

# INDIVIDUAL REGISTRATION WORKSHEET 2017

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. **Completing this worksheet does not completing your registration for REC LAB.**

Name: \_\_\_\_\_ County: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

YOUTH ONLY: Chaperone: \_\_\_\_\_

\_\_\_\_\_ Chaperone County if Different than your own: \_\_\_\_\_

## LODGING

*Participants will be housed at the Sacred Heart School and should bring: sleeping bag, air mattress or sleeping pad, towel and other personal items. If you do not wish to stay at the school you will be responsible for making your own lodging arrangements at your own cost. 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

Request accommodations or inform us of special dietary or other needs:

- Vegetarian
- Gluten Free
- Other Food Allergies \_\_\_\_\_
- Latex or Other Serious Allergies: \_\_\_\_\_

Anything else we need to know: \_\_\_\_\_

*If you need to request any disability accommodations or any other needs please contact Custer County Extension prior to the event 406-874-3370.*

## Community Service: Backpack project *see flyer on page 5 for more detailed info*

Sometimes children are placed in foster care unexpectedly, with little to no time for planning or packing. To help ease this transition for children across Montana, please bring item and necessitates you would like to give to a foster child in need. **Choose the age of a child you would like to support and bring these items with you to rec Lab.**

- Infant (0-2)
- 3-8 years old
- 9-12 years old
- 13-18 years old

## WORKSHOPS SELECTION

Workshops will take place Saturday 4/2. Please indicate your first (1) and second (2) choice workshop for each session. **Review the workshop descriptions before selecting your preferences.**

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**SESSION 1 & 2:** 2 hour workshop. If selected DO NOT choose a workshop for Session 1 or 2.

- Shooting Sports
- Team Building with Matt
- Pinch Pots

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

**SESSION 1:**

- Making Club Meetings Fun & Interactive
- The Art & Science of Papermaking
- Busy Brain Feeling Like a Jungle?
- Who Dung it?
- Identifying Birds in the Big Sky of Montana
- Roaring into Leadership
- Navigating the Wild with Drone Discovery
- Community Service
- Tie-Dye Shirts

**SESSION 2**

- Jungle Prints
- Leader of the Pack “King of the Jungle”
- Tie-Dye Shirts
- Fun Activities for Club Meetings and Beyond
- Mysterious Jungle Slime & Flying Aircraft
- Community Service – Back Packs

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**SESSION 3 & 4:** 2 hour workshop. If selected DO NOT choose a workshop for Session 3 or 4.

- Make It and Take it Beading
- Shooting Sports
- Book Sculpture

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1 hour workshop. Choose a workshop for session 3 and a workshop for session 4.

**SESSION 3:**

- Leader of the Pack “King of the Jungle”
- Roaring into Leadership
- Who Dung it?
- Making Club Meetings Fun and Interactive
- Busy Brain Feeling Like a Jungle?
- Itchin’ to Start Stitchin’
- Orienteering 101
- Let’s Play Spanish
- Escape from the Jungle: Team building
- Community Service

**SESSION 4**

- Community Service
- Identifying Birds in the Big Sky of Montana
- Jungle Prints
- Fun Activities for Club Meetings and Beyond
- Navigating the Wild with Drone Discovery
- Wooden Crates

# Workshop Descriptions *alphabetical*

**Art & Science of Paper-Making (Alice Burchak & Lisa Terry) 1 hour** - Making recycled paper is a fun and engaging activity to help 4-H members learn about the process and science of recycling as well as the natural resources that are conserved through the recycling process. Make your own piece of recycled paper. (20 Participants)

**Busy Brain Feeling Like a Jungle? (Jackie Rumph) 1 hour** – In 4-H and life, we often times spend time being busy. Un-busy yourself with this basic yoga class. We will focus on breathing techniques and a simple yoga practice to relax your mind and energize your body. Whether you are first-time or seasoned yogi, this class will benefit you. (20 Participants) **Fee is \$5**

**Community Service – Backpacks (Melissa Ashley) 1 hour** - Build a foster children backpack care package community service project. (25 participants)

**Book Sculptures (Laura Steen) 2 hours**–Create fun book sculptures using ordinary paperback books and embellishments. You will learn the technique of folding and distressing book pages to create fun and useful creations. Specialty tools and embellishments will be provided. PLEASE BRING PHOTOS. (10 Participants) Fee is \$6

**Escape from the Jungle: Cooperative Team Building (Alice Burchak, Janell Barber & Lisa Terry) 1 hour** – Develop a team strategy to find your way out of the jungle. Working for the greater good of the team will be the focus. (25 Participants)

**Fun Activities for Club Meetings and Beyond (Jennifer Anderson) 1 hour** – Are your club meetings same-old, same-old and you've run out of good ideas and inspiration? Then you've come to the right place! This session will be filled with fun, science based hand-on activities your members will love. You'll leave with tools and resources to feel confident in teaching these activities at your next club meeting or county event. (25 Participants)

**Identifying Birds in the Big Sky of Montana (Jolinda Alerdings) 1 hour** – Enter the jungle of birds of the Big Sky during this active workshop. Learn to identify songbirds, raptors, water fowl and other birds. Discover how to know what birds to look for in forests, prairies, beside lakes and in mountainous areas. Learn how to use binoculars and how to draw birds in a Nature Journal. Play birding games. Discover how to lead 4-Hers on a nature walk or scavenger hunt and identify birds in your neighborhood. (25 Participants)

**Itchin' to Start Stitchin' (Elin Kittelman) 1 hour** - This class is for those that have very little to no experience knitting. Learn all the knitting basics: casting on, knitting and purling, binding off and ribbing. The workshop fee will covers the materials needed for the course, and you will be able to take them with you. (12 Participants) **Fee is \$5**

**Jungle Prints (Jennifer Saunders) 1 hour** – Explore different printing techniques to create beautiful camp crafts. Learn different styles for a variety of ages and skill levels. Each person will print their own pillowcase to take home. (16 Participants)

**Leader of the Pack “King of the Jungle” (Olivia Burk) 1 hour** – Find your leadership style with this fun engaging, high-energy workshop. (20 Participants)

**Vamos a jugar a Espanol (Let's Play Spanish) (Elizabeth Reiersen) 1 hour** – Learn beginner Spanish words and phrases. Games will be played at the end with the newly learned Spanish words and phrases. No prior Spanish knowledge needed.

**Make and Take It Beading (Danielle Harper & Kodie Olsen) 2 hours** - Learn how to make a peyote stitch beaded ring. (14 Participants)

**Making Club Meetings Fun and Interactive (Sharla Sackman) 1 hour** – Are your club meetings dull and boring? How can decision-making be fun? Learn techniques to make your club meetings more interactive. Participate in tools for brainstorming and decision-making. (25 participants)

**Mysterious Jungle Slim & Flying Aircraft (Julie Riley & Mary Rumph) 1 hour** – Make a magnetic, black slime, a paper aircraft and an object shooter. These fun science activities delight all ages. (20 Participants)

**Navigating the Wild with Drone Discovery- (Ambassador Officer Team) 1 hour** The workshop will familiarize teens with the National 4-H Science Project, Drone Discovery, while teaching team-building challenges which attendees can take back to their counties. (20 Participants)

**Orienteering 101 (Ann Miller) 1 hour** – Workshop will consist of using a hand compass, learning basic orienteering skills to find your way in the great outdoors. (15 participants)

**Pinch Pot (Custer County Art Center) 2 hour** – You will learn step-by-step process of creating clay pinch pots with a twists. Students will be given the opportunity to use their imagination by adding unique elements that turn their pinch pot into an animal of their choosing.

**Roaring into Leadership (Fergus/Petroleum County Ambassadors) 1 hour** – Discover your inner ROAR! Swing through challenges as a team and explore other different leadership styles and techniques. We will be performing team building exercises that will allow you to practice these leadership techniques. (16 Participants)

**Shooting Sports (Aaron Phipps & Mike Schuldt) 2 hours**- You will learn the safety and skills necessary to be successful in the Air Rifle Shooting Sports Project. The New Huckleberry Electronic Targets will be utilized for this workshop.

**Team Building (Matt Walker) 2 hours** - Adventurer Matt Walker will help participants understand their full potential through this interactive and engaging team leadership challenge workshop. (25 Participants)

**Tie-Dye Shirts (Kodie Olsen & Ambassadors) 1 hour** – Tie-Dye your Rec Lab event t-shirt with acrylic paint. (15 Participants)

**Who Dung It? (Jesse Fulbright) 1 hour** – Wondering who dung it? Watch your step as you explore wildlife scat (no, not the music!) and learn about identifying animals by what they eat. Participants will also make their own edible scat! (15 Participants)

**Wooden Crates (Elin Kittelman) 1 hour** - In this hands-on workshop participants will assemble their own wooden crate. (12 Participants) **Fee is \$7**

# BACKPACK PROJECT

MONTANA 4-H REC LAB 2017

COMMUNITY SERVICE PROJECT

Sometimes children are placed in foster care unexpectedly, with little to no time for planning or packing. To help ease this transition for children in Montana, please bring items and necessities you would like to give to a foster child in need. Choose the age and gender of a child you would like to support and bring these items with you to Rec Lab.

Here are our suggestions:



**Infant (0-2):** Diapers, wipes, small baby powder, baby shampoo, wash cloth, stuffed animal, baby bottle, toy & book.



**3-8 years old:** Stuffed animal, coloring book & crayons, book, travel size toothbrush & toothpaste, soap & shampoo, hairbrush & comb, 2-3 pairs socks & underwear, T-shirt, towel & wash cloth.



**9-12 years old:** Stuffed animal, non-violent comic book, notebook, pens, pencils, deck of cards, books, travel size toothbrush & toothpaste, soap & shampoo, hairbrush & comb, 2-3 pairs socks & underwear, T-shirt, towel & wash cloth.

**13-18 years old:** Stuffed animal, notebook, pens, pencils, deck of cards, books, travel size toothbrush & toothpaste, soap & shampoo, hairbrush & comb, 2-3 pairs socks & underwear, T-shirt, towel & wash cloth.

**Get creative!** Think about items you would like or find comforting.

\*\*For health & safety reasons we request that all donated items be new or unused.

In the Community Service Project workshop, we will be making tie blankets and packing backpacks with supplies to be given to a child entering foster care.

