



2023 Montana 4-H Rec Lab

Culbertson, MT / March 17-19, 2023

Workshop Proposal

Due January 13, 2023

District 8 invites you to submit workshop proposals for the 2023 Montana 4-H Rec Lab, which will be held in Culbertson, MT, March 17-19, 2023. Both Teen and Adult workshop presenters are welcome. **Please complete this form by January 6, 2023, and return it to Shelley Mills** in Valley County’s MSU Extension Office by mail, email or fax (info below). Please call if you have questions: 406-228-6241. **The theme for this year’s event is “Rendezvous 4-H.”**

Here is some Rec Lab information to keep in mind as you brainstorm ways to share your talents, while incorporating the theme. From montana4h.org: “This event provides an opportunity for youth and adults to enhance their leadership, communication and team building skills in an action packed and interactive setting. Rec Lab programming is designed to provide participants with tips and tricks for being a better club, camp and community leader.”

Name: _____ County: _____

Email: _____ Phone: _____

Workshop Title (or topic): _____

Workshop Description:

Workshop Length: 1 Hour 2 Hours Are you willing to present your workshop more than once? _____

Maximum Number of Participants: _____ Workshop Participant Fee (if any): _____

Room Set-up and Equipment Needs / Other Information: Please circle the items/set-up you need

classroom set (tables with chairs) chairs only projector & screen extra outlets microphone & sound
classroom desks WiFi big open space

Other (Please specify):

MSU Extension Valley Co. 501 Court Square #12 – Glasgow, MT 59230 – smills@montana.edu – 406-228-9027(fax)

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