

2009 Congress Workshops

“More Bang for Your Buck”

Being money smart goes by many names- financial literacy, personal finance, and money management. But it all comes down to this: got any money saved up? Have the feeling that you never have enough money? When you've got money, YOU'VE GOT CHOICES. Discover how to make the most of your money. You can start right here, right now! The “More Bang for Your Buck” workshop is packed with fun activities, games, and challenges for teens.

Facilitators: Tawnya Crockett, Mary Linda Moore, Shretta Varnado.

Times: Wednesday May 27, 2009, 2:30-5:30

Max # of participants- 50

LoveU2-Relationships Smarts

Get set to craft a ‘North Star’ in your relationships, build critical communication skills, and get insights into navigating the choppy waters of teen relationships and the sexual culture. Engaging activities will build skills and knowledge necessary for making wise choices and promoting healthy relationships now and in the future.

Facilitators: Karen Benson and Tabitha Staier

Times: Wednesday May 27, 2009, 2:30-5:30.

Max # of participants- 35

Fun and Educational Lab Experiments in Food Science

These will be demonstrated simple, fun and education hands on experiments based on general principals of Food Science as applied to common foods along with some explanation of the scientific principals involved. What makes hamburger stick together to form the shape of a round pattie? Why is salt a very important and functional ingredient? What external factors influence our perception of how foods taste? The can be great

exercises at 4-H meetings, science class/lab experiments to show the importance and functionality of foods and food ingredients.

Facilitators: Dr. Byron Williams, Dr. Wes Schilling

Times: Wednesday May 27, 2009, 2:30-5:30. Thursday May 28, 2009, 2:00- 5:00.

Max # of participants- 40

Citizenship Bowl

Citizenship Bowl is a fun way to test your knowledge of our Government and Citizenship. This a quiz bowl format. Come and let us know if you would be interested in us starting this as a contest at Club Congress in the future.

Facilitators: Donna and Katie Morgan

Times: Wednesday May 27, 2009, 2:30-5:30. Max # of participants- 30

Cool Crafts and Groovy Gift Ideas for All

This fun hands-on, interactive workshop will teach people how to create crafts for all seasons, using inexpensive materials. Homemade, handmade, crafts are more personal and special than Chinese make plastic trinkets purchased at the big box stores.

Facilitator: Michael Anthony

Times: Wednesday, May 27 2009, 2:30- 5-30, Thursday, May 28, 9:00-12:00

Maximum # of participants: 12

Introduction to Shooting Sports

Geared toward 4-Hers not presently enrolled in the shooting sports program. This workshop introduces youth to the excitement of the rifle discipline.

Facilitators: Dr. John Long, Bert Sanders, Level II Rifle Instructor

Times: Thursday 10:00am- 3:00pm- all day workshop

Max. #of participants- 20, Will divide into 2 groups of 10

Body Walk for High School'ers

The Body Walk exhibit will be on hand to give participants a hand's on experience needed to make healthier choices. This experience will also aid participants in the comprehension of short/long term effects of unhealthy choices they may face during their lifetime.

Facilitators: Landon Summers, Vivian Cade

Times: Thursday May 28, 2009, 9:00-12:00.

No maximum # of participants

Can-Do Robots

These friendly robots are more than just good-looking magnets holding their features in place; The "bot" is the metallic equivalent of a Mr. Potato head. This is a creative way to use things you may already have around the house to make a recycled project.

Facilitator: Katrina Owens

Times: Thursday, May 28, 2009, 9:00-12:00

Maximum # of participants- 20

How Do I Get a Green Jacket?

Ever wonder what those kids in green jackets do? Or how they even got them? Want to know more about Leadership Team, Mississippi 4-H All Stars, National 4-H Congress, Citizenship Washington Focus, or Congressional Awards? If so, come hang out with some teens who've

No Max. #of participants

been there, done that and have the jacket to prove it.

Facilitator: Evelyn Rachelle De Angelo

Times: Thursday, May 28, 2009, 9:00-12:00

Maximum # of participants- 40

Mystery Scavenger Hunt

Join other 4-H'ers in an easy trek across campus as you uncover clues to unravel a mystery.

Facilitator: Val Bayes

Times: Thursday May 28, 2009- 9:00-12:00, and 2:00-5:00

"Carry the Torch" Speak Out for Military Kids (SOMK)

Meet our SOMK youth and learn how best to get your youth and adults involved in military projects in the community. This workshop will be interactive and will provide information and tools geared to make winning poster and flyers, including choice of colors, lettering, ect. We will experiment with different borders, placement of pictures, and much more.

Facilitator: Debra Lloyd

Times: Thursday May 28, 2009, 9:00- 12:00 and 2:00-5:00

No Max. # of participants