



Conjuring Collaborations

APRIL 3 - 5 | BOISE, IDAHO

The Grove Hotel

245 S Capitol Blvd, Boise ID 83702

Phone: (208) 333-8000

April 3-5, 2023



CONFERENCE SCHEDULE

Monday, April 3

- 3:00 pm – 6:00 pm Conference Registration - Hotel Conference Center
- 4:30 pm-6:30 pm Welcome Reception – no-host bar & appetizers - The Terrace (4th floor)
- 6:30 pm Optional No Host Offsite Evening Group Dinner Boise

Tuesday, April 4

- 6:30 am – 7:00 am Morning Movement: Yoga (*Evergreen*), Walking or Running (*Meet in Lobby*)
- 7:15 am – 8:15 am Breakfast Buffet – Evergreen/Cedar
- 7:45 am Conference Registration
- 8:15 am – 8:45 am **Welcome Session** – Evergreen/Cedar
- 8:45 am – 10:15 am Keynote Address “**Our Why**” by **Dr. Lupita Fabregas**
- 10:30am – 11:30 am **Table Talks** – Open to discussions on current topics/issues on Program Delivery Modes and program efforts - Evergreen/Cedar
- **Camp**
 - **Afterschool**
 - **County Fair**
 - **Reaching new audiences**
 - **4-H 101: welcoming 1st generation 4-H families**
 - **Urban Programs**
- 11:30 am – 1:00 pm Lunch on your own
- 1:00 pm – 1:45 pm **Program Seminars Session #1**
- **Creating Art Now Builds Skills for the Future** - Maureen Toomey, Shaina Nomee, & Judith Schoenfelder (*Aspen*)
 - **Building Fences for Mental Wellness** - Tasha Howard & Paige Wray, (*Evergreen/Cedar*)
 - **Tobacco & Vaping Cessation** - Julie Buck; (*Flichel*)
 - **Let’s Talk about Gender Identity** - Joseph Rand; (*Ivy*)
 - **4-H Club Kits**, Jana Ferris, Dan Teuteberg & Melinda J. Pollen - (*Riverfork; 3rd Floor*)
- 2:00 pm – 2:45 pm **Program Seminars Session #2**
- **4-H Step Programming**, Susan Busler - (*Ivy*)
 - **Continuing to Meet the Needs – Virtually**, Pam Watson, Nancy Baskett & Deborah Moberg-Williams-(*Flichel*)
 - **Cultural Immersion Exchange**, Ann Kowenstrot - (*Riverfork; 3rd Floor*)
 - **Five for Five: Five Minutes to Better Health**, Maureen Toomey & Julie Buck - (*Aspen*)
 - **Leadership NOW!** Grace Wittman - (*Evergreen/Cedar*)
- 3:00 pm-5:00 pm **Workshops on the Move**
- **Idaho Botanical Garden (bus provided)**
 - **Idaho Fish & Game: The MK Nature Center (bus provided)**
 - **STEMfinity (Cedar)**
 - **Visual, Tactile, Kinesthetic: It’s Boise Public Art** (*meet in Lobby*)
 - **Zoo Boise (bus provided)**
- 5:30 pm – 8:00 pm State’s Night Out Dinner



Wednesday, April 5

6:15 am – 6:45 am	Morning Movement: Yoga (<i>Evergreen</i>), Walking or Running (<i>Meet in Lobby</i>)
7:15 am – 8:15 am	Breakfast Buffet, Conference Registration – (<i>Evergreen/Cedar</i>)
8:15 am – 8:30 am	General Session – (<i>Evergreen/Cedar</i>)
8:30 am – 9:30 am	Presentation by Dr. Lupita Fabregas “Making Things Happen; Opportunity for All!”
9:30 am – 9:45 am	Break
9:45 am – 10:45 am	Table Talks - Collaboration Strategies & successful programs that have reached more 4-H Youth (<i>Evergreen/Cedar</i>) <ul style="list-style-type: none"> • Homeschool programs • Extension partnerships • Teen Programs • Community Partnerships • Juntos • 4-H & College Prep
10:45 am – 11:00 am	Break
11:00 am – 11:30 am	Ignite Presentation & Entertainment – (<i>Evergreen/Cedar</i>)
11:30 am – 12:45 pm	Lunch Buffet – (<i>Evergreen/Cedar</i>)
1:00 pm – 2:30 pm	Competency Building Workshops <ul style="list-style-type: none"> • Best Practices for Navigating Stakeholder Friction Regarding People of All Genders & Sexual Orientations, Joseph Rand & Members of the AEBC LGBTQ+ Champions Team- <i>Riverfork</i> • Engaging Underrepresented Youth & Volunteers, Mario Magaña Álvarez - <i>Ivy</i> • How To Deal With Difficult Volunteers, Tina Miller - <i>Aspen</i> • Racial Trauma & Race-Based Traumatic Stress, Lilliana Vega & Russ Hill - <i>Fliche!</i> • Take Chances & Make Mistakes! Create Hands-on STEM Learning that Engages Youth and Adults, Claire Sponseller - <i>Evergreen/Cedar</i>
2:30 pm – 2:45 pm	Refreshment Break & Poster Set up (<i>Evergreen/Cedar</i>)
2:45 pm – 3:30 pm	Poster Presentations – (<i>Evergreen/Cedar</i>) <ul style="list-style-type: none"> • 4-H Market Livestock Projects, Deborah Williams & Caleb Patterson • Birdless Poultry Show, Carolyn Russo & Stephanie Roeter-Smith • Creating Collaborations, Becky Settlege • Drone Designers: Exploring STEAM Careers, Alysson Statz • Engaging Community Partners to Enhance K-12 Field Trips, Elissa Wells • Managing the Menagerie, Susan Busler & Katherine Hauser • Outreach to Military Youth, Julia Villagomez & Kera Lloyd • Program Theory to Design, Mike Knutz • Resilient Volunteer Engagement, Carolyn Russo & Stephanie Roeter-Smith • Satisfy Your Sweet Tooth – A Food Science Program, Grace Wittman
3:30 pm- 4:00 pm	Closing Celebration – Evergreen/Cedar
4:00 pm – 5:30 pm	NAE4HYDP Affiliate Meetings Idaho – Evergreen/Cedar Oregon – Aspen Washington – Ivy
6:00 pm – 8:00 pm	Dinner & Evening on your own
6:00-9:00 pm	(Optional) Paint Night or Hockey Game – Idaho Steelheads vs Utah Grizzlies





CONFERENCE PROCEEDINGS

KEYNOTE ADDRESS



Lupita Fabregas is originally from Mexico where she earned her undergraduate degree from Monterrey Tech in Agriculture Engineering and Animal Sciences and a Master's in Education from UPAEP. After 29 years of experience with a university in Mexico, Lupita immigrated to the United States in 2002 where she earned a Doctorate in Agricultural Education at Oklahoma State University. In 2013, she started her Extension in Family and Consumer Sciences at Oklahoma State University. In 2015, she accepted the position with UC Davis in California as the 4-H Assistant Director for Diversity and Expansion. In this role, she led the largest 4-H Inclusion and Diversity initiative in the United States, increasing Latino participation in 4-H by more than 100%. Dr. Fabregas and her team received the 2021 National Association of Extension 4-H Youth Development Professional (NAE4-HYDP) Diversity and Inclusion Award for their work with Latino communities in California. In 2019, Lupita became the Director of the Missouri 4-H Center for Youth Development and the first Latina woman to lead a state 4-H program. The National ESP Organization recognized Lupita in 2022 with the National Diversity Award for her support to minorities and underserved populations.

PROGRAM SEMINARS, SESSION I

4-H Club Kits, Jana Ferris, Dan Teuteberg & Melinda J. Pollen - *Riverfork; 3rd Floor*

Craving a tool to encourage new clubs to get off on the right foot? Any 4-H professional will benefit from learning about our 4-H Club Kit! Creating a new 4-H club or stepping in as a new club leader to an existing club, may feel like you stepped off a plane in an unfamiliar place! This kit provides tools needed for volunteer success in providing a rich/meaningful experience for youth. The kit includes activities and exercises to reinforce the youth/adult partnership model, experiential, learning, and self-governing. Kits can be customized for your unique needs and evaluations are included.

Building Fences for Mental Wellness – Tasha Howard & Paige Wray -*Evergreen/Cedar*

Today, youth have worries that those before have not. These include pandemics, school safety, online pressures, cyber-bullying, and a constant connection to the world via cell phones and social media. These overwhelming worries can lead to an increase in feelings of sadness, hopeless, and anxiety (Ybarra, 2022) As such, stress management skills, and understanding of risk and protective factors, and the ability to identify and work through a mental health crisis is vital. Through youth-adult partnerships the 4-H Fences for Mental Well-Being curriculum is a curriculum with three major workshops.

Creating Art Now Builds Skills for the Future, Maureen Toomey, Shaina Nomee & Judith Schoenfeld – *Aspen*

Creating Art Now Builds Skills for the Future workshop introduces the visual arts as a strategy for skill and technique development, and a process for youth to express self and feel a sense of wellbeing. Exploring the visual arts is an experiential process allowing youth to build skills (critical thinking, communication, planning and organizing). Through practicing art, youth develop techniques and problem-solving abilities, learn art vocabulary, learn how to assess and critique artwork, and learn how to express self through creating and self-reflection.

**Let's Talk about Gender Identity**, Joseph Rand – *Ivy*

Let's Talk about Gender Identity is a five-session virtual series designed to provide a safe place for youth to have important conversations about gender identity. This series demonstrates to LGBTQ+ youth that they are valued and welcomed by 4-H and gives all youth the tools to be supportive and effective allies. The peer-reviewed curriculum was created by Minnesota 4-H youth alongside Extension educators. Highlights include: gender identity basics, a panel of queer 4-H alumni, and tools to interrupt harassment and bias.

Tobacco & Vaping Cessation, Julie Buck - *Flicel*

Tobacco and vaping use are crucial health and wellness concerns especially impacting youth. Educators in Blackfoot, Idaho saw the need for elementary aged youth in third and fourth grades to receive prevention education in Bingham County schools. Persons attending this presentation will discuss the incidence of tobacco and vaping use in America, development of the youth lesson, participate while receiving the prevention lesson as taught to youth, and review the evaluation methods with survey results.

PROGRAM SEMINARS, SESSION II**Five for Five: Five Minutes to Better Health**, Maureen Toomey & Julie Buck– *Aspen*

Regular physical activity (PA) is important for overall health. Yet, encouraging our clients, volunteers, and peers to engage in PA is challenging. As time is a valuable asset, incorporating PA into our current schedules makes sense. Five for Five, a PA add-on curriculum, can be easily incorporated into Extension programming for all ages, genders, socioeconomic levels, physical abilities, cultural or educational backgrounds, and occupations. Five for Five enhances an individual's ability to concentrate and increase PA rate, while supporting the flow of instruction through planned PA breaks.

Leadership NOW! Grace Wittman - *Evergreen/Cedar*

Leadership NOW! Advanced Leadership Development Program is a teen program that provides intentional leadership education across the state of Idaho. The program consists of a series of educational lessons conducted through zoom as well as some in person instruction. It is a two-year program in which youth participants are expected to implement what they have learned to complete a service-learning project or a sales talk. This workshop will include information on how the Leadership NOW! program was developed, how another state can replicate it and survey data from past participants.

Continuing to Meet the Needs – Virtually, Pam Watson, Nancy Baskett & Deborah Moberg-Williams -*Flicel*

Provide quality and innovative programming via zoom through Explore 4-H with WSU Extension. Provided short educational sessions for easy access to 4-H youth & new 4-H volunteers on project basics. Results of our 2021 evaluation will be shared. We will offer a short panel presentation of how things were set up from analysis to post-survey questions and hand out an e-template (link) to participants so that they can recreate virtual project sessions. Audience- Professionals who struggle to meet basic project needs of new 4-H youth and new volunteers.

4-H Step Programming, Susan Busler – *Ivy*

When faced with the challenge of club leader recruitment, lack of club openings for specific age groups and interest areas, or when county fair class areas become underrepresented, 4-H STEP programming can help (Short Term Educational Programming). We'll look at innovative ways to build capacity and provide sustainability through short term programming. We'll explore the evolution of the structure and delivery of the program and investigate how we engage these youth in 4-H before we lose them to other youth organizations. We'll share what's been developed to serve rural and urban audiences.

Cultural Immersion Exchange, Ann Kowenstrot, Eugenia Hatsook, & S. Todd Williver - *Riverfork; (3rd Floor)*

This presentation will describe a culture immersion exchange held the summer of 2022. We will review the history of the location, describe the logical process involved of staff and content selection. Both the challenges and benefits of working in an isolated culturally diverse setting will be shared. The presenters will share the lessons they learned from working outside their comfort zone and discuss how the experience will shape their future work. We will also offer suggestions and an outline as to how YOU might facilitate your own cultural immersion exchange experience.



Workshops on the Move

Idaho Botanical Garden– *bus provided*

Come experience the 15-acre living museum through a short tour, practice strategies to engage learners in new ways, and learn about amazing plant and animal adaptations for the shrub-steppe ecosystem. This workshop will occur outside as we will be moving around the cultivated garden spaces, sturdy shoes are needed.

<https://www.idahobotanicalgarden.org/>

Idaho Fish and Game MK Nature Center – *bus provided*

The Center offers a unique wildlife experience on a 4.6-acre site along the Boise River Greenbelt. The Stream Walk and Visitor Center provides a glimpse of Idaho's many landscapes and abundant wildlife. Underwater viewing windows along the stream walk give visitors a fish-eye view of the world. Come join us for a fun filled team building Watershed Challenge scavenger hunt that will allow you the opportunity to explore the Nature Center while enjoying a fun activity.

<https://idfg.idaho.gov/site/mk-nature-center>

STEMfinity– *Cedar*

Build TWO different STEM/STEAM/Maker projects with STEMfinity! Participants will use the kit of parts provided to build a ball launcher, then take it apart and create a rubber band racecar! Start with whichever project you like, complete an example build, then modify it to make your own unique designs. Each project has tons of optional challenges and labs to get participants exploring science and engineering hands-on. STEMfinity will also help participants explore various free STEAM resources and how to remove silos to create a more integrated approach to teaching these important disciplines.

<https://stemfinity.com/>

Visual, Tactile, Kinesthetic: It's Boise Public Art – *meet in lobby*

Explore the excellent collection of public art installations throughout downtown Boise. The guided walking tour will traverse through city streets where you can see, touch, and hear artworks including sculptures, painted walls, wrapped traffic boxes, and musical bikes. This art appreciation walk will inspire creativity and ideas for your community art projects. Comfortable shoes required for a three-mile city walk-about!

<https://www.boiseartsandhistory.org/explore/walking-tours/>

Zoo Boise – *bus provided*

Along with other AZA accredited zoos & aquariums, uses behavior-based husbandry practices at the individual and species level. Dolly, the female red panda, prefers her food to be soaked in water while Spud, her mate, does *not*. An animal's behavior can have profound impacts on their care. Learn how zoos are a great resource for 4-H programs as a vessel to expand on lessons related to care of animals, their habitat, the environment, and how civic engagement can have a global effect. Meet the education staff, get a sneak peek of outreach offerings, a guided tour of Zoo Boise, and explore activities you can lead in your 4-H Program! Participants will receive resources based on research to bring this framework back to your program.

<https://zooboise.org/>



COMPETENCY BUILDING SESSIONS

Best Practices for Navigating Stakeholder Friction Regarding People of All Genders & Sexual Orientations,

Joseph Rand & Members of the AEBC LGBTQ+ Champions Team – *Riverfork; 3rd Floor*

LGBTQIA+ youth experience negative mental health outcomes at higher rates than their cisgender, heterosexual peers. There are ample best practices 4-H can employ to support better outcomes, however, implementing these practices can lead to pushback from stakeholders, like volunteers. Without preparation for this response, the very best of intentions to improve mental health trajectories are mute. This session will provide perspective and low-stress practice with communication strategies that allow 4-H youth development professionals to navigate pushback.

Engaging Underrepresented Youth & Volunteers, Mario Magaña Álvarez – *Ivy*

The objectives of this workshop are to prepare educators to meet the unexpected challenges in designing and implementing programs for youth from different cultural backgrounds: share information and strategies used to overcome barriers and present examples of programs that have successfully engaged underrepresented youth and adult volunteers. This session will focus on needs assessment, program development and strategies implemented to meet those needs. Participants will learn how to successfully recruit youth and volunteers from underserved communities and identify potential funding sources.

How to Deal with Difficult Volunteers, Tina Miller – *Aspen*

The 4-H program would not exist without its volunteers. All too often 4-H Professionals deal with and endure ongoing toxic volunteers in our counties. This is taxing on the overall 4-H program and can contribute to more volunteer issues. This presentation will provide tools of the trade to help smooth the water by demonstrating the importance of managing and investing in volunteers so you can have a successful program with great role models for youth. You will come away with some great resources to immediately implement in your program and reinvestigate your volunteer management program.

Racial Trauma & Race-based Traumatic Stress, Lilliana Vega and Russ Hill – *Flicel*

This workshop will highlight impact of Racial Trauma & Race-based Traumatic Stress (RBTS) on youth of color (YOC). Presenter(s) will define RBTS & discuss the effects of racial trauma on mental health and wellbeing for YOC. Positive Youth Development (PYD) experiences and outcomes differ for YOC. The core components of PYD are just as impactful for YOC; must strive to achieve parity and equality in our delivery. Youth practitioners can benefit from learning to incorporate effective PYD methods that respond to RBTS to help youth gain a positive sense of self and build positive racial/ethnic identity.”

Take Chances & Make Mistakes! Create Hands-on STEM Learning that Engages Youth and Adults, Claire Sponseller – *Evergreen/Cedar*

Create hands-on STEM learning that engages youth & adults! Sometimes all it takes to be a great educator is to learn how to be a kid again! Discover how to reenergize any program and strengthen engagement through hands-on, collaborative, STEM activities. Whether you are comfortable in the world of STEM or not, STEM is a tool that can and should be included in all project areas. Pick up some great programming ideas any 4-H professional can pull from to help build quality programming. Don't be afraid to try new things and even make mistakes! This hands-on session will provide tips and tricks on how to revive your program and make it fun for all ages.



POSTER PRESENTATIONS

4-H Market Livestock Projects, Deborah Moberg-Williams & Caleb Patterson

4-H Market Livestock Projects are rewarding but have steep learning curves. Many requirements must be completed before animals are shown and sold. Youth are expected to purchase, shelter, feed, prepare, show, and market their own projects. While leaders can assist, it is the responsibility of youth and family to raise quality livestock projects. Leaders must provide support necessary to help youth successfully complete all aspects of their project. Participants will see strategies to enhance their 4-H Market Livestock projects. This presentation will help participants support members.

Birdless Poultry Show, Carolyn Russo & Stephanie Roeter-Smith

This table top poster display will share the creativity involved in creating a birdless poultry show. Despite high-engagement participation in the Grant County 4-H poultry project, youth who spent months of preparation were unable to showcase their birds at the 2022 county fair due to the recent spread of Avian Influenza in the state. We adapted the 4-H poultry project exhibits so that youth still had ample opportunity to demonstrate their skills and knowledge to the community. Results: The event was highly successful. Feedback from youth, the community and 4-H leaders will be shared.

Creating Collaborations Through 4-H Youth Program: Hawaii Giant Fruit & Vegetable Contest, Becky Settlage

Back in 2012, little was it realized that what was started with just 60 giant pumpkin seeds would flourish and grow into much more! Ten years later that little giant pumpkin project, grew into a program growing over 20 different giant fruits and vegetables, and has allowed us to reach out to hundreds of families and schools, building many collaborations along the way with giant growers from all over the world, local support from agricultural commodity groups, University of Hawaii faculty and others. As an added bonus, this innovative idea has also gotten youth interested in agriculture!

Drone Designers: Exploring STEAM Careers, Alysson Statz

4-H programming applying curriculum from PCS-edventures ,Drone Designers: Exploring STEAM Careers creates another opportunity for 4-H life-skill development. This is a program that can be applied after youth have a good understanding of indoor drones, controls, safety and flight protocols. It is recommended that youth completed the READY, SET, DRONE! curriculum from PCS-edventures during 8 sessions where they'll learn flight safety protocols and operation controls. Why would we pursue this curriculum? What's next after kids can fly a small drone? and why are we doing it?

Engaging Community Partners to Enhance K-12 Field Trips, Elissa Wells

Our county 4-H staff collaborate with local natural resource professionals to offer K-6 field trips. Student outcomes for the field trips include strengthening environmental literacy and sparking interest in careers. Natural resource professionals serve as co-instructors and share their career path with students while engaging in hands-on science investigations.

Managing the Menagerie, Susan Busler & Katherine Hauser

When faced with the challenge of club leader recruitment, lack of club openings for specific age groups and interest areas, or when county fair class areas become underrepresented, 4-H STEP programming can help (Short Term Educational Programming). We'll look at innovative ways to build capacity and provide sustainability through short term programming. We'll explore the evolution of the structure and delivery of the program and investigate how we engage these youth in 4-H before we lose them to other youth organizations. We'll share what's been developed to serve rural and urban audiences.

**Outreach to Military Youth**, Julia Villagomez & Kera Lloyd

Join the Idaho 4-H OMY team to learn how 4-H can provide support for military connected youth. This program has grown immensely despite the COVID19 pandemic, but the need to expand to our geographically dispersed youth is needed now more than ever. With the help of our county extension offices and volunteers, we can bring programming to those youth. By providing military youth with community, mentors and learning opportunities, we can help them develop the life skills and resiliency they need to thrive and make positive changes in their lives and community.

Program Theory to Design, Mike Knutz

You want to develop and or identify relevant teen programs for your state or local 4-H Program? Learn the process that was undertaken to create a new statewide teen program. This seminar will be interactive and hands-on in approach, engaging participants in real world application of positive youth development principles. Participants will work through scenarios and examples to increase their knowledge and skill in program development. Examples of principles, practices, and priorities that guided a diverse group of youth and adults in the development process will be shared.

Resilient Volunteer Engagement, Carolyn Russo & Stephanie Roeter-Smith

This poster display will be intended to share with fellow 4-H professionals, a real experience that occurred. Washington State 4-H values the safety of all its members and volunteers. When the governor declared that all state workers would need to be vaccinated against Covid-19, WSU extended this mandate to the volunteers within the 4-H and Master Gardener Programs. This ruling created some conflict. Some counties lost large portions of their volunteer base. Although exemptions were available in certain cases, some volunteers struggled with the process or grew frustrated and left.

Satisfy Your Sweet Tooth – A Food Science Program, Grace Wittman & Julie Buck

University of Idaho Extension Educators have taken a new approach to teaching food science to youth. Satisfy Your Sweet Tooth the Science of Sugar and the Science of Chocolate focuses on teaching science concepts through the making of sweet confections. The intention of this program is not to increase sugar consumption but to use sugar as an educational tool. The educators emphasized the chemistry of sugar/chocolate, reinforced scientific terms and modes of inquiry, and discussed the uses of sugar beyond flavor.



PNW 4-H Conference Planning Committee

Conference Co-Chairs

Dana Miller & Mike Knutz

Treasurer

Claire Sponseller

Professional Development Peer Reviewed Committee

Chair: Gail Silkwood | *Members:* Michelle Green, Abby Grundler, Dakota Lager,
Heather Lilienthal, Sindy Martinez

Professional Development Invited Committee

Chair: Natasha Tienhaara | *Members:* Teresa Tverdy, Rosie Davids

Marketing & Promotion Committee

Chair: Grace Wittman

Esprit de Corps Committee

Co-chairs: Kandee Boise & Lisa Barfuss | *Members:* Dana Miller, Erika Briggs

Health and Wellness Committee

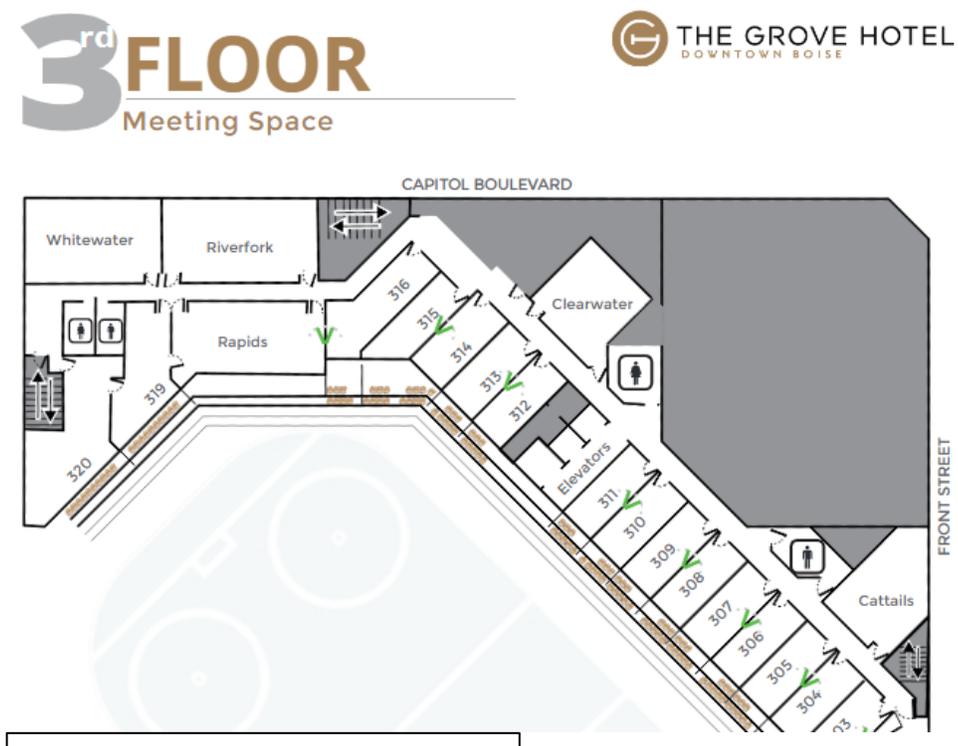
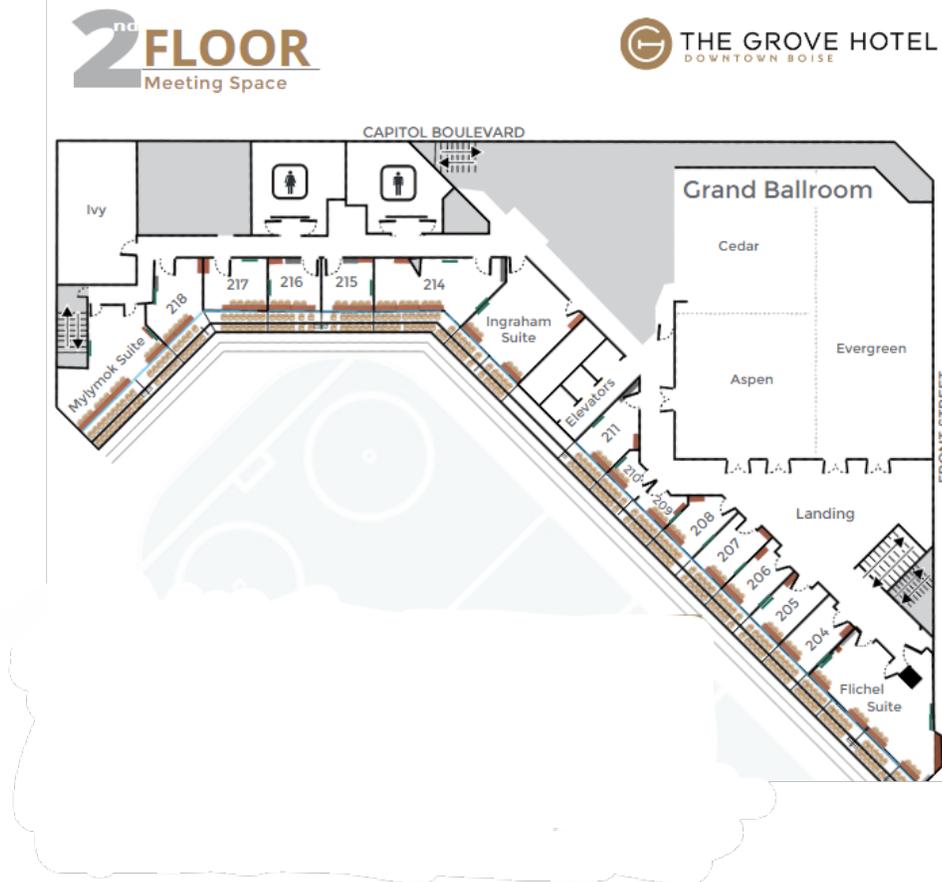
Co-chairs: Maureen Toomey & Tina Miller | *Members:* Bridget Morrisroe-Aman, Sawyer
Fonnesbeck, Judith Schoenfelder, David Callister, and Alicia Mojarra

Audio Visual Committee

Chair: Robin Baumgartner | *Member:* David Callister



Conference Center Layout



The Terrace is on the 4th Floor