

Pursuing Passions: A Into the Future

24th Annual Leadership Conference

Keynote Address — Alan Zackheim



Alan Zackheim is a Helena kid, proud former attendee of Hawthorne and Central Elementary Schools and Helena Middle School, and student of Grandstreet Theatre School. In 8th grade, he represented Montana at the 1997-98 National MathCounts Competition. Alan attended a boarding high school in New Hampshire before obtaining his B.A. from Harvard with a primary focus on theatre and anthropology. He then lived for a time in Los Angeles where he pursued his passion for acting and had a memorable role in the reality TV show *Beauty and the Geek*. Alan returned to Montana and graduated from the University of Montana School of Law in 2013. Since then, Alan has held various positions as an attorney and has performed in multiple productions on the Grandstreet Theatre stage. Alan is currently a Land and Water attorney at Montana Fish, Wildlife & Parks, father of two, actor, amateur chef, and outdoor enthusiast.

Conference Schedule

May 28, 8a.m.-2:45 p.m.

7:45 a.m.	Sign-In at the State Capitol's South Entrance Doors See map: mt.gov/govt/capitolcomplexmap.aspx
8:25	Welcome and Keynote Address
9:00	Break Out Session #1
10:00	Break Out Session #2
11:00	Lunch and Outdoor Activities/Group Picture
12:30 p.m.	Break Out Session #3
1:30	Break Out Session #4
2:30	Evaluations and Clean-Up
2:45	Parent Pick-Up

Pursuing Passions

A PEAK Into the Future



24th Annual Leadership Conference Permission Form: *Please return ALL 4 pages.*

Student First and Last Name

Grade and School

Street Address

City

State

Zip

Parent/Guardian:

Home Phone

Work Phone

Cell Phone

Email

Health Concerns or Alerts

Suggested Donation of \$20 or whatever you are able to contribute. Please return this form, the student health form for out of district students, and cash or check made payable to HSD PEAK Gifted and Talented Program to:

Deana Thomas at Bryant Elementary School or your child's PEAK teacher no later than

Friday, May 3rd

You can also use this Revtrak code to make the suggested donation online instead of cash or check.



Also, please be sure to sign the following:

My child _____ has permission to attend "Pursuing Passions: A PEAK into the Future" Leadership Conference at the Montana State Capitol (see map at mt.gov/govt/capitolcomplexmap.aspx) on May 28. I will arrange transportation to have my child at the Capitol's South Entrance by 8 a.m. and will pick him or her up by 3 p.m. Please call 406-324-2919 with any questions.

Parent Signature

Date

Please check shirt size. Youth: M ___ L ___ Adult: S ___ M ___ L ___ XL ___

A lunch will be provided by Munchtana Food Truck and is included in the suggested donation above.

COURSE SELECTION

PART I: Leadership Development

Please rank all six Leadership courses in order of preference: numbering 1-6, with “1” being your top priority, “6” your lowest priority.



Adventure & Wilderness Therapy - Rachel Martin, Therapist, River’s Edge

Come learn how therapists help kids, teens, and adults make change in their lives through adventure and the wilderness. You’ll be surprised to learn how we can use rock climbing, zip-lining, fire-making, backpacking and other outdoor adventures to help people heal and connect with each other. Learn how therapists can turn every part of living outdoors into a powerful way to help someone feel better. If weather permits, instructor will demonstrate how to make a fire using a bow-drill set outside.



Adventure Out of Your Comfort Zone! - Kevin Flatow, HMS School Counselor

We will do an adventure-based activity to step out of your comfort zone! We will group strategize, problem solve, and then process roles along with what went well, what didn’t, etc. My overall goals as a school counselor are to help ensure students develop and achieve at their highest capacities academically, while learning to be their best personally and socially.



Teaming Up - Starsha Frederickson, Smith School Counselor

Think about how often you’ll encounter teams and teamwork in your lifetime. This course will offer the opportunity to participate in a team building activity and learn more about the interpersonal and problem-solving skills that you will likely need in your future career.

Your first and last name

PART I: Leadership Development (continued!)



Learner for Life - Alan Zackheim, Montana Fish, Wildlife & Parks Attorney

What do math, art, cooking, camping, history, video games, gardening, languages, law, sports, and science have in common? Maybe nothing. Maybe everything! Activities and discussion will ensue about the importance and fun of being a broad-spectrum learner for life.



Walking Tall and Ballooning All - Neil Sauter, Balloon Artist/Stilt Walker

As a kid, Neil was clumsy and needed braces strapped to his legs to keep his feet straight. As an adult, he strapped stilts to his legs and made it into Ripley's Believe It or Not as an incredible stilt walker. Stilt walking led Neil to a fun career in entertainment and balloon twisting. In this class you'll learn that your difficulties may be of great value. And you'll learn how to create balloon animals!



Be Your Best Self - Lyla Ackerman, 2024 Distinguished Young Woman of MT

"BYBS" to reach your full potential! This workshop, presented by our state's winner of the Distinguished Young Women scholarship program, will focus on the following five elements: Be Healthy, Be Involved, Be Studious, Be Ambitious, and Be Responsible. Not only will you learn how to define what it means to BYBS, but also how to instill these values in others. These can be valuable tools when faced with the challenges of negative peer pressure!

Your first and last name

STOP...Then Begin Again on the Next Pages with Ranking for PART II

PART II: Career Interests

Please rank ALL Career courses in order of preference: numbering 1-20. "1" as your top priority.

Science, technology, engineering, and mathematics (STEM)



Chemistry: A Superpower For Us All - John Rowley, Professor of Chemistry

Wonder Woman can fight, Spider Man can make webs, The Hulk can smash stuff. Chemists convert petroleum into Prozac, sand into cellphones, and air into fertilizer. None of us can run like The Flash, but all of us can synthesize like a chemist! Do you want to learn more about this superpower that allows us to transform raw materials into amazing finished products? Join Professor Rowley from Carroll College for this origin story of a modern superpower: chemistry.



Bridge Challenge - Jeff Ashley, Senior Engineer, Morrison-Maierle

A bridge made out of paper? This activity will let you explore how to design bridges out of folded pieces of paper and test how much weight they can hold. Does the shape of the bridge affect strength? What ways can you fold paper to test your design? Working in small teams, you will learn engineering principles, problem solve with your teammates, and have fun designing your strongest paper bridge.



The Keyboard to Success - Jared Kamp, Research Engineer, Dynojet Research

Computers play a major role in everyday life. There are so many computers around us, in everything from kitchen appliances to spaceships! Whether you're into gaming, fast cars or researching fun facts, computers can help. But where do these computers come from? Who makes them? This class will introduce the basics of computer programming and discuss job opportunities in the fields of computer science and engineering.



Machine Doctors - Matt Jetty, Electromechanical Engineer

Matt Jetty graduated from the US Merchant Marine Academy with a degree in marine engineering and marine transportation. He spent many years working in the maritime industry and will share about a range of careers that involve designing, maintaining, and repairing machines. Get ready to play with a bicycle generator, which will be used as a hands-on example. You'll walk away with a new appreciation for electricity, motors, generators, engines, and all machines that spin.

Your first and last name

Health and Wellness



Be Your Personal Best - Dr. Haley Hodenfield, Physical Therapist, PEAK

Dr. Haley Hodenfield is a practicing Doctor of Physical Therapy at PEAK Physical Therapy & Sports Rehab. She'll share how she turned interests in sports injuries and performance into a career. She'll also offer lessons on unlocking your body's potential to restore strength, empower movement, and strive for a healthy, pain-free life – all through PHYSICAL THERAPY.



Doctor Discovery - Dr. Liz Grant, MD, Family Physician, PureView Health

Have you ever wondered what it's like to be a doctor? Come learn from one of Helena's own about the path to becoming a doctor, different types of doctors and the responsibilities of doctors. Participants will get some hands-on experience with tools like stethoscopes, reflex hammers, and otoscopes. Dr. Liz Grant will walk you through a typical wellness visit and you will even learn how to read x-rays.



Empowering Athletes - Jesse Zentz, NOVAS Head Coach, Helena High Track Coach

2022-2023 Montana Coach of the Year Jesse Zentz shares how coaching is more than simply teaching the technical and physical components. It's about engaging the whole person – building a sense of empowerment and autonomy while cultivating unity among teammates. To do this, coaches recognize the importance of individual characteristics that each student-athlete brings to the team. They encourage student-athletes to pursue excellence and remain curious to ensure they focus on the process of growth and development.



Sound Bathing - Emily Sweeney, Music Therapist

Music can be used as a medium to help others. Think about the healing powers of sound. What happens when you quiet all senses, except your hearing, and immerse yourself in sound? How does your body respond to different frequencies? How does sound affect the body, mind, and spirit? You will hear instruments such as crystal singing bowls, drums, chimes, etc., and be guided in awareness and curiosity of how your sound environment impacts you.

Your first and last name

Negotiators



Land Conservation and Recreation - Staff from Prickly Pear Land Trust

What is it like to work in the field of land conservation and outdoor recreation? We will meet two staff from Helena's local land trust to learn about land conservation and what that means by playing a conservation easement game. Conservation easements are voluntary legal agreements negotiated between the landowner and a land trust. Participants will also learn insider tips on local trails and careers in outdoor recreation.



FBI? - Special Agents and Staff from FBI's Helena Office

Is the Federal Bureau of Investigation anything like what is portrayed on TV? Are FBI Special Agents criminal investigators? Hostage negotiators? Learn more about Special Agents, the FBI, and its career opportunities.



The Art of Negotiating - Melinda Reed, International Criminal Court

So, you want to be an ambassador? This class will talk about what diplomats do, how they do it, and how to bring opposing sides together. By the end of this session, you will be able to convince a Yankees fan to love the Red Sox, know how to start a negotiation, and be able to make convincing arguments that make people want to agree with you.



You Should be a Lawyer! – John Semmens, Chief Legal Counsel, MT Commerce

Have you ever been told by a grown-up that you should be a lawyer when you grow up? Here's your chance to learn what they really mean (and you might be surprised!). This course will provide an overview of the legal system and what it's like to practice law in Montana. Grab your pen and paper, this is a hands-on course!

Your first and last name

Literary, Culinary, and Visual Arts



The Power of Stories - Jim Robbins, Author, Journalist and Science Writer

Helena resident Jim Robbins, author, journalist, and science writer for the New York Times, has written numerous articles and six books in the last 40 years. He will lead aspiring authors in an exercise of asking the right questions to find the answers they seek and how to write about them. He will share stories of how he came to write his books and what students might think about to write books of their own.



You Can Tell Stories for a Living - Christa Chiriaco, Writer

Do you like to tell stories? Do you write fiction, poetry, plays or videos to film? Do you wonder what it's like to be a writer? It's important to learn what stories you are interested in telling and how to get them noticed by others. Come to this fun class to learn more about writing as a career path.



Blackout Poetry - Beth Driggers, Helena High School Librarian

Poems can be found anywhere! We will use old book pages to discover hidden poems and create word art. This class is for anyone who loves to read, write, and discover beauty where you least expect it.



Art for the Modern World - David Goodson, Graphic Designer, Goodson Designs

David Goodson has done graphic design, illustrations, and screen-printing for organizations such as the Holter Museum, Wild Montana, etc. He works on projects as a freelance designer under Goodson Designs and creates original compositions. He shares graphic design as the "art career for the modern world;" a job for artists who want to pay their bills with art that can be seen in their community. He'll lead a hands-on lesson illuminating this very visual career.

Your first and last name



Thinking in Pictures - Leah Cupino, Studio Artist and Founder of Omerta Arts

Leah has exhibited, curated, and sold her work across the country. She is also the founder of Omertà Arts, which builds up the local creative community with studio, classroom, and gallery space for artists. There is almost nothing Leah likes better than painting outdoors! She will share her career path with you and then will lead an outdoor art activity that celebrates playful experimentation.



Intro to Outdoor Photography - Laura Miller, Lou Miller Photography

The landscapes in Montana can be so beautiful. Wouldn't it be great if you could take that beauty home with you? Well, with a camera and some know-how, you can! Come learn how to take great photographs, with skills like DSLR camera basics, the Exposure Triangle, natural lighting techniques, posing and positioning of model/subject matter, the Rule of Thirds, and then put it all into beautiful outdoor landscapes and portraits!



Living in the Fast Lane - Robert Worthy of Munchtana Food Truck

Work a Food Truck for the day and see if you have what it takes to make and prepare food, take meal orders, handle money, and do it all in a short window of time. Fast paced and a lot of fun. Maybe you could open your own business someday!



Food Science and Vegan Cookie Decorating - Shea Conley, Owner of Dear Potato

Could you make beautiful cookies using bean juice?! That's right. Bean juice. It's called aquafaba and it's a wonderful egg replacement for frosting that'll totally elevate your cookies! Don't worry, this frosting doesn't taste like beans at all. Join the owner of Dear Potato, Shea Conley, to learn some new tricks for cookie decorating. Students will be provided with 4 small cookies and enough aquafaba meringue frosting to make the visions come to life!

Your first and last name