

2025 State Teen Action Retreat (STAR) Registration Form
May 2-4, 2025
Porter Elementary School
Syracuse, NY

County _____
Personal Filling Out This Form _____
Email for Person Filling Out This Form _____
First Name _____
Last Name _____
Address Line 1 _____
City _____
State NY _____
Zip Code _____
Home Phone Number _____
Cell Phone Number _____
Email Address _____

Type of Participant

- | | |
|--|---|
| <input type="radio"/> 4-H Member Female | <input type="radio"/> 4-H Member Male |
| <input type="radio"/> CCE Approved Female Vol. | <input type="radio"/> CCE Approved Male Vol. |
| <input type="radio"/> Extension Educator Female | <input type="radio"/> Extension Educator Male |
| <input type="radio"/> 4-H STARR Planning team | <input type="radio"/> 4-H Career Exploration FA |
| <input type="radio"/> 4-H Career Exploration Planning team | |

T-Shirt Size

- | | |
|---|-----------------------------------|
| <input type="radio"/> Small | <input type="radio"/> Medium |
| <input type="radio"/> Large | <input type="radio"/> Extra Large |
| <input type="radio"/> 2XL | <input type="radio"/> 3XL |
| <input type="radio"/> No t-shirt please | |

Special Medical, *Dietary or Accessibility Needs (*including gluten free, dairy free, kosher, vegetarian, vegan) this section will determine our food orders for breakfast, lunch, and dinner

Allergies: _____
Accommodations: _____
Medical: _____
Notes: _____
Song Recommendations: _____

STAR 2025 WORKSHOP SELECTIONS

(Please select 2 sixty-minute workshops + 2 ninety-minute workshops)

Sixty-Minute Workshops

- STAR Planning Committee Member - Youth
- STAR Planning Committee Member - Adult
- Career Ex Focus Assistant Leadership Training

- The Ancient Game: Playing and Making the Nine Men Morris
- Beginner American Sign Language (ASL)
- Country Line Dancing Lessons
- Explosion Explorers (*offered once, during the first session*)
- Natural Dyes and Recycled Papermaking
- Photography
- Resume Building (*offered once, during the first session*)
- Statewide, National, and International 4-H Programming (*offered once, during the second session only*)
- Wildlife Habitat Education Program (WHEP)

Ninety-Minute Workshops

- STAR Planning Committee Member - Youth
- STAR Planning Committee Member - Adult
- Career Ex Focus Assistant Leadership Training

- Crocheting and Hand Sewing Basics
- Direct Painting
- Floral Arranging, Flower Pressing, and Pollinators, Oh My!
- 4-H Microwave Cooking
- Rocket Stoves: Upcycled Cooking & Heat Source

Online Registration link:

https://apps.cce.cornell.edu/event_registration/main/events_landing.cfm?event=STAR2025_328

SIXTY-MINUTE EXPERIENCES

The Ancient Game: The Making and Playing of Nine Men Morris

9 Men Morris (also known as the Mill Game) is a 2-player strategy game that has been around since the Roman Empire. In this workshop, you will learn how to make your game board and pieces as well as how to not only play yourself but also teach friends and family to play, too.

Beginner American Sign Language (ASL)

Sign language history will be shared, as well as sign etiquette. A booklet of frequently used words and time to practice will be distributed for your use. We will also learn a song and perform it as a whole group!

Country Line Dancing Lessons

Participants will learn the basic steps of country line dancing, as well as communicating with peers, all while having fun!

Explosion Explorers

Participants will learn about acids and bases through a variety of presentations and hands-on activities. This experience will be coordinated by the staff at the Syracuse Museum of Science and Technology (MOST).

Natural Dyes and Recycled Papermaking

4-H teen leaders will learn how to conduct a workshop for their 4-H groups on making recycled paper and natural dyes/watercolor paints. We will use blended paper scraps to create pulp and screens to form that pulp into new sheets of paper. Then, we will go over a brief history of how objects from nature have been used to create dyes throughout human history, how we still use them today, and how they differ from the synthetic dyes that are now popular. Finally, we will make some natural dyes from common/easily accessible materials and practice using them as watercolor paints. We will also discuss how these dyes could be used to dye fabrics, which is a longer process that teen leaders may be able to do with their own groups (the workshop itself would not be enough time). I will provide the teen leaders with ideas for how they could scale these two lessons up or down—they can both be molded to work well for elementary-aged students through high school or even adults.

Photography

Learn the anatomy of photography using your phone! We will explore Porter Elementary School and its environs to learn how to capture photos that bring to life and recreate that moment. Join us and put your skills to the test so we have amazing images for our closing slide show!

Resume Building

All of our statewide events require a resume. When applying for college, you can build a resume; when applying for work, you will need a resume. Come learn how to create a resume that will help you stand out and learn some tips and tricks for having your resume at the top of the pile.

SIXTY-MINUTE EXPERIENCES CONTINUED...

Statewide, National, and International 4-H Programming

Ever wondered what's next in 4-H for you? Well, come hear about other programs and activities you can get involved in to round out your 4-H experience. From planning teams to design teams, statewide, national, and international events, come explore.

Wildlife Habitat Education Program (WHEP)

Come test your knowledge about New York State and North American wildlife species. The program will use real pelts, skulls, and examples of habitat to instruct youth about common groups of animals, adaptations, and what makes up a habitat.

NINETY-MINUTE EXPERIENCES

Crocheting and Hand Sewing Basics

Participants will learn the basic stitches in both areas. They will make a handsewn needle book and learn how to use a single crochet stitch to start a granny square. All supplies will be provided.

Direct Painting

In this workshop, you will receive encouragement and direction on painting while the instructor models and assists participants with a paint-and-sip type experience. The painting demonstrated would be a simple night-time scene utilizing acrylic paint on canvas. You will be guided step by step to create something similar to the example I show, and you are welcome to change the design to put your spin on it with the paint colors available. When it is done and dried, you can take your masterpiece with you!

Floral Arranging, Flower Pressing, and Pollinators, Oh My!

Floral arranging skills are more than just plopping flowers in a vase. Come explore the world of pollinators involved in this endeavor. Explore your own guided floral arranging adventure, and once done, press the flowers.

4-H Microwave Cooking

Come explore the joys of using a microwave to cook. We will be utilizing the 4-H Microwave cooking curriculum to eat our way through after-school snacks and to make healthy and indulgent choices.

Rocket Stoves: Upcycled Cooking and Heat Sources

Everyone knows how fun it is to prepare meals outdoors on an open fire. But now you can learn how to take all the traditional fun way beyond the usual. In this workshop, you will explore the basics of outdoor cooking wood fires and the science behind efficient, "clean" fires. Participants will also construct their hi-tech tin can outdoor cooking "rocket Stove." You will also get to explore how some of the most up-to-date, hi-tech biofuel stoves work and how they allow us to "Act Local and Think Global" for healthy living. Participants are encouraged to take what they learn back to their local clubs and communities.