



SUPERHEROES

FIND YOUR POWER

TEEN CONFERENCE 2014

June 9-13, 2014
University of Idaho Campus
Moscow, Idaho



University of Idaho
Extension

Purpose of 4-H Teen Conference

- Participate in educational workshops.
- Experience campus life and become aware of opportunities at the University of Idaho.
- Learn about state, national, and international 4-H opportunities.
- Develop a life-long enthusiasm for the 4-H Program.
- Make new friends throughout the state of Idaho.

Who Can Attend

Youths who have completed the 8th grade and not more than the current year's high school graduates. Adult chaperones also attend. 4-H membership is not required.

Activities

You will take part in scheduled educational, recreational, and social events, with enough time to explore the university campus and relax with new friends. You will live in a university dormitory, eat in the student dining hall, participate in workshop tracks, and take part in recreation activities including sporting events, dances, and assemblies.

Events range from casual to semiformal. You will need a dressy outfit for the Clover Banquet and dance (no jeans, denim, or mini-skirts). Other activities, such as variety show, free time, and workshops call for casual summertime clothing, swimwear, and comfortable footwear. Pack your rain gear, too.

Lodging

Delegates will stay at the University of Idaho Theophilus Tower Dormitory. Delegates need to bring bedding (pillow, sleeping bag and/or sheets, blankets), towels, and personal toiletry items. Rooms and roommates will be pre-assigned. Counties are grouped together by districts on floors. Changes are not allowed. There is a \$55 charge for lost room keys and \$5 for lost key tags.

Food

Meal service is provided in the Wallace cafeteria. Delegates will be issued a meal card which must be presented at each meal. There is a \$15 charge for replacing lost cards.

Travel Arrangements

Check with your County Extension Office to arrange transportation to Teen Conference. Delegates are not allowed to drive cars once they arrive at the Conference. Travel should be timed to arrive in Moscow between 10 a.m. and noon, Monday, June 9. Departure from Moscow will be 11 a.m., Friday, June 13.

Workshop Tracks

Tracks are assigned according to choices indicated on your registration form and available space. Delegates select one track and participate in a wide range of workshops or activities within that track throughout the week.

Gem State News and Week in Review

All delegates interested in being a photographer or reporter for the Gem State News or Week in Review should register for the Daily Planet track.

Contests

The 2014 Teen Conference will host the statewide 4-H Public Speaking Contest. If you would like information on competing, please check the Public Speaking box on the registration form or contact your County Extension Office.

National 4-H Congress Application Interviews

National 4-H Congress interviews will not be held at Teen Conference this year, as 2014 Congress applicants will be asked to submit their video interview electronically. Applicants who indicate an interest in interviewing for National 4-H Congress will be sent instructions on the new interview process.

4-H Variety Show

Delegates or adults who enjoy performing are encouraged to submit a video or audio recording before June 5 to try out for the 4-H Variety Show. While last minute acts will be able to try out for a spot in the Variety Show as they have in years past, selection may be on a space available basis. Audio or video files may be emailed to the state 4-H Youth Development office (fourh@uidaho.edu). Applicants may post an unlisted video on YouTube. Unlisted videos must be shared with the state 4-H Youth Development office by sending the link via email (fourh@uidaho.edu). Include your name and telephone number in any emails.

Friends of 4-H Endowment Fund

A coin drive for the Idaho Friends of 4-H endowment fund will be held. Bring coins, cash or checks to help.

Decorations

Bring supplies to decorate your dormitory room doors to show your 4-H pride and help people get to know you.

Teen Association Officers Election

If you would like to run for a 4-H Teen Association office, indicate your interest on the registration form. Information will be mailed to you.

Registration

- Register by May 16
- Complete the 4-H Teen Conference registration form and Code of Conduct, evaluation consent form and pre-survey.
- Mark your choices for tracks. This year track enrollment will be

first come, first served. Some tracks will fill quickly, so there is an advantage to registering early.

- Indicate interest in special activities.
- Pre-order the all-conference photo, if you want one.
- Turn in the 4-H Teen Conference registration form, consent form and pre-survey AND a \$100 deposit to your County Extension Office (make check payable to _____ County Extension Office). Those who register and pay in full by the early-bird registration deadline of April 15 will receive a \$25 discount on registration fees. Credit card payments may be made by having the cardholder call 208-885-6321. All registration forms and non-credit card payments must be turned in to your County Extension Office.
- Registration closes May 16, 2014.
- Payment in full is expected by May 30, 2014. If you must cancel and do so before June 2, 2014, you will receive a refund of the amount paid to your county office, minus the \$100 deposit. The \$100 deposit is not refundable, but may be transferred to another person who is not already registered. If you cancel on June 2, 2014 or later, you will not receive a refund of the fees paid to the county office. Refunds must be requested through your county office by July 1, 2014. Scholarship funds may not be used to pay the registration deposit if you cancel.
- On-site registration will take place in the LLC complex lobby on Monday, June 9, between 10 AM-noon.

CONFERENCE POLICIES

University of Idaho 4-H Youth Development Office, Teen Conference Officers and Planning Team plan and conduct the conference in accordance with the 2014 University of Idaho Youth Conference Policies. Delegates are expected to adhere to these policies. A code of conduct must also be signed by the youth delegates and returned with the registration form.

Parents/guardians of delegates who are not enrolled 4-H members may be required to fill out and sign a permission form, which provides for adherence to certain policies and health requirements.

2014 University Of Idaho Youth Conference Policies

The Cooperative Extension System and the administration of the University of Idaho want your week at Teen Conference to be filled with exciting experiences, new friendships and fun. To help make this happen, each participant is expected to be considerate of others, participate fully in the Conference program and observe the following rules and policies:

Assemblies and Workshops

- Attendance at all scheduled events is required. Be prompt in attendance and courteous to all instructors and speakers.
- Tracks are assigned according to choices given on your registration form and available space. Attend the workshop assigned when you check in.
- Name badges are important for gaining admittance to Idaho 4-H Teen Conference events, for identification and to help you get acquainted. Wear your badge at all times.

Dormitory and Meals

- Room assignments made at dorm registration must be kept. Counties are grouped together by districts on floors. Changes are not allowed (in an emergency, we must know where you are).
- Leave valuables at home. We have no way to guarantee their security. Even locked dorm rooms do not always prevent losses. (There is a \$55 charge for lost room keys and \$5 for lost key tags.)
- Report illness immediately to an adult chaperone. First aid will be provided on site. In case of emergency, delegates will be taken to Moscow Family Medicine or Gritman Memorial Medical Center, Moscow.
- Respect for the privacy of others requires that members of the opposite sex are only allowed in dorm rooms with the door open. No delegate will be allowed in the rooms or on the floors of the opposite sex between midnight and noon.
- Lounges are available on each floor for visiting.

- Dormitory will be locked one-half hour after the close of the evening activity. In your room and quiet time begins at 11:30 p.m. After 11:30 p.m. use phones for emergencies only.
- The removal of window screens, visiting or throwing any object out of dorm windows is strictly forbidden.

General

- Idaho 4-H Teen Conference delegates may ride only in cars driven by Extension staff or chaperones. Only campus or Moscow buildings scheduled for 4-H events are to be entered and then only at times designated on the program.
- Possession or use of alcoholic beverages or illegal drugs, firearms or explosives of any kind are prohibited on campus and anytime during Idaho 4-H Teen Conference.
- Cost of damage or theft of any university property will be billed to the individual responsible (or delegate's parents) or to the group with which the delegate is associated.
- Permission to leave Idaho 4-H Teen Conference and/or campus at any time must be secured in advance from the Extension staff or chaperone in charge of the county delegation who will then inform the 4-H Youth Development Office.
- Minor problems will be handled by the Extension staff or chaperone in charge.
- In case of major infractions of regulations, the delegate will be brought before the disciplinary committee composed of 4-H Youth Development staff, Extension staff or adult advisor in charge and the 4-H Teen Association president. If it is necessary to send the delegate home, it will be at the parent's expense.

**NO SMOKING IN ANY AREAS
OF THEOPHILUS TOWER.**

The smoke detectors are very sensitive.

These policies are intended to assist in providing for health, safety and social well-being of everyone attending Idaho 4-H Teen Conference. Should a situation or question arise that is not covered by this list, ask the adult staff member in charge of your county delegation before action is taken.

Idaho 4-H Youth Development Office

University of Idaho

Mary E. Forney Hall

875 Perimeter Drive, MS3015

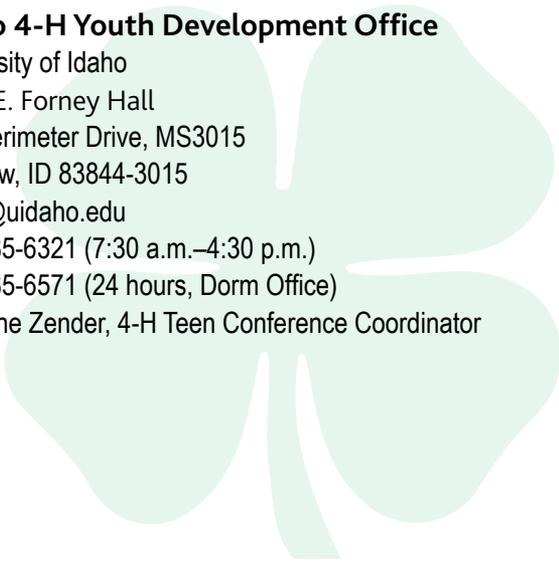
Moscow, ID 83844-3015

fourh@uidaho.edu

208-885-6321 (7:30 a.m.–4:30 p.m.)

208-885-6571 (24 hours, Dorm Office)

Claudine Zender, 4-H Teen Conference Coordinator



TRACKS

Track workshop enrollment will be first come, first served. Some tracks will fill quickly, so there is an advantage to registering early.

Conquer Your Kryptonite (Challenge)

Facilitators: Mike Beiser and Trevor Fulton, UI Outdoor Recreation

Learn basic leadership elements through risk-taking and challenge activities. University of Idaho Outdoor Program staff will lead participants through a series of progressively increasing difficulty to identify and enhance leadership traits. Test your nerve on the University Climbing Wall which at 55 feet it is the tallest of any college or university in the country.

\$25 fee will be collected from those assigned to the track.

Point of Order, Batman (Parliamentary Procedure)

Facilitator: Dr. Jim Connors, Chair of the Department of Agriculture and Extension Education

Parliamentary procedure is a skill that 4-H members and adults will be able to utilize their entire lives. Engaged citizens use it in town council meetings, school board meetings, church boards, and other organizations. Gain knowledge and skills needed to effectively run club meetings, develop club bylaws, hold elections, serve as an officer or on committees or county boards. Planning and conducting 4-H parliamentary procedure competitive events will also be covered, with the goal of developing an Idaho 4-H Parliamentary Procedure team to compete nationally.

Hands-on Heroics (Engineering)

Facilitators: Terence Soule and Robert Rinker, University of Idaho Computer Science Faculty Members

Programming our world! Computer science is one of the fastest growing industries and one of the highest paying career paths available. This exciting new engineering track provides you with hands-on experience in introductory computer programming – from behind-the-scenes video game modification to magnificent light shows! Don't miss out on this great opportunity to learn how computer science really does change the world.

Channeling Your Superpowers (Leadership)

Facilitator: Andy Smyth, Canyon County Volunteer

Delegates in leadership roles and those who aspire to leadership can advance their skills to meet the challenges of being a leader. Designed for county and club officers, Ambassadors and camp counselors, or those involved in any elected position, delegates will have the opportunity to practice skills and develop abilities demanded in leadership roles. Activities will include leadership tasks as an elected officeholder, working with adults on boards and committees, putting forth your best professional image, and representing 4-H to the public.

Gizmos and Gadgets (Technology Team)

Facilitator: Dr. Carrie Stark, University of Idaho 4-H Youth Development; Idaho 4-H Mobile Tech Team

There's an app for that! The Idaho 4-H Mobile Tech Team (4-Hers chosen to help integrate mobile technology into the Idaho 4-H program) will demonstrate mobile apps that can enhance your 4-H project. They will also teach you through hands-on activities how to take better pictures and videos using iPads. You will not only learn about this technology but get to experience it too!

Pump Up Your Powers (Fitness)

Facilitator: Kirsten Jensen, District I Extension Educator

Incorporate fitness into your busy lives and make every day super with fitness expert Kirstin Jensen. Learn to keep your body fit and ready for the rest of your life.

\$6 fee will be collected from those assigned to the track.

Faster Than a Speeding Bullet (Shooting Sports)

Become a straight shooter to be focused and in control. Learn all the ins and outs of archery and marksmanship with certified instructor.

\$6 fee will be collected from those assigned to the track.

Finding Your Inner Superhero (Self-Assessment)

Facilitators: Brandy Kay, Bonneville County Extension Educator; Dr. Carrie Stark, University of Idaho 4-H Youth Development

Want to understand yourself, your family members and friends? Embrace differences and learn to enhance your group skills through self-assessment. Find your personality type, leadership style, and conflict style.

Beyond the Tights and Cape (Fashion 1)

Facilitators: Lori Wahl, University of Idaho Family and Consumer Sciences Faculty Member; Erika Iiams, University of Idaho Family and Consumer Sciences Instructor

Learn the ins and outs of apparel design, fashion and construction with Lori Wahl, who has worked for Nike and Adidas, and fashion instructor Erika Iiams, with a hands-on project in the Design Studio that will become a valued part of your wardrobe. Explore color theory and product development while learning about career options in fashion.

\$22 fee will be collected from those assigned to the track.

Be Wonder Woman or Superman (Fashion 2)

Facilitators: Katie Hoffman, Lemhi County Extension Educator and former pageant titleholder; Sarah Downs, Miss Idaho

Make the most out of you! Learn about body shape and image, dressing for success, self-presentation and confidence through your clothes, accessories and hair.

It's a Bird, It's a Plane, It's Animal Science! (Animal Science)

Facilitator: Gail Silkwood, Benewah County Extension Educator

Every super hero has a super sidekick, and 4-H members know that the best ones are four-legged! In this interactive hands-on track you will explore the secret laboratories and some of the super-awesome ways the Animal Science Department researches new and innovative ways to keep animals healthy, happy and well-fed.

“Marvel” at Your Creativity (Visual Arts)

Facilitators: Erika Thiel, University of Idaho 4-H Youth Development, and staff of UI Prichard Art Gallery

Learn how to take good pictures and edit them using Photobie online software, plus challenge yourself with a photo scavenger hunt. Then go back in time to try your hand with traditional papermaking techniques. Track participants should bring a digital camera.

\$8 fee will be collected from those assigned to the track.

Where’s the Spinach, Popeye? (Healthy Living)

Facilitators: Maureen Toomey, University of Idaho 4-H Youth Development Extension Associate; Grace Wittman, Cassia County Extension Educator

Teen Advocates for Healthy Living is an extended workshop track covering 14 hours of healthy living skills to train teen advocates to support a new 4-H program called 4-H Food Smart Families. This track will cover nutrition, preparing healthy snacks and meals, learning kitchen safety and shopping skills. Learn the best strategies to use when teaching younger kids. Because of the depth of the training teens must attend additional track sessions during late afternoon and evening and may miss some recreational activities. Participants will receive a TAHL t-shirt and gain leadership experience.

Open to all teens and adult volunteers. Youth participants will receive a \$50 scholarship to Teen Conference and may qualify as 4-H Food Smart Family advocates.

The Daily Planet (Reporting)

Facilitators: Lyle Hansen, Southern District Extension Educator; Amy Mink, Reporter; Sabrina Sirani, Historian

Join the team of writers, photographers and videographers who put together the official news of Teen Conference. Prepare yourself to be a reporter or editor by learning desktop publishing, digital photo and video editing, interviewing and writing while using our mobile computer lab. Show off your work in the Gem State News and Week in Review. Bring your own digital camera and take home professional images.