



East Central Missouri Regional 4-H Energizer

December 1, 2018 | 8:30am-4:00pm
Owensville Middle School
3340 MO-19, Owensville, MO 65066



Registration \$5/Person and includes lunch. Payment and forms due at your county extension office by November 26, 2018. Registration will be accepted after this date and at the door at \$10/person. There will be no refunds regardless of weather. If event is canceled due to weather participants will be notified via e-mail.

Family Information

Family Name: _____

Address: _____ City: _____

Zip: _____ Phone: _____ E-mail: _____ County: _____

Special accommodations/dietary restrictions: _____

Session Registration

View the EC Energizer schedule on the next page and select your top 2 choices for each session per youth or adult registered. Some workshops have a limited number of spaces available. Workshops will be assigned in the order registrations are received.

Preferred Sessions (insert A,B, C or D from the schedule)

Name: _____ 4-H Age/Volunteer _____ 1: ___ 2: ___ 3: ___ or: ___ 4: ___ or: ___ 5: ___ or: ___

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Schedule	
8:30 AM - 9:00 AM	Registration
9:00 AM - 9:20 AM	Opening Assembly
9:30 AM - 10:20 AM	Session 1
10:30 AM - 11:20 AM	Session 2
11:30 AM - 12:10 PM	lunch
12:20 PM - 1:10 PM	Session 3
1:20 PM - 2:10 PM	Session 4
2:20 PM - 3:10 PM	Session 5
3:20 PM - 3:40 PM	Closing

Payment
<i>Received by Nov 26th</i> ____ Participants x \$5 = ____
<i>Received after Nov 26th</i> ____ Participants x \$10 = ____
Checks made payable to your local Extension Office



Questions?

Contact your local University of Missouri Extension Office.

East Central Missouri Regional 4-H Energizer

Educational Sessions

Please enter your top 2 choices of sessions per person on the registration form. Sessions 1 and 2 will only have 1 option.

Sessions subject to availability and may change due to unforeseen circumstances.

Session 1 9:30am-10:20am	
1-A	The Time for Leadership Andrew MacCrae (Adult) How do you balance life, family, work, 4-H and still have time to be a volunteer leader? Andrew will share some quick tips on proven tools you can implement to make the experience the best it can be for all involved.
1-B	Games at Meetings State 4-H Council Members (Youth) Are you looking for new ideas to bring back to your clubs? We will demonstrate various games and activates and discuss how to facilitate these during you meetings.
1-C	Clover kids Hands on learning opportunities for youth ages 5-8. Youth younger than 5 may participate with adult supervision
Session 2 10:30am-11:20am	
2-A	Meeting the Goal Andrew McCrae (Youth) What's your goal in 4-H? In life? How do you turn dreams into realities? You'll have a lot of fun in this session as you learn some of the most important things 4-H members can do to help them achieve more in life and help their club and community at the same time!
2-B	Round Table Alison Copland (Adults) Join fellow volunteers to discuss tips and tricks for your clubs and projects. Lead by Interim State 4-H Program Director
2-C	Clover kids Hands on learning opportunities for youth ages 5-8. Youth younger than 5 may participate with adult supervision
Session 3 12:20pm-1:10pm	
3-A	Project Leader Training Carey Benne (Adults) Learn how to be a successful project leader and requirements for project completion. Participate in a round table discussion with other leaders to share ideas and concerns
3-B	Code Your Name Lynna Lawson, Kacyee Amdsen (Youth) In this activity, you will animate a name. What you create can express the emotion or personality of the word, tell a story, or just dance and be silly. Using code, you can bring the letters of a word to life using the programing language Scratch. Space is limited.
3-C	Clover kids Hands on learning opportunities for youth ages 5-8. Youth younger than 5 may participate with adult supervision
3-D	4-H Career Connection Maria Calvert When you think about your future are you excited, scared, or apprehensive? Do you know what you want to do or do you need help figuring it out? Explore careers in art and communication, business, management, marketing, and technology, engineering, manufacturing, and industrial technology, health sciences, human services, and natural resources and agriscience! Discover the skills employers are seeking! Connect what you are doing in your 4-H projects to real-world careers and skills!
Session 4 1:20pm-2:10pm	
4-A	Conflict is Natural Dave Hileman (Adult) Conflict is Natural – but it ain't no fun! The best way to handle conflict is to avoid it, and much of the conflict we encounter can be avoided (prevented). Participants will explore conflict, how to avoid it, and techniques for managing the conflicts we cannot avoid.
4-B	Officer Training Christal Huber (Youth) Are you interested in becoming a 4-H club officer, but not quite sure what they do? Today we will talk about the different club officer position and practice skills that each club officer uses at their club meeting and to fulfill their role as a 4-H club officer! This is a great way to find out which club officer roles you are ready to take on! Already an officer, stop by and contribute what works for you.
4-C	Clover kids Hands on learning opportunities for youth ages 5-8. Youth younger than 5 may participate with adult supervision
4-D	Western Heritage Jim Sappington The 4-H Western Heritage Project combines a comprehensive study of the Old West with the fastest growing shooting sports discipline in the world – western action shooting. The purpose of this project is to provide an avenue for 4-H members and adult leaders to experience the lifestyles and cultures of the Old West from the period of around 1860- 1900 through a living history approach to learning while instilling the concepts of gun safety and personal responsibility. Members dress in Old West clothing, shoot replica firearms of the frontier period, and expand their knowledge of U.S. history
Session 5 2:20pm-3:10pm	
5-A	Getting to Know Missouri Forests Sarah Havens Did you know that forestry is a project? This session will cover some basic Missouri forest types and basic tree identification, a basic overview of Missouri forest products and information on the 4-H Million Tree project.
5-B	Out of County Opportunities Dave Hileman Learn about out-of-county 4-H experiences to help develop your full potential as a 4-H member
4-C	Clover kids Hands on learning opportunities for youth ages 5-8. Youth younger than 5 may participate with adult supervision
5-D	Youth and Adult Partnerships Maria Calvert 4-H is build on learning by doing with adult mentors. Learn what key elements are needed to create an effective program.