

**Entertaining, Exciting, Extraordinary ETIQUETTE!!!** - Critique Facebook pages, dress for the occasion, what to say or not to say, treating people the way you want to be treated and much more. Learn some of the basics of etiquette in this fun, hands-on workshop where all participants are expected to fully participate in the real scenarios.

**Truisms: Words as Art** - What is a truism? Are you artistic, creative, or interested in writing? Then come and join us creating an interactive art project. Based on the artwork of Jenny Holzer, participants will observe her artwork, then brainstorm and create a truism of their own. The final products will be installed and on display in the 4H Youth Building at State Fair.

**I've Got Issues** - Have you ever struggled with a really big life problem? Do you have friends who may suffer from eating disorders? Do you have people in your community that live in poverty? Get your hands dirty learning about huge life issues that teens face every day, and find a way to knock those issues out of your way. Everyone has issues, but learning to look your issues in the face and tell them that they aren't larger than life, now that takes a real STARR!

**What Color is Your Leadership Style** - *Creative: creating new ways to help and be involved; Organizing: ideas and events; Leading groups; Observing: noting what works and developing it further; Reinventing: to meet the times; Skills: personal development and helping others to develop theirs.* If you see yourself in any of this or are interested to see where you fall, then the **COLORS workshop** is for you. Your presenter will help you understand what it takes to develop the skills, what kind of determination, and how to make the best of your abilities. You'll be taken inside yourself to see what role in a team you would hold, and what leadership style works best for you and why.

**Entomology** - Come learn a little bit about what it takes to be an entomologist while learning about insects, spiders, and other creepy crawlers. Participants will get up close and personal with tarantulas, scorpions, butterflies and more.

**Leadership From The Inside Out**— Do you have the desire to be a leader? Interested in gaining skills and understanding the personal qualities that make a great leader? Then this workshop is for you! Participants will gain skills to look inside and understand how attitudes are formed and how they affect leadership potential; to refine effective leadership skills; and use appropriate techniques to convey messages that motivate others to act. Group interaction will include experiential exercises, short lectures, and individual learning from other teens through small group sharing. Upon completion of this workshop, participants will be empowered to apply their newly learning skills to take appropriate action in their everyday lives.

**Jean Backpacks & Bags** - Don't throw out those old jeans! Recycle them into stylish accessories. In this workshop you will make 2 different bags. You can choose between a backpack, a messenger bag, and/or a small bag. Sewing knowledge is helpful but not required. Bring your creative side to this workshop because all bags will be different, depending on your own personality.

**Mastering Monet**--It's just a little dot of paint that when combined with 100's of other dots and a variety of colors a masterpiece is created. This technique will be used to create a backdrop for the stage in the Youth Building. All you need is to bring your fingertip; we'll provide the rest! Come and discover the budding artist in you!

**R U RDY -Youth Community Action Workshop** - Do you love animals? Ever wonder what happens to pets during a disaster, like hurricanes, floods or wildfires? Participants in this workshop will learn about Disaster Preparedness for Pet Owners using a program developed by Suffolk County 4-H, and will gain skills on how to create a service-learning and public information campaign in their home county.

**Video/Media Crew:** Getting that terrific shot! Capturing the fantastic quote! It may sound easy, but there's talent involved. You can make the difference in having a few people enjoy your work, or thousands to celebrate it. Join Celeste to explore the opportunity to tell a story, in images, words, sound, and video. Plan to experience all the other workshops, as this group roves and records the entire afternoon. Showcase your work at the end of the event.

**Are you a STAR Teen Ambassador in your county?** Would you like to be one? Do you have great memory of your club activities, community service, or educational programs? Would you like to learn about new and exciting ideas to take back to your county? If you've answered yes to any of these then this program is for you! Come and brainstorm with the **BEST** to make your county **BETTER!**

**ATV Safety - ATV Safety** - ATVs are quickly passing tractors and livestock as the number one cause of farm and rural accidents. The machine is not to blame, it's the lack of respect provided the equipment from inexperienced riders. 4-H is allowed to have ATV clubs

and they can still be fun, but there is important information you need to know and follow before you take your wheeler out with 4-H! Participants should bring a DOT approved helmet (if they have one, some will be provided by CCE), long pants, a long sleeved shirt, and a sturdy pair of work shoes or boots.

**Team Building!** Explore team communication through interactive hands-on activities. Focus on one's ability to communicate as a team member and/or leader, and learn how it will help you along the bumpy road of life. Explore how different decisions can impact a team's development and progress.

**SHORT WORKSHOPS** – STARR registrants – please select your top four (4) Short Workshops and note titles on registration sheet.

**Truth's Teen's and Tobacco** - Come find out what Reality Check is all about. These big tobacco companies are very sneaky in the way they advertise to you and your friends. Play Tobacco Jeopardy and experience how tobacco targets youth through movies, magazines and convenience stores.

**You Have To See It and Hear It To Believe It-** Media is coming at us all day, every day. Explore and evaluate examples of media in order to raise your media literacy "score". You may be shocked by what you see and hear. Discuss the effects media has on us and develop plans for how to increase the positive and decrease the negative.

**Where Do Old Clothes Go?** How many pounds of clothing and textiles end up in US landfills every year? Is your discarded shirt being worn by someone in another country? Let's look at organized systems and manufacturing processes that recycle textiles, and brainstorm ways to reduce textile waste in our communities.

**Worm Guy--Environmentally Homeopathic Animals** - With the residents of New York State generating enough food waste to cover a football field nearly one mile high, we need a way to control this food waste. One way to do this is to use worms to decrease the food mass that is put in landfills. Through using worms they also produce one of nature's best soil enhancers. If you love the environment and want to make it a cleaner place, attend this workshop to learn how you can set up your own worm bin at home!

**4-H Fear Factor** - Have you ever been afraid of something? Ever felt like fear sometimes just stood in your way of success? Don't let that happen! In this workshop, learn about how to be a great leader despite whatever fears may hold you back. You'll be able to leave this workshop a STARR that isn't as afraid of their fears.

**4-H Sing-A-Long!** Let's bring music back to 4-H! Fill your heart and soul with music; sing folk songs, patriotic songs, 4-H classics, rounds, children's songs and hand games. Learn lyrics and songs to share with fellow 4-H members and clubs in your county.

**Sensational Signing** "What's Napoleon Dynamite really doing in the Happy Hands Club? How can you make your p.o.v. (point of view) without saying it? Actions do speak louder than words in American Sign Language. Learn a fascinating new language and skill; express yourself more fully using your hands, face, and your opinion! In this workshop, participants will learn over 30 hand signs and how to sign the 4-H pledge, and learn about Deaf Culture".

**Aikido "the way of Harmony"** - This fun, interactive workshop introduces students to Aikido, a peaceful martial art that uses an attacker's own energy to neutralize the attack. Students will learn basic movements, safely practice a couple techniques, and learn how the philosophy of 'Aiki' can help sharpen their leadership skills.

**Amateur Radio – Getting the Message Through** – A large storm has just passed through. You pick up the phone and realize its out. You reach for you cell....don't count on it. Cell phone towers are down as well. How do you get a message to loved one, or report an emergency situation? The answer is simple....Amateur Radio! Participants in this workshop will take part in live demonstrations; speak with skilled Ham Radio Operators and find out how they can secure their own ham radio license.

**The 'World Food Prize' Youth Institute** - Ever been intrigued by the BIG world issues? Agriculture, hunger, sustainable food supply, international trade? Wonder how YOU fit into the solution for these issues? This is your chance! Participants in this workshop session will learn about International Agriculture, and how high school students can get involved with The World Food Prize: New York State Youth Institute where high school students from across the state visit the Cornell campus in mid-September to meet professors and researchers from the world of agricultural development.

**Whose Club Is It Anyway?** Ever wonder what's happening in clubs outside your home county? Ever wanted to change the way things are done in your 4-H Club? Here's your opportunity to hang with Collegiate 4-H students, while you explore solutions to common

pitfalls of 4-H clubs, get a look at what's working well around the state, and discover ways to make your 4-H Club more fun and effective. Here's your chance "be the change you wish to see".

**Woodworking 101-** Lessons learned from centuries past easily transition into useful skills in the 21st century. 4-H woodworking projects are lot more than you think! 4-H woodworking projects provide youth with an amazing variety of opportunities to build life skills. Participants in this workshop will learn about projects and resources, and how to successfully prepare woodworking projects for show.

**So You've Always Wanted to be a STARR!** You've heard them talking, you've seen them taking leadership and action....do you want to know more? We're talking about your Teen STARR planning committee members. Are you thinking "I might want to do this?"? Here's your chance to listen and learn as experienced planning committee members, Aaron Maneely and Mary DeBeer share their experiences through casual discussion with you about their role as group facilitators and planning committee members.

**Truly Wild or You Really Can Eat THAT?"** Did you know that the horrid, prickly, ugly Velcro-like weed known as the burdock is actually an "Alien" to this country? It is still cultivated in Japan and China as a food and a very popular "soft drink" known as GOBO is made from its root? The stem, root and leaves are delicious! Participants in this workshop will learn some history of many common weeds and wild plants, their use as food and history as medicinal. This class will involve a virtual tour as well as fairgrounds expedition to find truly wild specimens even in a truly tame location.