

Schedule at a Glance

Friday 4/12

- 5:30 p.m. Arrival & Registration
- 7 p.m. Opening Ceremony
- 7:30 p.m. Roundtable #1
- 7:40 p.m. Adult Orientation
- 8:30 p.m. STARR Ninja Warriors
- 10:15 p.m. Free time and Snacks
- 11 p.m. LIGHTS OUT

Saturday 4/13

- 7:30 a.m. Breakfast
- 8:30a.m. Roundtable #2
- 9:00 a.m. Long Workshop (session 1)
- 10:30 a.m. Free time
- 11 a.m. Short Workshop #1
- NOON—1 Lunch
- 1 p.m. Roundtable #3
- 1:30 p.m. Long Workshop (Session 2)
- 3 p.m. Free time and Snacks
- 3:30 p.m. Short Workshop #2
- 4:30 p.m. Roundtable #4
- 5 p.m. Prepare for Dinner
- 5:45 pm County Photos and Walk to Dinner
- 6:30 p.m. Dinner
- 7:30 p.m. Keynote Performance
- 8:30 p.m. Dance
- 10:30 p.m. Return to 4-H Building
- 11 p.m. Free time and Snacks
- MIDNIGHT— LIGHTS OUT

Sunday 4/14

- 7:30 a.m. Breakfast
- 8:30 a.m. Roundtable #5
- 9:15 a.m. Community Service
- 10:45 a.m. Roundtable #6
- 11:30 a.m. Closing Ceremony

Registration & Website

- * STARR is open to 4-H teens 13 to 19 years of age, and their adult chaperones.
- * Extension Educators are responsible for registering all retreat participants. Contact your county 4-H office for more information. **Registrations are due no later than March 22nd!**

- * Cost is \$75 per person (covers lodging, meals, workshop supplies and more).

- * For more information visit:
<http://nys4h.cce.cornell.edu/events/Pages/STARR.aspx>

Cell Phone Etiquette

...At the request of Teen Planning Committee members...we ask that cell phones be turned off during round tables, workshops and events, and after lights out. Texting is not allowed at these times either. Phones can be used at meals and on breaks. Please, show your respect for speakers, facilitators, and other STARR retreat participants and turn your cell phones off.

Thank you.



State Teen Action Reps
Retreat

START THE RIPPLE
EFFECT

April 12—14, 2013
Youth Building
New York State Fairgrounds
Syracuse, NY



Cornell University
Cooperative Extension

What is STARR?

STARR, also known as the State Teen Action Reps Retreat, is an annual weekend for 4-H teens from across New York State to get together to build leadership skills as well as network with peers and adults from across the state.

STARR encompasses the best of team building activities, **youth community action** & **youth adult partnerships** in one fun-filled, fast-paced weekend. Participants gain new skills and knowledge by attending workshops of their choice, learning how to "make the best better" and participating in **awesome community services activities!**

Please join us April 12 -14 for an exciting opportunity to gain new skills and knowledge all while making new **friends** and having **FUN!**

What Should YOU Bring?

- * Sleeping bag/bedding, toiletries, towels, clothes (sometimes you get messy at STARR so bring some clothes you don't mind getting dirty).
- * Camera + extra batteries
- * Water bottle and/or Mug
- * County banner/poster
- * Healthy snack (your county will receive a notice as to what the snack is).
- * An open mind, positive and respectful attitude
- * An item to of your choice to donate: details will be on your registration post card.

Please label all your personal items with name and county—we don't want anything to get lost or misplaced!

Workshops?

STARR offers teens and adults a choice of interactive and stimulating workshops with a focus on leadership development and youth action. A small sampling of programs being offered may include: Citizen Science ~ Zentangle ~ Mastering Monet ~ Designing to Perform ~ What's NEXT Robotics ~ Fear Factor ~ NoH8 ~ Save a Life with CPR ~ ATV Safety ~ Meal in a Loaf ~ Bugged Out ~ Hammer and Nails ~ Shooting Sports 101 ~ Sod Socks ~ and many more....



Look

for finalized workshops and their descriptions

online soon. Don't forget to rank your top choices of both short and long workshops! Everyone gets to choose one long and two short workshops at STARR.



Keynote Speaker

Lazarus Lynch

A rising food star, world traveler, and humanitarian, Lazarus graduated from the Food & Finance School of NYC where he studied culinary arts, financial management, and nutrition. He is a 4-H Alum, has appeared on numerous T.V. programs and radio shows, and contributed to several articles featured in national food magazines. He has worked at the Food Network, interned in Beijing China studying agri-science and recently traveled to Rwanda. He currently attends Buffalo State College.

DRESS CODE



Dress is typical casual wear— please choose wisely what you wear— everything should be **4-H appropriate**. Be ready for any kind of weather: hot, cool and/or rainy! Check the weather before you depart. Don't forget, some workshop can have messy activities so be prepared with extra clothes.

Saturday evening: Dinner, Keynote Speaker, and Dance —Please come dressed for a special occasion. **All clothing must be 4-H A!** If you're not sure what that means, speak with your Educator. Dinner/Dance is a time of youth and adult professionalism. Dress code applies to both youth and adults.

STARR 2013 Workshop Descriptions

Long Workshops

Hoop it up--Hula Hoop Rug weaving - Stuck with a stack of old t-shirts and a hula hoop from your younger years? Learn how to recycle those tees into a small woven rug, wall hanging, table topper, pillow sham, pet rug or whatever you can make with a woven circle! Feel free to bring colorful t-shirts from home that you can cut up and create with--each participant will need about 8-10 shirts for this project.

The Consumer, The Consumption, The Coupon - A cooking class that address the negative images of youth in the media with healthy substitutions for favorite meals.

Save a life with CPR - CPR or cardio-pulmonary resuscitation is a valuable that could possibly help you to help save a life. Learn how to recognize obstructed airway, conscious and unconscious, rescue breathing, and use an AED in this valuable workshop. There is an additional \$25 fee for this workshop.

Hammer and Nails Again - The State Fair 4-H Youth Building needs some wooden display units built. Ron Niedermaier, the all-purpose volunteer, has all the supplies and needs you to help him build, sand, and paint these shelving units.

Bugged Out - Interested in creepy, crawly, critters? Come learn about the exciting world of entomology, which is the study of bugs. Get knee deep in spiders, cockroaches, and more- if you dare!

Get Your ACT Together - Back by popular demand! If you love being the center of attention, or just love acting, then this workshop is for you! Get some tips on how to improve yourself as a performer, and get ready to get silly! And if you love musical theatre, then this workshop really is for you!

Meal In a Loaf - Learn about making quick meals in a yeast based loaf. Just add a salad and enjoy!

You are the App? - 4-H Game Jam - Back by popular demand learn to make video games!!! No experience necessary. The instructors will teach you the basics of

programming, design, and art. We will make 4H-oriented games in a group. You are welcome to bring your own laptops. Please try to bring a flash drive to store your game on so you can take it home with you. The instructor will also make the games available for download online.

Shooting Sports 101: Archery - This course will be a brief overview of what the shooting sports programs has to offer. There will also be some hunting and wildlife activities to participate in. Participants will have the opportunity to try archery.

What's NXT Robotics - You will learn the basics of a NXT robot kit and talk about the skills involved with building, running and programming that robot. We will create a robot that will run from a program you design. We will discuss where the 4-H robotics program can lead you in the way of possible STEM careers.

ATV Safety - According to the NYS Health Department, 2,250 youth ages 19 and younger are treated at a hospital each year due to an ATV-related injury, which is an average of over six children each day. Nearly 1/3 of those hospitalized suffered a traumatic brain injury. New York State is ranked 8th in the nation for ATV-related accidents, and males are three times more likely to be treated at a hospital for an ATV-related injury. In this workshop, youth will learn about the Golden Rules of ATV Safety and participate in an on-line course sponsored by the ATV Safety Institute. Even those who don't own an ATV should be interested in attending - who knows? People have been known to go for a ride with someone!!!

Exploring the Veterinary Profession: Learn about Career Options and Practice Clinical Skills - This workshop will introduce students to the world of veterinary medicine. It will feature a brief lecture discussing the various career options the profession has to offer followed by a Q&A where students can ask anything they want regarding Veterinary Medicine, the profession, or admission to veterinary school. The second half of the workshop will provide students with the opportunity to learn how to do a complete physical exam on a live dog as well as learn how to suture! This workshop is meant to be interactive and hands on so join us for a fun learning experience!

Mercy Flight - Interested in a career in emergency medical services, EMS? Ever thought about learning what it takes to save a life? Participants will learn about the education path for a career in EMS as well as what Mercy Flight does and how you can get involved.

Run Around Bags - This is a quick and easy sewn bag that you can use for almost anything. Be creative and have fun with it, this bag will be appropriate for anything from school to going out at night, even use as a hunting bag. No sewing experience required.

Guiding Eyes: What it Takes to be a Part of a Guide Dog Program - Get a feel for what it takes to be a part of this amazing program. Participants will have the chance to learn about the Guiding Eyes organization, what it is like to raise a guide dog as a puppy, and see some demonstrations for training these amazing dogs. You will also get to experience what these dogs can do first hand.

Sod Sofas - Take a load off and enjoy building and lounging in a sod sofa. Learn about sod in this hands-on workshop and add a sofa to the NYS Fairgrounds' landscape.

Short Workshops

Hearts and Clovers - Origami: "Ori" meaning to fold and "kami" meaning paper is the traditional art of paper folding. Check out this workshop as participants will learn 2 different heart models and combine 4 hearts to create a 4-H clover! These would make great cards or scrap book accents! If we have time I can teach the love knot which looks like the cancer ribbons you see on necklaces and jewelry. These could be entered in fair under craft!

Fear Factor - What's holding you back in life? Challenge yourself in this workshop to overcome your fears and realize that they don't need to stand in your way.

NoH8 - Learn all about the effects of bullying within a community. Discuss and practice active ways to help put a stop to bullying. It's your turn to stand up and shut down the beast that is hate.

Leadership, Personality Types and You - This workshop will use the Myers-Briggs Type Indicator (MBTI) test to analyze the psychological preferences of how people perceive the world and make decisions. This workshop aims to help participants identify their strengths and weaknesses as a leader. Participants will gain valuable information about themselves, as well as how to bridge the gaps and work more effectively with other leadership and learning styles. Other topics that

will be covered are: how leadership style changes over time, how to better communicate with other MBTI types, and understand how our preferences underlie our individual interests, needs, values, and motivation. The format will include various activities that illuminate the MBTI types, a brief presentation, and group discussion that fosters a supportive environment to learn from one another's personality types. Participants will be asked to complete the MBTI test before coming to the workshop and they should plan to bring their results with them. The link to the MBTI test is: <http://www.humanmetrics.com/cgi-win/jtypes1.htm>

Baby Dolls for Charity - The Dress A Girl organization needs some baby dolls to send to third world children. In this workshop you will hand sew a pocket size baby doll which is tucked into a blanket. You will also learn more about the Dress A Girl program

Soda Making - Okay, so almost everyone loves soda pop, but it's so expensive! Learn how to make your own at a much cheaper price. Improve on your summer lemonade stand this year with homemade soda pop.

Design Smarts - Participants will practice shaping techniques such as making darts, pleats, and gathers as well as some decorative techniques. Teams of three will create their own designs on a half-size mannequin.

Can You Save Your Eggs? - Using common materials and physics knowledge, youth will experiment with raw eggs, acceleration due to gravity and impact. Will the eggs survive?

Photography: Beyond the Basics - You know the basics for taking good photos and now you want more. Bob Oswald, a Livingston County award winning photographer, will explore what you can do to perfect your photography skills. He will compare photo samples showing what is good and what is not so good. He'll also show you some computer program tricks to make a photo even better than the original. You can bring some of your "flops" to be critiqued by Bob.

Making a Difference in Your Community - the workshop title speaks for itself...

Public Speaking - Join a 4-H alum in learning about different ways you can deliver a memorable public speech. In this workshop, students will engage in interactive activities in order to give a stellar, public presentation.

Release, Relax, Relate - Sometimes the things we love, are the very things that stress us out i.e. family, friends, Facebook etc. Explore fun ways to deal with stress without losing your cool. Gain a new perspective on life via massage, movement and laughter.

Mastering Monet - It's just a little dot of paint that when combined with 100s of other dots and variety of colors becomes a masterpiece. All you need is your fingertip; we'll provide the rest. Come discover the budding artist in you!

Shooting Sports, STEM, Ethics, and the Velocity Project - Learn about what an ethical really is in this exciting shooting sports workshop. Participants will also learn about how science is part of the shooting sports program and participate in a hands on demonstration that tests velocity.

Zen-Tangle - Zen-Tangle is intricate, beautiful doodling with a Zen-like process...doodling with a purpose, calming yourself with crayons, really high level graffiti. Learn to focus your mind through the art of Zen-tangle.

Creative Writing: A Feast for the Senses - Creative writing is a life-long skill that can help reduce stress, stimulate imagination, and enable self-expression. Through this workshop, participants will learn to use all of their senses - sight, sound, touch, taste, smell - in the writing process to create original works. Participants will develop fresh perspectives that can be used in their own creative process - just as an artist uses a paintbrush and palette, a writer uses paper and pen to create a masterpiece. Participants will receive their own journal and writing implement to keep so that they might continue to create throughout STARR and beyond

Photography Basics - It's more than a Facebook post or an Instagram opportunity. Really look through the lens and capture some snapshots that will make you smile for years to come. Get some tips and tricks on how to take excellent photos.

Basic Fishing Tactics - In this workshop, we will be going over basic fishing tactics. We will discuss what types of lures to use in certain areas, different water depths, and conditions. We will also go over casting techniques using bait castors, open face reels, and fly rods. You will leave this workshop with different strategies to catch the big one.

**4-H Youth Development
Statewide Event
Member Code of Conduct Commitment**

CCE EDUCATORS PLEASE NOTE: Whenever youth participate in a statewide 4-H youth development program, event or activity, this information should be reviewed with participant and his/her parents. A review of **Expected Behavior** policies will establish a clear understanding of expectations among individuals involved, address discipline management issues, and note the consequences of inappropriate behavior. It is also important to review the Expected Behaviors with adults acting as Chaperones. Chaperons need to be made aware that they will be expected to take full responsibility for **enforcing** the code of conduct.

Expected Behavior:

1. All participants are expected to be responsive to the reasonable requests of the adult in charge at the time given. This includes following rules and regulations of the given event (for example: abiding by curfew).
2. All participants are expected to participate in all of the planned programs, to be on time and follow through on assigned tasks/responsibilities in a manner that insures the safety, well-being, and quality of the educational experience for self and others.
3. All participants will act in a mature, responsible manner, recognizing they are role models for others, and that they are representing themselves and the 4-H Youth Development Program.
4. All participants will be dressed appropriately for the event. Dress will depend on the event. If you are unsure about what is appropriate, in advance, contact the 4-H staff person in charge.
5. All participants will be considerate and courteous of all youth and adults and their property during travel, at group gatherings, and during free time.
6. All participants will respect the rights and opinions of others. CCE / 4-H youth development programming is open to diverse groups of youth. Some customs may be different than what one normally experiences.
7. All participants are to refrain from the possession and/or use of illegal drugs, tobacco products, or alcoholic beverages, firearms and or other weapons at all times. These are prohibited.
8. All participants are to refrain from romantic displays, sexual activities, and harassment either in public or private situations. These actions will not be tolerated.

Consequences - Any of the following may be used, depending on severity of the situation.

1. In mild cases, youth participant will receive a verbal warning.
2. Young person may remain at the event, but may possibly be barred from a future event.
3. Youth will be sent home at family's expense.

I have read the above Behavior Policy and will abide by the 4-H Youth Development Statewide Event Code of Conduct.

Signature of 4-H member

Date

Signature of Parent/Guardian

Date

**Cornell Cooperative Extension
Permission Slip and Medical Release Form**

Please Print:

Child's Name _____ Date of Birth _____

Address _____

Parent/Guardian _____ Phone _____

In case of emergency, contact _____ Phone _____

Activity _____ Date(s) _____ Location(s) _____

Activity Director _____

Medical History

Check any and all that apply to your child:

Illnesses

- { Ear Infections _____
- { Rheumatic Fever _____
- { Convulsions _____
- { Diabetes _____
- { Other (specify) _____

Date of Last Tetanus Booster _____

Allergies

- { Hay Fever _____
- { Insect stings _____
- { Ivy Poisonings _____
- { Penicillin _____
- { Other (specify) _____

Current prescribed medication (specify) _____

On the back of this form, specify any other health concerns, physical activity restrictions, or other information you want the chaperons or director of this activity to be aware of on behalf of your child's welfare. Also indicate if your child requires any special dietary needs.

Family Medical and Hospitalization Coverage

Name of Insurance Company or Government Program _____

Identification/Policy # _____

Family Physician's Name and Phone Number _____

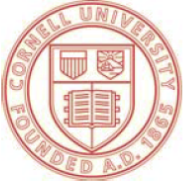
I hereby give my child permission to fully participate (subject to the restrictions noted) in the Cornell Cooperative Extension activity on the date(s) and at the location(s) indicated above. I permit the use of any photos, slides, films, or sketches of him/her taken during the activity for publicity, advertising, and promotion.

I further grant permission to the director of the activity (or authorized designee) to dispense to my child any prescribed medication he/she is currently taking.

I understand that I will be notified in case of serious injury or illness. However, in the event that I cannot be reached, I hereby give permission for my child named above to be medically treated by a physician or medical facility as appropriate.

Signature _____ Date _____

Parent or Guardian



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Photo, Video, and Audio Consent and Release Form

From time to time, photographs, videos, direct quotes, and/or audio clips may be taken of youth and adults attending Cornell Cooperative Extension events or participating in Cornell Cooperative Extension-sponsored programs and activities. Cornell Cooperative Extension requests the right to use all such photos, videos, print material and/or audio clips taken of youth and adults involved in these programs and activities. They may be used for a variety of purposes, including, but not limited to, publications, promotional brochures, promotions or showcase of programs on our Web sites, showcase of activities in local and/or national newspapers or programming, and other similar lawful purposes.

By signing this form, I consent and give permission to allow Cornell Cooperative Extension the unlimited right to use photos, videos, direct quotes, and/or audio clips that they have of me participating in Cornell Cooperative Extension programs or events. I agree to give up my rights with regards to Cornell Cooperative Extension photos, videos, direct quotes, and/or audio clips of me. Further, by signing this consent and release form, I acknowledge that I understand and agree to the above request and conditions. I sign this form freely and without inducement.

My Contact Information:

Name (print): _____

Age (if under 18): _____

County: _____

City: _____ State: _____ Zip: _____

Phone Number: _____

Email Address: _____

Signatures:

Signature: _____ Date: _____

Parent/Legal Guardian's Signature (if under 18):

Signature: _____ Date: _____

Building Strong and Vibrant New York Communities

Cornell Cooperative Extension provides equal program and employment opportunities.