take home a curriculum they can "grab and go" with to a meeting or 4-H event. (25 Participants)

Guiding Stars (Jesse Fulbright) 1 Hour-Compasses can tell you where you are going and where you came from. You will learn how to operate a compass, learn how to find your pace and then run an obstacle course to put your new found skills to the test. (15 Participants)

Hollywood Skits (Katie Upchurch) 1 Hour-You will become a Hollywood movie star in this workshop. Your group will be making 5 minute videotaped skits with Talent Inc. recruiter Karen Pearson & actor from a list of skit ideas; improving with costume pieces and acting ideas. Join the acting and let your personalities and skills shine. (10 Participants)

International Stars (Olha Holovan & Heejong Chi) 1 Hour-You will meet two international students from different countries. Olha is from the Ukraine and Heejong is from South Korea. In this class you will not only meet these international stars but learn international games and about the culture of the Ukraine and South Korea areas. This is a unique lifetime experience. Come meet these two young ladies! (25 Participants)

Leaders Challenge Course (McKenna Kirschten, Riley Reed, Olivia Burk, Nathan Wildeboar, Erin Brush) 1 Hour- This workshop is presented by the State Officer Team and is a fun packed workshop. You will be doing a series of leadership games to promote teamwork, communication, and problem solving. Come gain the knowledge and skills to make your leadership shine. (Any number of participants)

Let Your Light Shine (Bertie Brown & Jennifer Saunders) 1 Hour-Here's a new twist on recycling your pop bottles. In this workshop you will take a pop bottle and transform it into a firefly using glow in the dark paint. In the end, it will look just like a larger version of a firefly. Such a neat and fun idea! (25 Participants)

Light Up Your Night (Laurie Lautt) 1 Hour-The stars don't shine in your room at night, but you can create a miniature lamp shade for a night light using beads and safety pins to light your way. (10 Participants)

Northern Star Rockets and Rocket Launch (Melody Harris & Andrew Rath) 2 Hours-In this fun, hands on workshop, you will build your very own rocket and launch it in to the stars! Retrieve it to launch it again and again!!! (10 Participants)

Officer Training for A Superstar 4-H Club (Campbell Barrett) 1 Hour-This is not a typical Club Officer training, it's more of a guide for how you (teens) can train your 4-H Clubs (officers, members, parents and leaders) to be their 4-H best. Cash in on the skills of everyone in the group, build leaders, put teens in charge, and develop a tradition of excellence. Not every club is a Superstar 4-H Club, but if you're willing to learn, lead and work hard, yours can be. (20 Participants)

Rocket Building (Yellowstone County Ambassadors) 1 Hour-In this thrilling workshop we will build rockets in small groups and work on leadership, teamwork and communication skills in the process. We will then be testing your rocket creations afterwards to see your progress and what areas might need more work to lift your rocket to the stars. (15 Participants)

Roughing It Easy/Camping on a Budget (Laurie Lautt) 2 Hours-You will learn how to make simple cooking equipment from materials available at home. (Tin cans, wire hangers, paper bags) See an egg boiled in a paper cup, cook eggs and bacon in a paper bag, make toad in a hole and make a cherry pie. Come see this unique and fun way of camping on a budget! (10 Participants)

Star Light – Star Bright (Melody Harris & Lacey Lanaghan) 1 Hour-In this fun, hands on workshop, Create a theme-lighted glass block to add extra sparkle to your next party or celebration. You can make one as a night light or a gift for a friend/family member. Just beautiful! (10 Participants)

Step out Of Your Box (Chloe Flynn) 1 Hour-This workshop allows members to step out of their comfort zone and reach out to others. In this workshop you will gain confidence, communication and leadership skill to bring back to your clubs and communities. Includes: frames, tips on leadership, and interaction with each other. (50 Participants)

Tangled in the Stars (Katie Upchurch & Emmalith Phipps) 2 Hours-Let's get Tangled in the Stars. We will be painting floating lanterns, tie-dying bandanas, and playing multiple teambuilding/icebreaker games. We will then be releasing your lanterns at the dance for everyone to enjoy your beautiful piece of work. (25 Participants)

Teambuilding (Alexis Schatz) 1 Hour-In this teambuilding workshop you will become your own star to glow in your club and county. We will be doing a bunch of mini workshops for team building, the Lego Game, Spaghetti Towers, Build a Bridge, Balloon Towers/poverty game, sell a random object, and 4 finger lift. Come join this fun and interactive workshop! (Any number of Participants)

The Center of Attention (Jennifer Saunders) 1 Hour-Want your event to be the center of attention. We will show you just how simple and inexpensive creating center pieces can dress up any event and allow your event to glow and be the center of attention. (25 Participants)

Tile Ink Coasters (Lisa Terry) 1 Hour-Join us for an exciting workshop making tile ink coasters. This project will produce an incredible palette of vibrant colors reminiscent of painting with water colors but more random! Make your own one-of-a-kind designs. (25 Participants)

Tips to Make Your Workshops Shine (Mandie Reed) 1 Hour-Participants will learn new, fun games that will really help their project meetings shine. Participants will also practice hands on learning they can easily take back to their county. We will learn how to use heads up, jeopardy, and other games to make any topic fun and interactive. (20 Participants)

UAV/Drone (Joe Mutchler) 1 Hour-Interested in "the new thing"? In this workshop you will gain basic knowledge and understanding of possible career opportunities with UAVs/Drones. There will also be a flight simulator offer. Don't miss it, this will be a great workshop for those interested in furthering their knowledge and understanding of these UAVs and drones you hear about all the time. (12 Participants)

Vivid Visual Aids (Alice Bruchak & Jane Wolery) 1 Hour-Alice and Jane will lead you though a galaxy of ideas for vivid visual aids for you 4-H presentations and fair entries. Learn a few of the tips the stars use when designing luminous ways to illustrate your point. From poster to slides, learn how visual aids can have a starring role in your 4-H communications. Speaking of stars, we are in talks right now with the agents of a few celebrity 4-H members and working to arrange some special appearances. The class will give you an opportunity not only to learn, but also to share some of your shining ideas for vivid visual aids. (50 Participants)

Who are You Wearing? (Stephanie Johnson) 1 Hour-Work in teams to create an outfit that can be worn on the red carpet. You will use different materials and items to create an outfit of your own in a short time frame. There may even be a chance for you to walk down the red carpet and show off your outfits to all of your peers. (Any Number of Participants)

Whoo Can See in the Dark? (Jennifer Saunders) 1 Hour- In this workshop you will make a darling owl using scrap material, felt, buttons, a needle and thread. You will even be able to take this nifty, unique owl home with you. (25 Participants)

Wood and Nail Art (Molly Hammond) 2 Hours-You will enjoy an exciting and beautiful piece of work in this class. Learn how to make wood and nail art by creating a star design to take home. This is such a great idea for home décor or a gift for someone special. (15 Participants)

Wood Signs (Jonathan Erickson) 1 Hour-Lets create a gorgeous piece of work that reminds you that you shine in our city, county and State of Montana. You will take a piece of barn wood with Montana burned into it and place a heart or star where your town is located or where you live. You also have the freedom to write or burn any other things you want on this piece of art. (20 Participants)

Yoga Under the Stars (Jackie Rumph) 1 Hour-Take time to learn about connecting breath and movement. A fun activity that can last a lifetime. Join me to relaxing, laugh, and have fun with a new activity. (Any Number of Participants)

Medical Release Form for 4-H Youth & Adults

PARTICIPANT INFORMATION:

Name: _____ County: _____

Address: _____

Name of Parent or Legal Guardian: (YOUTH ONLY): _____

Primary Physician: _____ Phone: _____

Dentist: _____ Phone: _____

IN CASE OF EMERGENCY:

Primary Contact: _____ Phone: _____

Relationship: _____ City: _____ State: _____

Alternate Contact: _____ Phone: _____

Relationship: _____ City: _____ State: _____

INSURANCE INFORMATION

Name of Insurance Carrier: _____

Policy Holder Name: _____ Policy #: _____

Date of Last:

Tetanus Shot: _____ Polio Shot: _____ Mumps Shot: _____ Measles Shot: _____ Rubella Shot: _____

Medical Information: (check all that apply and explain if necessary)

- ☐ Stomach or Intestinal problems
- ☐ Diabetes or hypoglycemia (low blood sugar)
- ☐ Nervous disorder (convulsions, epilepsy, dizziness, ect)
- ☐ Respiratory problems
- ☐ Heart Disease
- ☐ Any allergies to medication
- ☐ Any allergies to food or plants
- ☐ Special diet or food restrictions
- ☐ Are you currently under a doctor's care?
- ☐ Are you currently taking medications?
- ☐ Are there any physical restrictions or medical problems that may require special considerations?

_____

_____

_____

AUTHORIZATION FOR TREATMENT (YOUTH ONLY)

I, _____ do herby give permission to _____
PARENT/GUARDIAN Name CHAPERONE Name

to seek and obtain any medical care necessary for my child _____.
YOUTH Participant Name

Parent/Guardian Signature _____ Date _____

ALL PARTICIPANTS

To the Best of my knowledge, accurate information has been provided in all areas of this form.

Participant Signature (youth/ adult) _____ Date _____

IF YOUTH: Parent/Guardian Signature _____ Date _____

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