



Colorado State University
EXTENSION



2017

Colorado 4-H State Conference

June 20-22

Registration Guide

Conference Registration opens via 4HOnline on May 1.

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Extension programs are available to all without discrimination. If you have a disability for which you seek an accommodation, please notify the Colorado 4-H State Office at 970-491-1152 by May 31, 2017.

Tentative Schedule

Tuesday, June 20						
TIME	GENERAL	CONTEST	CONTEST	CONTEST	CONTEST	WORKSHOPS
9:00 AM	Registration 9 am -12:30 pm					
11:00 AM	State Officer Candidates Tests, Interviews, Workshop					
12:30 PM		Coaches Meeting	Coaches Meeting	Coaches Meeting	Coaches Meeting	Welcome - Noon
1:00 PM		Livestock Quiz Bowl Exam - 1-2 pm	Hippology 1-4 pm	Parli Pro Contest 1:30-4:30 pm	Public Speaking: Prepared; Impromptu; Horse; Horse Demonstrations 1-8 pm	Workshops 1-2:30 pm
2:30 PM		Livestock Quiz Bowl 2:30-5:30 pm				
3:00 PM						Workshops 3-4:30 pm
5:00 PM			Horse Bowl 5-8 pm			
5:30 PM	Free Evening; Dinner on your own					
6:30 PM	Evening Activity (optional) 6:30-10:30pm					
Wednesday, June 21						
TIME		CONTEST	CONTEST	CONTEST	CONTEST	WORKSHOPS
6:30 AM	Breakfast 6:30-8 am					
8:30 AM		Livestock Judging 8:30-11:30am	Horse Judging 9 am	Hippology 8:30am-12:30	Consumer Choices 8:30am-12:30pm	Workshops 8:30-10am
10:30 AM						Workshops 10:30 am - noon
11:30 AM		Lunch 11:30-12:30	Lunch 11:30-12:30			
12:30 PM		Livestock Judging Reasons 12:30-3pm	Horse Judging Reasons 12:30-3pm	Lunch	Lunch	Lunch 12-1:30 pm
1:30 PM					Consumer Bowl and Skill-a-thon 1:30-3:30pm	Workshops 1:30-3 pm
4:00 PM	County Night Out 4-6pm					
6:30 PM	Awards Program 6:30-9:30pm					
9:30 PM	Dance/Games - 9:30-11pm					
Thursday, June 22						
TIME						
7:00 AM	Breakfast with Program 7-8:45 am					
9:00 AM	Workshops 9-10:30 am					
11:00 AM	Workshops 11 am-12:30 pm					
12:30 PM	Lunch at Rams Horn					
2:00 PM	Workshops 2-3:30 pm					
4:00 PM	Senate Meeting and Elections 4:15-5pm					
5:00 PM	Closing Session - Installation of Officers 5-6pm					
6:00 PM	Dinner on your own 6-8pm					
8:00 PM	Dance/Games 8:30-11pm					
Friday, June 23						
6:30-9 AM	Breakfast and Check Out of Dorms					

A Note to Parents & Youth

We are incredibly excited that you are interested in participating in this year's Colorado 4-H State Conference! We trust that you will find it to be an amazing opportunity to grow, learn and meet people from around the state. In the few days we are together, there will be many different ways and opportunities for you to learn new things, make new friends and have a great time on the Colorado State University Campus. It truly is a wonderful pre-college experience, with a lot of hands-on learning and FUN for young people!

Introduction

4-H empowers young people to lead for a lifetime. Through hands-on learning in areas like science, health, agriculture, and citizenship, kids build not only confidence, creativity and curiosity, but also life skills such as leadership and resiliency to help them thrive today and tomorrow.

Colorado 4-H State Conference is an opportunity for 4-H youth ages 14-18 to learn and build these skills. Each year in June, nearly 300 youth from across the state come to the Colorado State University campus in Fort Collins to participate in 4-H contests and workshops, learn new ideas and skills, meet other youth from across the state and experience time on a college campus. The conference engages youth in a positive environment that gives them a chance to explore the CSU campus and interact with CSU Extension staff, CSU faculty, and adult role models from around the state, to spend time investigating potential college programs and careers and to have fun.

OBJECTIVES

Through your participation in Colorado 4-H State Conference you will:

1. **Prepare** to be active in your 4-H club, neighborhood, school and community.
2. **Learn** about various 4-H youth programs.
3. **Experience** "action-learning" in a campus atmosphere.
4. **Strengthen** communication, leadership and other life skills.
5. **Exchange ideas** and **form friendships** with youth and adults from around Colorado.

AUDIENCE

Participation as a delegate of Colorado 4-H State Conference is open to youth ages 14 and over who are involved in Colorado State University Extension programs. While many participants are 4-H club members, many others might not be. This is an opportunity for youth from a wide variety of backgrounds and experiences to come together to exchange ideas, form friendships, and learn important life skills for contributing to their communities.

General Information

NEW THIS YEAR

There are several items that are different or new for this year's conference.

- Livestock/Horse Awards lunch is being replaced with an all-contests Awards Program on Wednesday evening.
- Lodging and registration options are a la carte rather than one registration fee and different lodging packages.
- There is no formal banquet. A breakfast program is being held instead on Thursday morning.
- An array of workshops are being offered on Tuesday, Wednesday and Thursday.

LODGING AND REGISTRATION FEES – A LA CARTE OPTIONS

The lodging and registration fees are being offered a la carte by day in order to meet the individual participation interests and needs of youth and adults. It is expected that youth will attend and fully participate in the options for which they have registered.

LODGING and BREAKFAST - Youth and adults who need lodging

Monday	Includes Tuesday breakfast	\$45
Tuesday	Includes Wednesday breakfast	\$45
Wednesday	Includes Thursday breakfast program	\$55
Thursday	Includes Friday breakfast	\$45

CONTEST REGISTRATION - Contest participants and coaches

Tuesday Contests	\$50
Livestock Quiz Bowl; Hippology; Horse Bowl; Parliamentary Procedure; Public Speaking: Prepared, Impromptu, Horse, Horse Demonstration	

Wednesday Contests (includes lunch)	\$65
Livestock Judging; Horse Judging; Hippology (judging); Consumer Choices; Consumer Bowl; Consumer Skill-a-thon	

CONFERENCE/WORKSHOP REGISTRATION - Youth and adults not participating in contests.

Tuesday (two workshops)	\$20
Wednesday (three workshops and lunch)	\$30
Thursday (three workshops and lunch)	\$35

THURSDAY BREAKFAST PROGRAM – for those NOT lodging, but coming for breakfast

Thursday	Breakfast Program	\$17
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Colorado 4-H Foundation supports this 4-H Youth Development event with funding that reduced each a la carte registration option by approximately \$10.

HOW TO REGISTER FOR CONFERENCE

After reviewing the information in this handbook, select your lodging, contests and/or workshop choices and write them into the Registration Worksheet (page 18 for youth and page 19 for adults). This will be your reference while registering in 4HOnline. Workshops are filled on a first come, first served basis so for best selection don't delay registration.

Youth and adults register in 4HOnline beginning May 1 ("register for an event" - 2017 State 4-H Conference.) Check with your county Extension office or 4-H agent for your county registration deadline.

Items to note:

If a youth will be participating in a brief contest (such as Parliamentary Procedure or Public Speaking), they will be able to attend workshops as well. Youth is to register and will be charged for the Contest Registration Fee. The youth will also register for the workshop(s) they want to attend, but will not be charged the Workshop Registration Fee.

If a youth will be participating in more than one contest in the same day, they are to register for each contest in which they will participate. They will be charged just **one** Contest Registration Fee.

CANCELLATION POLICY

Promptly notify your County 4-H Agent if you cannot attend. A cancellation in writing received by the State 4-H Office by May 25 will be accepted with no monetary loss to the individual or county. Any cancellation received after May 25 will be accepted but without refund. The individual's full registration fee will be included in the county invoice. Exceptions may be made only in the case of documented illness or family emergency.

ATTENDANCE

Participants are required to attend all Conference activities for which you are registered. After Conference, your County 4-H Agent will receive notice of any activities you missed. A poor attendance record may affect your eligibility to attend future 4-H events.

LODGING

All participants who register for lodging will stay in Summit Hall, a CSU student residence hall. Two delegates of the same gender will occupy a room. Delegates usually room with other youth from their county, but may reside with a delegate from another county in order to fill a room. Bed linens, pillows, blankets and towels are provided.

MEALS

Breakfast is included for participants with lodging and will be at Ram's Horn Dining Center located in Academic Village near Summit Hall. Lunch on Wednesday and Thursday is included in the day registration fee for all participants. Dinners are not provided and are considered "on your own." There are a few dining options available at Lory Student Center. Fort Collins has a wide array of dining choices!

PARKING PERMITS

A parking permit is included for those staying in the residence hall. You will need to provide your license plate information at check in. The permit is only valid in the designated conference lot near the residence hall.

Commuter permits for non-lodging participants to park in the designated conference lot (near the residence hall) are available for pre-purchase at **\$5 per vehicle, per day**. License plate information must be provided prior to receiving your permit. Commuters wishing to park in any other lot on campus may pre-purchase a permit for **\$12 per vehicle, per day**.

MEET AND GREET

On Tuesday evening from 6:30-10:30 pm, gather at Newsom Hall for games, ice breakers, and fun organized by the Colorado 4-H State Officers Team.

PHOTOS

Check out the Photo Booth in the lobby of Summit Hall! This will be a nice backdrop for a county delegation photo or for an informal photo anytime during conference. Bring your camera or smart phone and be sure all delegates and adult advisors are present for your delegation photo!! Each county group is responsible for taking their own group photo and sharing it with all members and with their county 4-H Office staff. Youth are encouraged to use the conference hashtag to share with other conference participants: **#co4Hconf2017**.

ALL-CONFERENCE COMMUNITY SERVICE OPPORTUNITY

Do you have gently used stuffed animals that you just don't know what to do with? This year at conference, we will be collecting stuffed animals to support "Stuffed Animals for Emergencies" www.stuffedanimalsforemergencies.org. New and gently used stuffed animals are redistributed to Police, Fire & Rescue, Ambulance Services, Children's Services, Hospitals, Life Flight, and other emergency organizations. These emergency organizations use the stuffed animals to ease the children's nerves and calm their fears during traumatic, emotional, and transitional situations.

CELL PHONES AND ELECTRONICS

In consideration of your roommate and to ensure a good night's sleep, please do not use your cell phone or other electronics between 11:30 p.m. and 6:00 a.m. Cell phones must be turned off during assemblies, workshops and other planned group activities.

COLORADO 4-H DRESS CODE



The following dress has been developed to prevent participants from becoming offended or uncomfortable during any 4-H events or activities. If you choose to dress inappropriately, you will be asked to change. Planning ahead and packing appropriately will save yourself the inconvenience of changing your attire during the 4-H event or activity and ensure that you contribute to a pleasant 4-H atmosphere. The following dress code will be enforced for all individuals attending 4-H events and activities, including chaperones.

1. Clothing: All clothing shall be neat, clean, acceptable in repair and appearance, and shall be worn within the bounds of decency and good taste as appropriate for 4-H events and activities.
2. Articles of clothing which display profanity, products, or slogans which promote tobacco, alcohol, drugs, sex or are in any other way distracting, are prohibited.
3. Excessively baggy or tight clothing which advertises gang symbols or affiliation is prohibited.
4. Items of clothing which expose bare midriffs, bare chests, undergarments, or that are transparent (see-through) are prohibited. Tank tops with straps wider than one inch are permitted. Spaghetti straps, shirts which expose a bare back, halter tops, and tube tops are prohibited.
5. Shorts must be mid-thigh length. No cut-off shorts or shorts-shorts allowed.
6. Swimming (For all water recreation): Swimsuits for men: swim trunks only (no shorts, cut-off pants or Speedos). Swimsuits for women: One-piece suits recommended, however, two-piece suits are allowed as long as they are modestly cut. No string, thong or crochet suits will be allowed. Swimsuits may only be worn while in the swimming pool area.
7. Hats need to be removed for meetings, workshops, meals, and other times when asked to remove them.
8. Shoes must be worn at all times deemed appropriate.

All chaperones are asked to make sure that their county delegation is meeting the dress code.

CONFERENCE T-SHIRT

You will receive a conference t-shirt as part of your registration.

WHAT TO BRING (*Clearly label your luggage, camera and other valuables.*)

- Backpack
- A donation item for “Stuffed Animals for Emergencies”
- Clothing: tee, polo, or short-sleeved shirts and jeans, slacks, or longer shorts
- Comfortable walking shoes like sneakers – you will be walking a lot!
- Money for personal spending
- Notebook and pens
- Personal toiletry items (shampoo, conditioner, etc.)
- Refillable water bottle
- Required prescriptions in original containers and/or over-the-counter medicine
- Robe/cover-up and rubber flip-flops for showers
- Sleepwear
- Favorite pillow (optional)
- Inexpensive camera and extra batteries or charger (optional)
- Running shoes/clothes for recreation (optional)

WHAT NOT TO BRING

- Bed linens, blankets, pillows, and towels (provided at the residence halls)
- Fans
- Expensive items such as jewelry, cameras or electronic equipment that might get lost/stolen

COLORADO 4-H YOUTH DEVELOPMENT CODE OF CONDUCT

In preparation for conference, please review the Colorado 4-H Youth Development Code of Conduct below that you and your parent/guardian read and agreed to when you registered for 4-H this year in 4HOnline. Note: A Signed Code of Conduct is located in 4HOnline, under profile information section.

4-H members, leaders, parents, and other adults participating in 4-H programs will:

1. Adhere to program rules, curfews, dress codes, policies, and rules of the facility being used.
2. Conduct themselves in a courteous, respectful manner, use appropriate language, exhibit good sportsmanship, and act as positive role models.
3. Abstain from illegal behaviors, use of alcohol, marijuana, illegal or illicit drugs, and tobacco during 4-H events and activities.
4. Fully participate in scheduled activities.
5. Respect others’ property and privacy rights.
6. Respect the rights and authority of parents, leaders and Extension Agents.
7. Abstain from abuse (physical and/or verbal) and harassment.
8. Accept personal responsibility for behavior including any financial damage.
9. Be responsible for any financial damage caused by inappropriate behavior.
10. Adhere to principles and rules of safety.

Consequences for violating any part of this code of conduct may include, but are not limited to: removal from participation in the event in which the code of conduct has been violated (at the individual’s expense); sanctions on participating in future 4-H events; forfeiture of financial support for the event; removal from offices held, etc.

Behavior outside of 4-H activities can affect “member in good standing” or “volunteer in good standing” status.

It is the responsibility of all program participants to reinforce the code of conduct and intervene when necessary to enforce the rules.

RESIDENCE HALL RULES

1. Lights-out time is 11 p.m. on Tuesday, and 11:30 p.m. on Wednesday and Thursday. All residents must be in their rooms. Adults will enforce curfew.
2. Keep your room clean! Put trash and recyclables in appropriate containers.
3. Be completely dressed in hallways at all times.
4. Keep rooms locked for your personal safety. Carry your keys with you when you leave.
5. Do not use cell phones between 11:30 p.m. and 6 a.m. except for emergencies.
6. Close window blinds when dressing and undressing so others cannot see into your room.
7. Do not open room windows except in an emergency. If a window is opened or things are dropped from windows, ALL occupants of that room will be sent home at their own expense.
8. Furniture and bedding must remain in their original locations. You will be charged for missing/damaged furniture.
9. Boys and girls are not permitted to visit each other inside residence rooms at any time.
10. Smoking, illegal drug or alcohol use is not allowed inside any residence hall.

Contest Information

Several contests are held during State 4-H Conference.

Consumer Bowl
Consumer Choices
Consumer Skill-a-Thon
Hippology
Horse Bowl
Horse Demonstration
Horse Judging
Horse Public Speaking
Livestock Bowl
Livestock Judging
Parliamentary Procedure
Public Speaking: Prepared, Impromptu

Contest rules can be found at the Colorado 4-H website www.colorado4h.org. See the conference schedule for contest days and times.

Awards for all contests will be given during the Awards Program on Wednesday, June 21 at 6:30 pm.

Workshop Descriptions

A variety of workshops are included in this year's conference which will allow participants to focus on a single theme or mix and match workshops to explore many topics. Workshop themes include the following:

- AG/AS Agriculture/Animal Science
- CEL Civic Engagement and Leadership
- COMM Communication
- FCS Family and Consumer Science
- STEM Science, Technology, Engineering and Math

Workshops At A Glance

TUESDAY WORKSHOPS			THEME
1-2:30 PM	101	Youth Leaders Elevate ALL Experience	CEL
1-2:30 PM	102	Life Reimagined	CEL
1-2:30 PM	103	Building for the Big One	STEM
3-4:30 PM	201	Movies, Music & Making Connections	CEL
3-4:30 PM	202	Using Your Voice to Change the World	CEL
3-4:30 PM	203	Buckles, Slumps, and Grunts	FCS
WEDNESDAY WORKSHOPS			
8:30 - 10 am	301	Do More. Say More. Know More.	CEL
8:30 - 10 am	310	Paper Roller Coasters	STEM
8:30 - 10 am	320	Mapping Your Way to Better Communities	STEM
10:30 - noon	401	Be Somebody! Youth Leadership	CEL
10:30 - noon	410	Paper Roller Coasters - cont'd	STEM
10:30 - noon	420	Mapping Your Way to Better Communities - cont'd	STEM
1:30-3 pm	502	Identifying Your True Color	COMM
1:30-3 pm	520	Mapping Your Way to Better Communities - cont'd	STEM
THURSDAY WORKSHOPS			
9-10:30 am	601	You Can Be an Advocate!	AG/AN COMM
9-10:30 am	602	CSU Equine Orthopaedic Research Center and Veterinary Teaching Hospital	AG/AS
9-10:30 am	603	Travel the World with 4-H International	CEL
9-10:30 am	604	Life Reimagined	CEL
9-10:30 am	605	Gustafson Gallery of the Avenir Museum	FCS
9-10:30 am	610	LEGO Engineering	STEM
11 am-12:30 pm	701	Rumen Investigation	AG/AS
11 am-12:30 pm	702	CSU Equine Orthopaedic Research Center and Veterinary Teaching Hospital - cont'	AG/AS
11 am-12:30 pm	704	Teamwork Makes the Dream Work	CEL
11 am-12:30 pm	705	You Can't Escape from Communication: The 4-H Escape Room	COMM
11 am-12:30 pm	706	The Art and Science of Gourmet Baking: The Magic of Steam	FCS
11 am-12:30 pm	707	Avenir Museum of Design and Merchandising Galleries Tour	FCS
11 am-12:30 pm	708	Your Teen Brain: A Work in Progress	STEM
11 am-12:30 pm	710	LEGO Engineering - cont'd	STEM
2-3:30 pm	801	Rumen Investigation	AG/AS
2-3:30 pm	802	Anatomy Lab	AG/AS
2-3:30 pm	803	Go the Extra Mile. It's Less Crowded There!	CEL
2-3:30 pm	805	Are You Ready? The College Transition	COMM
2-3:30 pm	806	You Can't Escape from Communication: The 4-H Escape Room	COMM
2-3:30 pm	807	Buckles, Slumps, and Grunts	FCS
2-3:30 pm	808	Textile Tech	FCS STEM

TUESDAY EARLY AFTERNOON, 1-2:30 PM

101 YOUTH LEADERS ELEVATE ALL EXPERIENCE

CEL

Have you ever thought about how one idea or one thought can change the trajectory of an entire experience? This workshop will set the stage for the rest of YOUR conference experience. Learn from other youth leaders how they "changed the game" with one idea, thought, or collective understanding. You'll come up with your own ideas that you will "carry with you" throughout the conference that could change the entire experience not just for you, but for everybody involved.

Instructor: C. Benzel Jimmerson, Denver Five Points CYFAR/FLTI Coordinator

102 LIFE REIMAGINED

CEL

For many of you it is the time to explore the next phase of your life. Whether you are planning for a big transition to college, finding a summer job, or wanting to change a small habit, we are here to guide you towards new opportunities and ideas. Life Reimagined is a checkup to energize and focus your efforts on turning your possibilities into realities. In this session, you will self-identify your goals and be guided through a process determining how to achieve what's your next step in life. You have spent many years of your life in the 4-H program developing life skills. Now is the time to reflect on those years of learning to chart a course utilizing those skills and achieve new goals.

Instructor: Megan Blaser, 4-H Youth Development Agent, Larimer County and Laurel Kubin, Larimer County Director

103 BUILDING FOR THE BIG ONE

STEM

Want to be an architect or an engineer? How about a geologist? You will need to prepare for how natural disasters can impact structures you build. In this workshop, you will learn how to design a structure to withstand the shaking of an earthquake by understanding how soil types, materials and structural features can affect the success or demise of your structure.

Instructor: Taylor McKinney, Program Coordinator, Arapahoe County

TUESDAY LATE AFTERNOON, 3-4:40 PM

201 MOVIES, MUSIC & MAKING CONNECTIONS

CEL

Movies and music are a part of storytelling. Movies we watch for entertainment give us clues about the people we are and the future we are planning for ourselves. The same is true for our musical choices. Several social issues play out in the entertainment spaces of our world. Our media tell stories about the diverse human experience, and through storytelling we can tell and keep history, explain and share values, and drive our communities toward future development and progress. Come to this session to see how what we see and hear is not always what we think.

Instructor: Robert Franklin, 4-H Youth Development Agent, Denver

202 USING YOUR VOICE TO CHANGE THE WORLD

CEL

Have you ever asked yourself, what is my purpose in this world? Are you comfortable using your voice to create change in your community? This session will explore connecting your passion to your purpose and explore strategies that you can use to have your voice heard. Come to this fun activity-based session and dive into answering the question, "what can I do with my life that is important?" We will then begin the process of how you can connect this passion to using your voice and create positive change in your community. You will learn important tools that will help you in using your voice. We will finish this session by discovering how you can use these two things to take leadership in your community and your school.

Instructor: Kyle Christensen, FLTI of Colorado Coordinator

203 BUCKLES, SLUMPS, AND GRUNTS

FSC

Buckles, slumps, grunts, and a pandowdy... no, these are not the latest dance moves but this will be a fun workshop all the same where we will make these desserts and their cousins. We will have a great time baking in the new Culinary Lab in the Food and Science and Human Nutrition Department. Skipping dessert at lunch time is highly recommended.

Instructor: Nadine Henry, 4-H Youth Development Agent, Gunnison County

WEDNESDAY EARLY MORNING, 8:30-10 AM

301 DO MORE. SAY MORE. KNOW MORE.

CEL

Join the New Mexico 4-H State Officer Team to learn about identity, discovery, and personal growth. This in-depth and discussion-based workshop will cover topics including privilege, diversity, and priorities. Participants of this workshop will leave with a better understanding of themselves and others. Hope to see you there and grow with you!

Instructors: New Mexico 4-H State Officers

310 PAPER ROLLER COASTERS

STEM

This is a two-session workshop. Register for 310 and 410. Learn the engineering design process as you build your own paper roller coaster. Compete against other groups to build a roller coaster that's exciting, reliable and cost effective.

Instructor: Amy Henschen, 4-H Youth Development Agent, San Luis Valley

320 MAPPING YOUR WAY TO BETTER COMMUNITIES

STEM / CEL

This is an all-day workshop. Register for 320, 420, and 520. Did you know that using GPS to collect information about problems and needs can be the first step to making positive changes in your community? Ever think that "crowd-sourcing" input from your friends and neighbors can provide information that when placed on a map, has the power to explain to community leaders exactly where changes need to happen. Are you wondering what job skills you should be learning to make you super-employable? Join 4-H and the CSU Geospatial Centroid and use your own technology (i.e., cell phones) to collect data on issues around campus, learn to build story maps so you can present your findings and then share your work with campus professionals who use geospatial technology every day.

Instructors: Christy Fitzpatrick, 4-H/FCS Agent, Chaffee County and Sophia Linn and Beth Tulanowski, CSU Geospatial Centroid

WEDNESDAY LATE MORNING, 10:30 AM - NOON

401 BE SOMEBODY! YOUTH LEADERSHIP

CEL

Every day you are faced with choices and some of these can be challenging. What type of attitude will you decide to have? What do you stand for? How hard will you work to achieve my goals? What do you want to work to achieve? Figuring out the answers to these questions can be tough, but exploring these topics before you encounter a tricky situation can be helpful. Join us as we play fun games that will help you team-build and learn more about yourself. This workshop is designed to help you discover your leadership skills while having a good time. See you there!

Instructor: Danielle Ardrey, Program Coordinator, Arapahoe County

410 PAPER ROLLER COASTERS

STEM

This is a two-session workshop. Register for 310 and 410. Learn the engineering design process as you build your own paper roller coaster. Compete against other groups to build a roller coaster that's exciting, reliable and cost effective.

Instructor: Amy Henschen, 4-H Youth Development Agent, San Luis Valley

420 MAPPING YOUR WAY TO BETTER COMMUNITIES

STEM / CEL

This is an all-day workshop. Register for 320, 420, and 520. Did you know that using GPS to collect information about problems and needs can be the first step to making positive changes in your community? Ever think that "crowd-sourcing" input from your friends and neighbors can provide information that when placed on a map, has the power to explain to community leaders exactly where changes need to happen. Are you wondering what job skills you should be learning to make you super-employable? Join 4-H and the CSU Geospatial Centroid and use your own technology (i.e., cell phones) to collect data on issues around campus, learn to build story maps so you can present your findings and then share your work with campus professionals who use geospatial technology every day.

Instructors: Christy Fitzpatrick, 4-H/FCS Agent, Chaffee County and Sophia Linn and Beth Tulanowski, CSU Geospatial Centroid

WEDNESDAY EARLY AFTERNOON, 1:30-3 PM

502 IDENTIFYING YOUR TRUE COLOR

COMM

You will learn what your primary personality "True Color" is and how that affects communication with the other three colors. You will learn why you connect instantly with some people while others seem impossible to communicate with. By the end of the program you'll know how best to communicate with the other colors to get your point across and solve problems.

Instructor: Mark Platten, Teller County Extension Director

520 MAPPING YOUR WAY TO BETTER COMMUNITIES

STEM / CEL

This is an all-day workshop. Register for 320, 420, and 520. Did you know that using GPS to collect information about problems and needs can be the first step to making positive changes in your community? Ever think that "crowd-sourcing" input from your friends and neighbors can provide information that when placed on a map, has the power to explain to community leaders exactly where changes need to happen. Are you wondering what job skills you should be learning to make you super-employable? Join 4-H and the CSU Geospatial Centroid and use your own technology (i.e., cell phones) to collect data on issues around campus, learn to build story maps so you can present your findings and then share your work with campus professionals who use geospatial technology every day.

Instructors: Christy Fitzpatrick, 4-H/FCS Agent, Chaffee County and Sophia Linn and Beth Tulanowski, CSU Geospatial Centroid

THURSDAY EARLY MORNING, 9-10:30 AM

601 YOU CAN BE AN AGVOCATE!

AG/AS; COMM

In this workshop, you will learn what it means to become an advocate for agriculture (agvocate). With an increasing number of youth and adults becoming generations removed from agriculture, you as the next generation of agriculturalists will be responsible for agriculture education and promotion. We will discuss appropriate avenues for "agvocacy" (media, school presentations, etc.) and you will have the opportunity to develop your own "agvocacy" presentation.

Instructor: Kindra Plumb, 4-H Associate, Phillips County

602 CSU EQUINE ORTHOPAEDIC RESEARCH CENTER AND CSU VETERINARY TEACHING HOSPITAL

AG/AS

This is a two-session workshop. Register for 602 and 702. Tour the Equine Orthopaedic Research Center known worldwide for joint problem prevention and healing research in the horse with some recently expanded work in human athletes. Then tour the CSU Veterinary Teaching Hospital with students in the Doctor of Veterinary Medicine program. These students, in years 3 and 4 of their program, work side-by-side with the exceptional clinicians at the VTH through a series of specialty rotations.

603 TRAVEL THE WORLD WITH 4-H INTERNATIONAL

CEL

Learn from exchange students what it is like to stay with host families in another country, teaching about 4-H in the US and learning about similar programs in countries around the world. Recent travelers from Colorado to Germany, United Kingdom, and Greece will share their stories. Exchange students from Austria, Finland, France, Germany, Greece, Nepal, N. Ireland, Norway, Scotland, and Wales will share information and photos of their countries and compare their youth programs with 4-H programs.

Instructor: Courtney Loflin, 4-H International Programs State Coordinator

604 LIFE REIMAGINED

CEL

For many of you it is the time to explore the next phase of your life. Whether you are planning for a big transition to college, finding a summer job, or wanting to change a small habit, we are here to guide you towards new opportunities and ideas. Life Reimagined is a checkup to energize and focus your efforts on turning your possibilities into realities. In this session, you will self-identify your goals and be guided through a process determining how to achieve what's your next step in life. You have spent many years of your life in the 4-H program developing life skills. Now is the time to reflect on those years of learning to chart a course utilizing those skills and achieve new goals.

Megan Blaser, 4-H Youth Development Agent, Larimer County and Laurel Kubin, Larimer County Director

605 GUSTAFSON GALLERY OF THE AVENIR MUSEUM

FCS

The Gustafson Gallery features regular exhibitions of creative student and faculty apparel design and merchandising scholarship.

610 LEGO ENGINEERING

STEM

This is a two-session workshop. Register for 610 and 710. Build marshmallow catapults using LEGO Mindstorms EV3 kits, and compete to see which team can launch their marshmallow the furthest. Explore physics concepts, learn basic LEGO programming, and use your creativity to create a winning design.

Instructor: Amy Henschen, 4-H Youth Development Agent, San Luis Valley

THURSDAY LATE MORNING, 11 AM-12:30 PM

701 RUMEN INVESTIGATION

AG/AS

In this interactive workshop, you will investigate ruminant digestive anatomy, explore the rumen in detail with fistulated cattle, remove digesta from the rumen and examine the rumen contents under a microscope.

Instructor: Terry Engle, CSU Animal Science Department

702 CSU EQUINE ORTHOPAEDIC RESEARCH CENTER AND CSU VETERINARY TEACHING HOSPITAL AG/AS

This is a two-session workshop. Register for 602 and 702. Tour the Equine Orthopaedic Research Center known worldwide for joint problem prevention and healing research in the horse with some recently expanded work in human athletes. Then tour the CSU Veterinary Teaching Hospital with students in the Doctor of Veterinary Medicine program. These students, in years 3 and 4 of their program, work side-by-side with the exceptional clinicians at the VTH through a series of specialty rotations.

704 TEAMWORK MAKES THE DREAM WORK

CEL

Anyone who has been in 4-H long enough to do the pledge knows that community service is an important part of the program. Making a positive change in your community may seem like a big task, but in this workshop, you will learn that everything is easier when you are working as a team. Come join the 2016-2017 State Officers in team building activities because "teamwork makes the dream work!"

Instructor: Colorado 4-H State Officer Team

705 YOU CAN'T ESCAPE FROM COMMUNICATION: THE 4-H ESCAPE ROOM COMM
The fun new group activity of an escape room has met the match of the 4-H Program. Join a couple Extension Agents who have developed a 4-H themed escape room for you to hone your communication skills and leadership as you work through this adventurous puzzle of games to find clues and escape the room within a set limit of time.
Instructors: Brenda Kwang, 4-H Agent, Boulder County and Kim Morrison, 4-H Agent/Director, Broomfield County

706 THE ART AND SCIENCE OF GOURMET BAKING: THE MAGIC OF STEAM FCS
Learn how to make popovers, cream puffs, and other pastries that are leavened by steam. We will have a great time baking in the new Culinary Lab in the Food Science and Human Nutrition Department. It is highly advisable to come hungry.
Instructor: Nadine Henry, 4-H Youth Development Agent, Gunnison County

707 AVENIR MUSEUM OF DESIGN AND MERCHANDISING GALLERIES TOUR FCS
Visit four galleries on this tour! Exhibits include: Tying the Knot presenting exquisite examples from the Avenir Museum's extensive collection of wedding attire. Eco Fashion: Through the Looking Glass features student-designed and created fashions, made of recycled materials. These inspired garments are part of an academic assignment for the design foundations course in the Department of Design and Merchandising.

708 YOUR TEEN BRAIN: A WORK IN PROGRESS STEM
Ever wonder why you (or other teens) do some of the things you do? Research shows that the teen brain is still developing into the early 20's. Learn about what this means for teen decision making, risk taking, communication with adults, sleep habits, and learning.
Instructor: Annette Haas, 4-H Youth Development Specialist

710 LEGO ENGINEERING STEM
This is a two-session workshop. Register for 610 and 710. Build marshmallow catapults using LEGO Mindstorms EV3 kits, and compete to see which team can launch their marshmallow the furthest. Explore physics concepts, learn basic LEGO programming, and use your creativity to create a winning design.
Instructor: Amy Henschen, 4-H Youth Development Agent, San Luis Valley

THURSDAY AFTERNOON, 2-2:30 PM

801 RUMEN INVESTIGATION AG/AS
In this interactive workshop, you will investigate ruminant digestive anatomy, explore the rumen in detail with fistulated cattle, remove digesta from the rumen and examine the rumen contents under a microscope.
Instructor: Terry Engle, CSU Animal Science Department

802 ANATOMY LAB AG/AS
Get an in-depth look at one of the major anatomy teaching laboratories of the Department of Biomedical Sciences on the main CSU campus. The lab is in the Anatomy/Zoology Building.

803 GO THE EXTRA MILE. IT'S LESS CROWDED THERE!

CEL

4-H. Head. Heart. Hands. Health. What's your H? Where do you want to improve? 4-H always has obstacles and things that you may not enjoy, but you have to get through. Can you run the fastest? Solve a problem in no time at all? Maybe you can build the strongest structure. Or you can help someone else with encouragement. Join the Colorado Officers as they help you find your H and strengthen you because no matter the obstacles of life, 4-H is here to help you.

Instructor: Colorado 4-H State Officer Team

805 ARE YOU READY? THE COLLEGE TRANSITION

COMM

Technical college, community college, four-year university – the decision has been made. Now, learn what you need to know to succeed. This workshop will help you to: 1. Understand and manage the normal emotions and conflicts that result from this major transition. 2. Increase communication and problem-solving skills. 3. Create a plan for what to do when faced with situations regarding relationships, healthy choices, academics and finances. Perfect for the high school senior, but also for the sophomore or junior to plan ahead to increase your success!

Instructor: Annette Haas, 4-H Youth Development Specialist

806 YOU CAN'T ESCAPE FROM COMMUNICATION: THE 4-H ESCAPE ROOM

COMM

The fun new group activity of an escape room has met the match of the 4-H Program. Join a couple Extension Agents who have developed a 4-H themed escape room for you to hone your communication skills and leadership as you work through this adventurous puzzle of games to find clues and escape the room within a set limit of time.

Instructors: Brenda Kwang, 4-H Agent, Boulder County and Kim Morrison, 4-H Agent/Director, Broomfield County

807 BUCKLES, SLUMPS, AND GRUNTS

FCS

Buckles, slumps, grunts, and a pandowdy... no, these are not the latest dance moves but this will be a fun workshop all the same where we will make these desserts and their cousins. We will have a great time baking in the new Culinary Lab in the Food and Science and Human Nutrition Department. Skipping dessert at lunch time is highly recommended.

Instructor: Nadine Henry, 4-H Youth Development Agent, Gunnison County

808 TEXTILE TECH

FCS

In this workshop, you will: Design your own fabric and learn how to use Spoonflower.com to have it printed; Explore a variety of creative tools, ranging from pen and paper to your own smart phone; Investigate design elements and principles from STEAM: Beyond the Needle; Learn about smart image and media usage.

Instructor: Marlena Griesse, 4-H Youth Development Agent, Crowley and Otero Counties

Registration Worksheet - Youth

Complete this worksheet to prepare for 4HOnline registration.

Participating in workshops? Pick three choices for each time period. NOTE: These are preferences; final seminar assignments will be based on availability at the time you register and for final adjustments for any class cancellations, duplications, reassignments, etc.

What is your participation type?

<input type="checkbox"/>	Contestant: participating in a contest
<input type="checkbox"/>	Senator: representing your county on the State 4-H Senate
<input type="checkbox"/>	State Officer: a member of the Colorado State 4-H Officer Team
<input type="checkbox"/>	Delegate: conference attendee not fitting any of the other types

What is your t-shirt size?

small medium large x-large 2x 3x

What nights do you need lodging in the residence hall?

Monday Tuesday Wednesday Thursday

What will you be doing on Tuesday?

Participating in a contest(s)? Check all that apply.

<input type="checkbox"/>	Livestock Quiz Bowl
<input type="checkbox"/>	Hippology
<input type="checkbox"/>	Horse Bowl
<input type="checkbox"/>	Parliamentary Procedure

<input type="checkbox"/>	Public Speaking: Prepared
<input type="checkbox"/>	Public Speaking: Impromptu
<input type="checkbox"/>	Public Speaking: Horse
<input type="checkbox"/>	Public Speaking: Horse demo

Participating in workshops? Pick three choices for each time period.

	1st choice	2nd choice	3rd choice
Tuesday early afternoon			
Tuesday late afternoon			

What will you be doing on Wednesday?

Participating in a contest(s)? Check all that apply.

<input type="checkbox"/>	Livestock Judging
<input type="checkbox"/>	Horse Judging
<input type="checkbox"/>	Hippology (judging)

<input type="checkbox"/>	Consumer Choices
<input type="checkbox"/>	Consumer Bowl
<input type="checkbox"/>	Consumer Skill-a-thon

Participating in workshops? Pick three choices for each time period.

	1 st choice	2 nd choice	3 rd choice
Wednesday early morning			
Wednesday late morning			
Wednesday afternoon			

What will you be doing on Thursday?

Participating in workshops? Pick three choices for each time period.

	1 st choice	2 nd choice	3 rd choice
Thursday early morning			
Thursday late morning			
Thursday afternoon			

Registration Worksheet - Adult

Complete this worksheet to prepare for 4HOnline registration.

Participating in workshops? Pick three choices for each time period. NOTE: These are preferences; final seminar assignments will be based on availability at the time you register and for final adjustments for any class cancellations, duplications, reassignments, etc.

What is your participation type?

<input type="checkbox"/>	Contest Coach
<input type="checkbox"/>	4-H Volunteer /Chaperone
<input type="checkbox"/>	Extension Agent

What is your t-shirt size?

small medium large x-large 2x 3x

What nights do you need lodging in the residence hall?

Monday Tuesday Wednesday Thursday

What will you be doing on Tuesday?

Coaching participants in a contest(s)?	
<input type="checkbox"/>	Livestock Quiz Bowl
<input type="checkbox"/>	Hippology
<input type="checkbox"/>	Horse Bowl
<input type="checkbox"/>	Parliamentary Procedure
<input type="checkbox"/>	Public Speaking: prepared
<input type="checkbox"/>	Public Speaking: impromptu
<input type="checkbox"/>	Public Speaking: horse
<input type="checkbox"/>	Public Speaking: horse demo

Helping run/score/judge a contest(s)?	
<input type="checkbox"/>	Livestock Quiz Bowl
<input type="checkbox"/>	Hippology
<input type="checkbox"/>	Horse Bowl
<input type="checkbox"/>	Parliamentary Procedure
<input type="checkbox"/>	Public Speaking: prepared
<input type="checkbox"/>	Public Speaking: impromptu
<input type="checkbox"/>	Public Speaking: horse
<input type="checkbox"/>	Public Speaking: horse demo

Attending or teaching workshops? Pick three choices for each time period.

	1st choice	2nd choice	3rd choice
Tuesday early afternoon			
Tuesday late afternoon			

What will you be doing on Wednesday?

Coaching participants in a contest(s)?	
<input type="checkbox"/>	Livestock Judging
<input type="checkbox"/>	Horse Judging
<input type="checkbox"/>	Hippology (judging)
<input type="checkbox"/>	Consumer Choices
<input type="checkbox"/>	Consumer Bowl
<input type="checkbox"/>	Consumer Skill-a-thon

Helping run/score/judge a contest(s)?	
<input type="checkbox"/>	Livestock Judging
<input type="checkbox"/>	Horse Judging
<input type="checkbox"/>	Hippology (judging)
<input type="checkbox"/>	Consumer Choices
<input type="checkbox"/>	Consumer Bowl
<input type="checkbox"/>	Consumer Skill-a-thon

Attending or teaching workshops? Pick three choices for each time period.

	1 st choice	2 nd choice	3 rd choice
Wednesday early morning			
Wednesday late morning			
Wednesday afternoon			

What will you be doing on Thursday?

Attending or teaching workshops? Pick three choices for each time period.

	1 st choice	2 nd choice	3 rd choice
Thursday early morning			
Thursday late morning			
Thursday afternoon			

Parking Permits

A parking permit is included for those staying in the residence hall. You will need to provide your license plate information at check in. The permit is only valid in the designated conference lot near the residence hall.

How many vehicles do you anticipate parking in the conference lot? One Two

Commuter permits for non-lodging participants to park in the designated conference lot (near the residence hall) are available for pre-purchase at **\$5 per vehicle, per day**. License plate information must be provided prior to receiving your permit. Commuters wishing to park in any other lot on campus may pre-purchase a permit for **\$12 per vehicle, per day**.

Will you need a commuter parking permit?

		Number requested
Tuesday	Conference lot \$5 ea	
	Other lots \$12 ea	
Wednesday	Conference lot \$5 ea	
	Other lots \$12 ea	
Thursday	Conference lot \$5 ea	
	Other lots \$12 ea	

Campus Map

