

2018 Northcoast Youth Summit Workshops

Workshop Session 1 (10:00am-10:50am)

Basic First Aid (All Day): Presented by Linda Kjesbu, Northern California Safety Consortium

This is the Basic First Aid course ideal for any industry or personal use. Basic First Aid, as distinct from CPR, covers all basic, bodily injury and illness emergencies that may be encountered at work, as well as home-cuts and broken bones to seizures, falls and auto accidents; heat illness to cold emergencies.

Paint Your Superhero Self Portrait Pt. 1: Presented by Amy Embry, Ace Arts Humboldt

Paint yourself as a superhero!

Creative Reuse Session Pt. 1: Presented by Jenna Catsos, SCRAP Humboldt

During this approximately 2-hour workshop, participants will learn about Creative Reuse, how it impacts their lives, and what they can do to live more sustainably. We will talk about the natural resources that we use every day, and we can do to limit our impact. But most of all, we will spend most of the workshop building and crafting a creative project that participants will get to take home.

Just Dance!: Presented by Shoshanna and Eva Brena, Redwood Raks World Dance Studio

Just Dance! will get everyone on their feet, feeling the beat through a variety of fun activities. Get connected to the music, have fun and move!

Split Second Survival: Presented by Leland Salomon

A self-defense course from a reality based mind set. I will be teaching concepts that will teach how to take the fight out of defense, using mental distraction and body logic to defend against multiple attackers armed or otherwise.

Growth vs. Fixed Mindset: Presented by Kintay Johnson, College of the Redwoods

Learn about the difference between Growth vs. Fixed Mindset and how by developing a growth mindset can help you succeed and overcome challenges.

Intro to Parli Pro: Ella Waterhouse, Arcata Bottom 4-H

In this workshop you will gain knowledge and have hands on experience with the basic rules, ethics, and customs relating to meetings and organizations so you can be the Super Hero of your group, project, committee.

Resume Tips and Tricks: Presented by Michael Kraft, Sequoia Business Solutions

A good resume can get you in the door of an employer, while a bad one is almost guaranteed to keep you out. In this workshop, we'll discuss the tips, do's and don'ts for a strong resume.

Goals for Superhero's: Presented by Holly Duffy, Humboldt County

Join me to learn about how to set goals worthy of a superhero. We'll practice writing SMART goals and talk about our dream lives. You'll leave with a timeline, vision board, or worksheet. You get to choose which one!

Your Health! Secrets to Success in School: Presented by Rose Sita Francia, HSU TRiO

This workshop will cover how nutritional intake, mental health and exercise give a basis for success at whatever you choose to do in life. We will also discuss some secrets to success in school and at work. Be ready to ask questions, learn and grow!

Ocean Acidification: The other problem with carbon emissions: Presented by Joe Tyburezy, California Sea Grant

We know that carbon emissions are behind global warming, but they are also altering the chemistry of the ocean, making it more acidic (ocean acidification). Learn about what this is, what it means for ocean life, why we should be concerned, and what can be done!

Cerebral Chess Puzzles and Tactics: Presented by Rami Awwad, Caleb Morin, Academy of the Redwoods

Some of the skills learned in chess carry over to scholastic disciplines and to life in general. We will practice the art of being a good chess player; thinking ahead; paying attention to details; juggling multiple scenarios; while anticipating your opponent's wily schemes. Useful chess books and internet sites will be introduced.

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Workshop Session 2 (11:00am-11:50am)

Basic First Aid (All Day): Presented by Linda Kjesbu, Northern California Safety Consortium
You must also attend Session 1, 3 & 4. This workshop **requires all four sessions** for certification.

Paint Your Superhero Self Portrait Pt. 1: Presented by Amy Embry, Ace Arts Humboldt
Paint yourself as a superhero! You must attend Session 1 & 2

Creative Reuse Session Pt. 1: Presented by Jenna Catsos, SCRAP Humboldt
Make awesome from scrap! You must attend Session 1 & 2

Just Dance!: Presented by Shoshanna and Eva Brena, Redwood Raks World Dance Studio
Just Dance! will get everyone on their feet, feeling the beat through a variety of fun activities. Get connected to the music, have fun and move!

Zumba for Everyone: Presented by Marla Joy
A Latin-inspired fitness workout, combining dance moves such as Salsa, Cumbia, Merengue, Hip-hop, Flamenco, Reggaeton, belly dance and other popular song and dance styles. Anyone can learn this activity. There are no wrong moves, just let go and have fun. Students will get hot while moving and should wear supportive shoes for this activity. Water should be available for students.

Hunger 101: Presented by Heidi McHugh, Food for People, The Food Bank for Humboldt County
Hunger 101 is a unique learning experience in which participants are asked to “take on” the life circumstances of someone in Humboldt County who may be hungry. The focus of this hour-long exercise is to help participants understand the complex economic and social circumstances that lead to and perpetuate hunger. This is a compassion and empathy-building activity that helps participants understand how poverty creates tough choices for people in need. It fuels participants’ motivation in the fight against hunger and provides suggestions for how to take action.

Origami Fun: Presented by Cathie Shermer, Mattole Valley Charter School
I will guide students in completing a variety of fun and challenging origami projects including an octahedron! :)

Youth in Radio: Presented by Nate Dawg, Dan Murhpy, and Sidney Marrone, KMUD Redwood Community Radio
An introduction to the basics of radio. How to produce a music or talk show and news reports.

Brain Injury Prevention: Presented by Oliver Gonzalez, Making Headway Center
If you have a brain or know someone who does...This workshop may be for you! Brain Injury Prevention, Education, and 3 ways to save your brain. Discussion on cognitive functioning; concussion prevention and what to do if you have one; risky behaviors that increase the likelihood of a brain injury; and a shared personal story from a brain injury survivor.

GRIT: Passion & Perseverance for Long Term Goals: Presented by Coley Gaines, HSU TRiO
Have you ever wondered what it would be like to be a Park Ranger? This presentation will give you a behind the scenes look at making meaningful connections to audiences of all ages. Interpreting the natural and historical aspects of our parks is crucial in developing stewards for future generations. This presentation will highlight specific techniques in getting an audience hooked.

Disc Golf: Presented by Caleb Gribi, Par Infinity Disc Golf Club
Introduction to disc golf, including basic rules, game play, types of throws etc.

Learning to Thrive from Failure: Presented by Cheyenne Tex Keith, Inertial Media LLC
In this workshop, I will be engaging with the kids by breaking down exactly what it is that is stopping them from pursuing their dreams and then step by step, we'll go over how we all can be active in towards our passions.

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Workshop Session 3 (1:30pm-2:20pm)

Basic First Aid (All Day): Presented by Linda Kjesbu, Northern California Safety Consortium
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Paint Your Superhero Self Portrait Pt. 1: Presented by Amy Embry, Ace Arts Humboldt
Paint yourself as a superhero!

Creative Reuse Session Pt. 1: Presented by Jenna Catsos, SCRAP Humboldt
During this workshop, participants craft a creative project that participants will get to take home.

Fight Like a Girl Pt. 1: Presented by Paula Arrowsmith-Jones, Kali Rothrock, Taryn Whitaker, North Coast Rape Crisis Team

Fight Like a Girl" is a fun, interactive workshop learning assertive communication and physical self-defense skills focused on the specific strengths and situations more likely to be experienced by female-identified people. This is a two-session workshop and participants need to be present for both sections. Please wear comfortable clothes and shoes that will stay on your feet when practicing kicks.

Capoeira- A Brazilian Martial Art: Presented by Domingos Figueiredo, Brazilian Cultural Arts Center

Participants will learn a basic history and movements of capoeira, a martial art developed by slaves in Brazil to defend against slave owners. We will warm up with stretching and work in pairs to learn attacks, defense and strategy.

Raptors of the Northcoast: Presented by Linda Parkinson, Humboldt Wildlife Care Center

Humboldt Wildlife Care Center will bring their Education Ambassadors, permanently injured, non-releasable, live birds of prey: Northern Spotted Owl, Great Horned Owl, Peregrine Falcon, Western Screech Owl, & Red Tailed Hawk. We will discuss their natural history, special adaptations, how they came to us, and how people can co-habitat with wildlife

Reframe Your Brain: Presented by Kris Huschle, DHHS-Public Health

Reframe Your Brain will look at mental health and wellness, our strengths, who and what helps us make it through hard times. We will do this through a talking circle, activities, and an art exercise.

Redwoods and Watershed Hero's: Presented by Christine Noel, Sequoia Park Zoo

The watershed plays an important role in life among the redwoods; from the plants, to the animals and ourselves. Meet animals, explore biofacts and learn the role we all play in our local ecosystem.

Youth Voice in Government: Presented by Kathy Johanson, League of Women Voters Humboldt County

Do you see things in of change? Learn what young people are doing to impact their communities. Become an effective citizen to affect positive change.

Challenging Racism and Assuring Equity: Presented by The Teen Court Youth Leaders, Boys & Girls Club TEEN COURT

This activity-based workshop helps us see how people are treated differently based on race/ethnicity and how to work towards equity in our communities.

Buying Your First Car Tips: Presented by Karen Brooks, Decade of Difference

There is a lot to consider when thinking about buying that first car. What to buy, depreciation, insurance, inspection, smog certificates, oh my!?! Knowing what to expect can help prevent the unexpected and hopefully save a lot of money.

ABC's of Bullying Prevention: Presented by Dorina Espinoza, UCCE Humboldt-Del Norte

- share thoughts on the presence and types of bullying behaviors affecting our community
- examine bullying, bias and harassment through the lens of differences
- explore strategies for addressing bullying at the personal, interpersonal, and cultural levels
- learn about programs and resources available

CAL Fire Service Careers: Presented by CAL Fire Engine Company

Presentation on the careers within Calfire and then a question and answer session. If not raining we will check out the engine!

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Workshop Session 4 (2:30pm-3:20pm)

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Paint yourself as a superhero! You must attend Session 3 & 4

Creative Reuse Session Pt. 1: Presented by Jenna Catsos, SCRAP Humboldt
Make awesome from scrap! You must attend Session 3 & 4

Fight Like a Girl Pt 2: Presented by Paula Arrowsmith-Jones, Kali Rothrock, Taryn Whitaker, North Coast Rape Crisis Team

Fight Like a Girl" is a fun, interactive workshop learning assertive communication and physical self-defense skills focused on the specific strengths and situations more likely to be experienced by female-identified people. This is a two-session workshop and participants need to be present for both sections. Please wear comfortable clothes and shoes that will stay on your feet when practicing kicks. Continuation of session 3. You must also attend Session 3.

Capoeira- A Brazilian Martial Art: Presented by Domingos Figueiredo, Brazilian Cultural Arts Center

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Communication and Healthy Relationships: Presented by Spare Change, PPNC

This workshop will be led by a group of High Schoolers that have been trained in sexual and reproductive health as well as a host of peripheral content.

Getting Engaged in Your Community: Presented by Jermaine Brubaker, Roots of Knowledge Foundation

Find ways to make changes about the things you care about in your community. Find ways to get involved in making a difference, and how to influence others.

CR Campus Tour: Presented by AR Students, Academy of the Redwoods

College of the Redwoods campus tour

Peace of Mind: Presented by Lisa O'Keefe, Post Adoption Services

Learn about how our body responds to stressful situations and what our fabulous brains can do to reduce this stress. Deep breathing and relaxation exercises will be practiced.

How to: Superhero: Presented by Theron Dale, Fortuna FFA

In this Superhero themed workshop, students will learn leadership qualities, how to identify the traits of good leaders, and ways that they can become an effective leader.

Archaeology, Ethnobotany, & Cultural Resource Management: Presented by Dimitra Zalarvis-Chase, DZC Archaeology

What does a modern archaeologist actually do in California? We will discuss archaeology, cultural resources, and the nexus of traditional ecological knowledge practice and western science, followed by a hands-on basket material demonstration