



University of Idaho
Extension

Gem State News

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Teen Conference Held June 27-30

Aloha! The 2016 Teen Conference started off with the Hawaiian theme, "Ohana Means Family," on June 28, 2016. After check in, we began "Get to Know You" games on the conference lawn; even though it was extremely hot, everyone still had loads of fun. Some of us may think that the games are "child's play" but they are actually a great way to have fun while learning about others — as well as ourselves. Of course, we also have to go to meetings within our districts, which are boring, right? Wrong! The meetings can actually be very fun. During the meetings we go over our district skits, which can get the whole room laughing in about five seconds. The aforementioned district skits are performed at the variety show along with individual talents. Although teen conference is mainly all about fun, there are some serious parts

of it too. This seriousness comes out during the keynote session of the conference. When we are listening to the keynote speaker, we go deeper than just listening, we feel the words because it is a motivational speech. The amazing thing about Teen Conference and 4-H as a whole is that all of its speakers truly connect with the members. Both Teen Conference and 4-H are about connecting with each other, finding our individuality, and most importantly -- creating a family.

As many of us know, Teen Conference isn't just about meeting new people, playing games, and having fun. It's also about being able to break away from your group of friends and try new things. The tracks that are held play a big part in this as we each chose the track that interests us most. Through our tracks,



we can learn what we like, dislike, and more. Teen Conference also guides us to our futures whether we know it or not. In the past Teen Conference has done career fairs and college fairs, however this year we substituted in career tours. The tours enable the delegates to channel their focus on a career that interests them. Participants found that they could gain more background information in their career field. On a larger level 4-H, including TC, is all about building a family, building ourselves, and molding our futures.

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Clover Banquet

This year's clover banquet featured food, fun, and amazing speakers. Delegates dressed up to their fullest, with suits, dresses, and bowties galore. 4-H President Bailey Rill led the ceremonies, starting out with several speakers, and then a delicious dinner. After the meal, multi-

ple scholarships were awarded to officers and members of 4-H. Additionally, two Friends of 4-H scholarships were awarded to adults that showed special support for 4-H at local, regional, and national levels. After the awards, guest speaker Karen McNenny gave her cap-

stone speech filled with humor and meaning. Last but certainly not least, new officers underwent the induction ceremony, signaling a new era for Idaho 4-H.

College Staff



I'm lost, help me, please? What would we do without college staff at Teen Conference? We would probably all be running around like chickens with our heads cut off.

They helped us learn the rules so we wouldn't break the elevator or set off the fire alarm. We would be in so much trouble without them showing us around campus, making us feel at home, and keeping us all

safe. Life on the University of Idaho campus wouldn't be the same. Thank you to all the college staff for taking the time out of their busy schedules and coming to Teen Conference.

"You can travel to any track and feel the dynamics of the whole conference. It's an amazing experience!"

Reporting

I'm blinded by the flash! Who are all these people walking around with cameras, blinding me? We are Teen Conference reporters. Reporters take pictures and write articles capturing the Teen Conference experience. It is important to have a record of what happened and to high-

light the exciting things that have happened this week. We are the ones who takes most of the pictures to save for years to come and look back on. We want you to look back at this later and life and remember how awesome this conference was. As a reporter, I wanted to be able to see what every

track was about and take pictures of the experience. Haydn Bryan is quoted as saying, "Reporting is the greatest track in the world. You can travel to any track and feel the dynamics of the whole conference. It's an amazing experience."

Adult Staff

Drink lots of water! Life without adults would be crazy, some people could do it and others would be lost. This conference wouldn't be the same without the adults. We wouldn't have someone to come to when we are sick, lost our name tags, or have questions about the conference. They

are also to make sure that we are where we are suppose to be at that specific moment. They keep this conference running and everyone in line. Thank you to all the adults that were at Teen Conference and helped it run smoothly!

Bioengineering

Bioengineering is a chance to help people that aren't able to use their arms or legs, they build arms and legs for people who don't have arms or legs. It doesn't just help humans -- it also helps animals and fish. Mollie Adams from District 3 said that "I love engineering because I like to create and build stuff, I see myself doing

engineering later on in life." Mollie started liking engineering when she was in middle school; she is continuing to do engineering through her whole school life experiences. Francisco Ochoa from District 2 says "I see myself doing a different career later in life, If I were given a position to help in Bioengineering I would take it because I

like to help people out. What's hard about Bio-engineering is the mathematics, I did engineering 13 times in my life some at home and some in classes. When I first started doing engineering I thought it was fun because I got to build and learn new things."

"If I were given a position to help in Bioengineering I would take it because I like to help people out."

Shooting Sports

Breathe in. Focus. Release. Bulls eye. In this session of the shooting sports track, participants learned the finer points of archery and honed in their skills. "The best part was learning the proper way to shoot a bow," Karly said. "I loved today," Kaiylynn added. "I learned how to take constructive criticism," Gavin said. Along with learning how to shoot

a bow, participants learned about different types of bows and the equipment used when shooting. The group started out practicing their new skills by shooting at large targets. As the session progressed and skills were developed, the targets continued to get smaller and harder. From a large target, to a balloon, down to a card, the

archers continued to have fun and be challenged. In this session of the shooting sports track, participants learned about the finer points of archery as well as safety with a bow.

"I learned how to take constructive criticism."

Get Your Hawaiian On

The participants of this track certainly got into the Hawaiian spirit with this track. Get Your Hawaiian on! was an interactive workshop where participants learned about healthy meals and food preparation. "I learned how to be safe with food, like how long to wash my hands for and to wear gloves when handling food that's not going to be

cooked," Ashlyn said. Camille added, "I learned how to make good food choices." Participants split into groups and prepared three Hawaiian themed recipes. The groups prepped and cooked their dishes according to recipes and then were given the opportunity to present their food to the class. Then came the best part, the class got to sample all

three dishes and critique the food! Get your Hawaiian on! was a very informative class that taught the importance of healthy food choices and safe food preparation in a fun, interactive way.



Anatomy and Physiology

“I’m just curious.”

From passed down genes to dead bodies, Anatomy and Physiology covers characteristics that are passed down genetically and what traits you can see in a cadaver. District Two teen Hannah

Nyce comments that she is “excited to look at the different cadavers, or dead bodies. I’m just curious.” The track was taught by Senior Instructor Candi Heimgartner. The first day, the delegates

went over a list of human traits that are either environmentally or genetically found in cadavers and if they will show up. What a real bone rattler!

Challenge Track

“I’m also looking forward to reaching for new heights in this track”

Climbing walls and trusting your peers, the Challenge Track is no laid-back past time activity. The teens must escape their comfort zones and conquer their fear of heights by climbing numerous rock walls of different heights. Later they have to trust each other to overcome difficult

and different trust exercises. District One teen Hope Grasham exclaims she is “excited about bouldering, or climbing the walls without a rope. I’m also looking forward to reaching for new heights in this track” The delegates started with learning the ropes, literally, and

how to climb a wall and fasten their harnesses. They will later do multiple trust exercises and challenges to work together and figure out obstacles.

Amazing Race



What’s more fun than running around a college campus and embarrassing yourself with whacky challenges? This year’s Amazing Race is a competition for different groups to solve clues and finish as fast as they can while enduring funky teamwork challenges. The Amazing Race was

designed to challenge groups of delegates and work together to complete their task and build not only team building work ethics but also leadership skills. The U of I College Campus served as the backdrop for the Amazing Race, where Challenge, Endurance, and Sweat all formed to-

gether to create this difficult competition. Many of the challenges consisted of working together and communication skills to move on to the next clue. Whether it was building a pyramid of teens or passing around a pipe full of water, the Amazing Race was no laid back competition.

Science of Cookies

Who knew science could be so delicious? In the Science of Cookies track, the participants learned the background behind baking. First, students learned some of the basics behind chemistry. McKenna Perez, from District 4 said, "The chemistry aspect behind the cookies was overall interesting." Then, knowing the ba-

sics of the scientific method, they moved on to the delicious part of the session, the measuring, mixing and baking. After seeing the results of the original recipe, or their control group, they started experimenting. After each experiment, the group documented and discussed the results of each batch, learning from their mistakes and

making improvements to achieve the perfect cookie. In the Science of Cookies track, participants learned that there are many factors behind being a good baker, the most important of which is having fun!



Tinkering with Tech

You may have heard a loud, high pitch noise coming from the library recently. Don't be alarmed! It was just the Tinkering with Tech track investigating the code behind Arduino Uno boards, a micro-controller board that helps the user become acquainted with electronics and coding. The

teens in Tinkering with Tech started by creating simple noise machines, using a light sensor and a speaker. At first the machines were too loud -- then the students changed the coding on the boards to tone the volume down a notch. District 4 teen, Justin Beck said, "The best part

was changing the amount of light to make the device create different sounds." Overall, participants learned that a simple change in code can make a big difference.

"The best part was changing the amount of light to make the device create different sounds."

Public Speaking Contest

Prepared or not, public speaking is no walk in the park. The Public Speaking Contest allows participants to step out of their comfort zone and challenge themselves to speak in front of strangers. This contest provides an opportunity for participants to talk about a current event or the impact 4-H has on their lives. Every orator in

the prepared speech portion passionately presented, covering everything from societal to environmental problems. Some brave delegates even made impromptu speeches, sharing what challenges they have faced in 4-H. Contestant Haydn Bryan said, "It was a learning experience because I'd never spoken in an adjudicated format previous-

ly." Congratulations to the winners of this year's Public Speaking Contest: Virginia Harness and Erin Olsen! They qualified to represent Idaho 4-H at the Western National Roundup in Denver, Colorado.



“Drawing my own personal sound wall was my favorite part of this workshop.”

Battle of the Bands

In this class participants were introduced to the field of architecture and its role in everyday life. After that, they had the opportunity to take what they learned and apply it to a practical application: designing an urban space for bands. The hypothetical problem involves a

building burning down in the downtown of a city, leaving an open space for art expression. Piper Elkington said “drawing my own personal sound wall was my favorite part of this workshop.” Piper elected to take this class because she found it very interesting and has consid-

ered going into the field of architecture.

“The hardest part of planning the circle activity was figuring out a way to get about 150 delegates in one big circle.”

Leadership Track

As former president, John Quincy Adams once said, “If your actions inspire others to dream more, learn more, do more, and become more, you are a leader.” The leadership track provided conference attendees a chance to learn teamwork, leadership and interview skills, and public speaking through games and other activities. As a team, these young leaders worked together to plan an

exciting activity for all of Teen Conference delegates, in which conference attendees created a circle around the room, with two participants holding an Energy Stick ®. Once everyone’s hands were connected, it completed a circuit, lighting up the Energy Stick ®. If anyone in the group disconnected, the stick would stop glowing. Being able to complete the circuit shows that the whole dele-

gation can work together as a team. Leadership member Destiny Campbell said that, “The hardest part of planning the circle activity was figuring out a way to get about 150 delegates in one big circle.” Despite setbacks, the leadership team was successful at planning a group activity that the whole conference enjoyed.

It’s Your Life



What’s more important, food or your phone? In order to prepare students for life, the “It’s Your Life” track taught delegates how to properly budget by playing a scenario game.

Each student was given a education level, a job, a monthly income, and a

budget sheet to keep track of their income, as well as expenses. As they went through the “month,” delegates had to buy a car and a house along with paying for things such as food and internet. At the very end, each person would blindly get two cards. They could either be a “Good Day” or a “Bad Day”. John Noordam, a participant in

this track, was very frustrated with the way that his situation played out, as he had a \$550 student debt payment each month and only received a low income for his assigned education level of a doctorate degree. This track helped attendees prepare for “real life.”

Animal Science

Have you ever thought about the preparation behind the meat you eat? In the Animal Science track, students learned about the process, science, and ingredients used in the making of sausage. On top of this, participants were taught about proper food safety -- temperature management, handling, and clean up. In the sausage making process, students learned about the role of nitrate in cured

meats, this was Kaitlyn Steppe's favorite part of the track. The most flavorful part of this session was when students seasoned, flavored and tasted their own sausage creations. In addition, delegates got to package the sausage they made to take home to share with their families. In visiting with Kaitlyn, she said, "the reason I selected this class was because I had taken the track before and

really enjoyed it. I am also interested in going into the field of animal science." In addition, all of the animal science students toured the dairy farm and learned about livestock management -- the raising and handling of farm animals, as well as careers available in this field. Now all of the participants have a better understanding of what it means to bring home the bacon.



Career Tours

Delegates to Teen Conference had the opportunity to travel to career tours ranging from Pape Tractors to the Gritman Medical Center to Biotracking. These career tours offered an in-depth look into the career fields that interest 4-Hers, giving

them real life experience and the opportunity to ask questions to career specialists. Career tours were a new addition to the Teen Conference roster, and reviews were positive. Hope Grasham said "It was nice to explore my options in a ca-

reer that I'm interested in. The Biotracking tour was informative and entertaining." Hope also said that she was interested in job shadowing opportunities that were shown to her on the tour. All the delegates learned more about their specific fields.

"It was nice to explore my options in a career that I'm interested in."

The Biotracking tour was informative and entertaining."



IDAHO 4-H TEEN CONFERENCE

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Personal Reflection

Hello! My name is Erica Wood, and this has been my fifth and final year as a delegate at Teen Conference. Being able to serve this past year as the Idaho 4-H Teen Association Secretary and being able to help plan and put on this conference has been by far the most rewarding experience I have gained through the 4-H program. This opportunity has helped me realize what it is that is truly amazing about this conference, and is the reason I have kept coming back every year. What I love most about this conference is the people. Most people when they walk into the tower for the first time they walk in as strangers, not sure what to do or who to talk to. However, when they leave, they walk away as so much more. They walk away as far more than strangers, and even more than just friends. They walk away as family.

In all of the organizations, all of the conferences, all of the experiences that I have had throughout my high school career, I have never seen the same level of caring and accepting anywhere else as I have seen here at Teen Conference. While we may come from different towns, go to different schools, and have different interests, there is one thing that ties us all together, and this is our passion for the 4-H program and for the values it teaches. What I love about those who come to TC is that not only are we all able to set aside our differences in order to come together as one delegation, we are also able to rise to the occasion when we can embrace our differences and accept each other for the individuals that we are.

My first year coming to Teen Conference as a timid eighth grader, I had no idea what I was getting myself into. However, by the time the second day of that conference came around, I came to realize that I was safe. That I was welcome. That I was home. I knew that here I had found a family, one that would accept me and give me the opportunity to grow and learn and to simply be myself. This year, it has been my most sincere wish that other delegates have the opportunity to experience this as well.

As I look back on my Teen Conference experience, and especially back on this past year, I know that I would never trade these memories for the world. Idaho 4-H has shown me so much and has given me so many opportunities to become the kind of person that I want to be. I have loved meeting each of the delegates that have crossed my path, and I know that each and every one of them has the potential to achieve whatever their hearts desire through this amazing program, especially if they are able to turn to each other for support. I would like to thank the wonderful members of my officer team for the best and most memorable year I could ever imagine. I love each and everyone one of you and know that you will all go so far in life. I would also like to thank the delegates. You are what keeps Idaho 4-H going, and without you events such as Teen Conference would never be possible. It has been an honor to serve you this year, and I will never forget the lessons I learned on this heck of a journey. Aloha and farewell, Teen Conference! Until we meet again.

Special Thanks

A special thanks to the reporting crew for their hard work on this publication. This newspaper serves to promote 4-H to the state of Idaho, and it has great historical significance as a long-standing tradition. Additional thanks to Hope, Erica and Erika, Manny, Virginia, and all the others that helped

put this together. It wouldn't have been possible without you and I'm very proud to end my year as State Reporter with this publication.

Thank you!
Haydn Bryan

