

Ohio 4-H Conference



*Greater Columbus Convention
Center*

March 14, 2020



THE OHIO STATE UNIVERSITY
COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



Conference Information

Full Time Registration

To register for the 2020 Ohio 4-H Conference, complete a registration form and return it to your county Extension office by their deadline. The registration fee is \$40. The cost of parking at the convention center is not included in the registration fee.

Cancellation Policy

Registration fees will be fully refunded if your cancellation is received by February 14, 2020. No refunds will be available after March 1st. Send cancellation requests in writing to: Allen Auck, State 4-H Office, 2201 Fred Taylor Drive, Columbus, OH 43210.

Educational Programs Registration

- To register for workshops, indicate your first, second, and third choices for each time period on the registration form.
- **Please note that some sessions are for Teens, Adults, or Both Adults and Teens. For example: if you are an adult, you can not sign up for a “Teens” session.**
- All workshops/sessions will be filled on a first-come basis.
- Sessions will last 45 minutes. The workshops numbered 600 and higher will last 90 minutes, either in the morning or afternoon.
- You’ll want to wear comfortable walking shoes because you will have to walk between session locations. All facilities are disabled accessible.

Luncheon Options

On the registration form you must indicate which luncheon you will be attending. All youth (age 13 and older) are encouraged to select the Teen Luncheon. The Volunteer Luncheon highlights the extraordinary accomplishments of volunteers. The teen luncheon recognizes their peers and features a keynote speaker.

4-H Market Place - Silent Auction

The area in and around the **4-H Market Place** will feature, fundraising ideas and promotional materials. The **Silent Auction** will have items that have been collected from across the state, plus door prize drawings. Cash or checks will be accepted for payment. Proceeds from the Silent Auction benefit future conferences.

Conference Schedule

(Subject to change)

8:00 a.m.	Registration Desk Open
	4-H Market Place Open
9:00 a.m.	Session I
9:00 a.m. – 10:30 a.m.	Workshop A
10:00 a.m.	Session II
10:00 a.m. – 11:30 a.m.	Workshop B
11:00 a.m.	Session III
12:00 p.m.	Luncheons
2:00 – 3:30 p.m.	Workshop C
2:00 p.m.	Session IV
3:00 p.m.	Session V
3:00 p.m.	Silent Auction Closes
4:00 – 5:00 p.m.	Pick up Silent Auction Items

Educational Program Choices

Workshop A - 9:00 - 10:30 a.m.

- 601 Creating Your Best Club Adults**
Whether you are a beginner volunteer or a volunteer with several years under your belt, this workshop is designed to help you create your best club! We will discuss ways to help members feel welcomed, keep them involved, and be the decision makers. We will show you ways to turn hands-on activities into learning opportunities that are fun and engaging. We will talk about how we make new members feel like they have always been a part of the club and old members wanting to come back for more. Limited to: 50 participants. Presented by: Courtney Haug & Johnna Vineyard
- 602 Tough Conversations From Club Programs to County Events Both**
Learn how to cope with people who create struggles in 4-H clubs and at county events. How do you assess the situation? What do you say during the conversation? This workshop will be hands-on and audience involved! Limited to: 100 participants. Presented by: Judy Villard Overocker
- 603 Quilts of Valor Both**
The mission of the Quilts of Valor Foundation is to cover service members and veterans touched by war with comforting and healing quilts. A youth component allows organizations to join the QoV Foundation at a special rate and obtain necessary guidance and support. Members sewing quilts connect with veterans and gain a greater appreciation for their personal sacrifice. Session attendees will learn how to register for this project, specifications for quilts, and how to award quilts to veterans. They will have the opportunity to sew a quilt for presentation at a future date. Limited to: 50 participants. Presented by: Christine Kendle
- 604 Generation Rx and Ohio 4-H: Medication Safety Patrol Both**
Generation Rx is a national prevention program that provides free resources that help teach medication safety to people of all ages. Medications can help us live longer and healthier lives, but only when used as directed. Learning medication safety is critical, as it helps us make choices that keep us safe around medicine or when using medicine. Recently, Generation Rx and Ohio 4-H partnered to develop a 4-H medication safety project book for elementary children (anticipated release date of October 2020). This workshop aims to train leaders to effectively utilize and deliver this new project book. Participants will gain familiarity with Generation Rx key messages through completing several hands-on activities from both the project book and the Generation Rx Elementary toolkit. This training will empower 4-H volunteers and youth leaders to become safe medication use champions in their local communities. Limited to: 50 participants. Presented by: Cynthia Canan, Chelsea Pekny & Katie Summers
- 605 Beginner and Intermediate Cake Decorating Both**
Learn how to make frosting and decorate a cake for competition. Learn the requirements for 4-H cake decorating judging at the Ohio State Fair. Limited to: 35 participants. Presented by: Ann Morgan
- 606 Computer Science: It's Easier Than You Think Both**
Participants will explore what computer science is and how they can successfully teach computer science with little to no technology. Limited to: 50 participants. Presented by: Margo Long & Mark Light

- 607 Agricultural Farm Management and Commodity Trading** **Teens**
Everyone knows agriculture is RISKY! However, it is an exciting industry that combines reward, risk and lifestyle all in one profession. We in the Department of Agricultural, Environmental and Development Economics at The Ohio State University want to help teach business and economic concepts around farm management and commodity trading in a "high stakes," fast-paced, and fun interactive environment. When participants leave this workshop they will have a deeper understanding of Risk, Market Price Discovery, Profit Maximization, and Business Strategy. This will be accomplished by simulating an "oldie but goodie" market trading environment that while electronic today, still serves as the foundation for farm business management. Join us as we explore economic concepts that have relevance within and outside the agricultural industry. Limited to: 80 participants. Presented by: Ben Brown, Katie Miller & Sarah Cole

Session 1 - 9:00 - 9:45 a.m.

- 101 Advisors, You are the Hub of the Wheel** **Adults**
As an advisor you are KEY to the success of the 4-H program! You are the hub of the wheel for the 4-H member, parents, and the county educator. We have a lot of responsibility and sometimes there is so much coming at us, that we can get derailed. Come to this session to celebrate your role as a club advisor, Jr. Fairboard advisor, 4-H Committee/Council member, etc.! We will look at today's youth (our "clients"), the purpose of 4-H, and our unique roles. We will do some personal reflection to help us determine some goals and clarity in direction. You'll receive links and ideas for your toolbox. Learn about being ACTIVE and be encouraged about the impact that a 4-H advisor can have! Limited to: 100 participants. Presented by: Amy Fleshman
- 102 Sold Is An Exciting Word!** **Adults**
One of the highlights of a child's 4-H experience is often the participation in the livestock sale at the county fair. Learn about the highlights of over sixty years of sales at the Delaware County Fair including a separate committee to manage the sale, the bidders' dinner, and the establishment of a Buyers Club. Come ready to share your thoughts on bidder recruitment and retention, buyer appreciation, and all the other ideas that help make sales successful. Limited to: 60 participants. Presented by: Cheryl Hagerty
- 103 4-H Animal Sciences Update** **Both**
Come learn about the latest information regarding 4-H livestock and poultry from the Ohio Department of Agriculture (ODA), including updates pertaining to exhibition. Also, hear what's new with 4-H Animal Sciences programming: Youth Quality Assurance, Livestock, Companion and Small Animals, Judging Clinics and Contests, Knowledge Bowl Competitions, and State Fair Youth Opportunities. Limited to: 100 participants. Presented by: Elizabeth Share & Dr. Tony Forshey
- 104 Ohio Military Kids 101** **Both**
What do Ohio 4-H and the Military have in common? More than you know! During this interactive session, we will examine how The Ohio State University and The Ohio National Guard join efforts through the Ohio Military Kids (OMK) partnership, and how you can become involved in this program that supports the youth and families of Ohio military service members. Learn about the fun and educational programming that OMK provides for the military, what it is like to be a "military kid" in Ohio, and how the program has helped military families across the state. Limited to: 60 participants. Presented by: Mark Scherer, Andrew Seward & Heather Corson

- 105 Cloverbuds 101** **Both**
 Are you new to the 4-H Cloverbud program? Do you need information regarding Cloverbud expectations, resources, and opportunities? Are you unsure as to what to expect when working with children in the Cloverbud age group? Session participants will learn the basics of the 4-H Cloverbud program, what can and cannot be done, and how to enhance their Cloverbud program so that Cloverbud members gain the most from their experiences. Volunteers will learn how to work more effectively with 4-H Cloverbuds by understanding common characteristics of Cloverbud age children. Come ready to ask questions or share what is happening within the Cloverbud program in your county. This session is designed for those who are new to the Cloverbud program or need a refresher in Cloverbuds 101. Limited to: 50 participants. Presented by: Rhonda Williams, Demetria Woods, Christy Millhouse, Bruce Zimmer & Rebecca Supinger
- 106 The Thank You Note Project** **Both**
 Gratitude is an important part of any Junior Fair experience. The Fairfield County OSU Extension Office found a new way to thank our sponsors and get more youth involved during the fair. The Thank You Note Project provides a unique opportunity for Junior Fair Exhibitors to work on thank you notes while at the county fair. Learn what the Fairfield County 4-H office did and how you can incorporate it in your county programs. Limited to: 80 participants. Presented by: Aubry Fowler & Fairfield County Junior Leaders
- 107 Older Youth 101** **Teens**
 Join the Ohio 4-H Teen Leadership Council as they share essential leadership skills and what you can do to become a stronger leader. We will be taking a look at the many different amazing opportunities available to older 4-H youth at a county, state, and even national levels. We'll also take it a step further and discuss tips for creating successful applications! Limited to: 50 participants. Presented by: Samantha Mozena
- 108 Hands to Larger Service: Extending 4-H's Reach in Your Community** **Both**
 Through the Animal & Me program, 4-H youth will continue building their interpersonal skills while teaching others what they have learned through their 4-H livestock projects. This amazing opportunity positively impacts 4-H mentors and their mentees while fostering a greater sense of community. In this session you will learn what the Animal & Me program is and how to start one in your county. Limited to: 60 participants. Presented by: Stacey Perry, Kaylee McCaskey & Joan Miller
- 109 The Winning 4-H Plan: Scenarios for Inclusion and Access** **Both**
 Access and inclusion happens when we work together to creatively find solutions to include 4-H members of all abilities. In this session we will provide an overview of the Winning 4-H Plan and then discuss scenarios for accommodating 4-H members at camp, fair, club meetings, and other 4-H events. Bring your questions or scenarios to add to the discussion! Leave feeling more confident about what accommodations we can provide and what to do when accommodation might be deemed unreasonable. Limited to: 60 participants. Presented by: Laryssa Hook, Laura Akgerman & Heather Gottke
- 110 "It Only Takes a Spark" to Grow Your 4-H Program** **Both**
 As the song says, "It only takes a spark to get a fire going. Soon all those around will warm up in its glowing." Join this interactive session and learn strategies to refresh and grow your clubs, youth groups, and overall 4-H program. Start 2020 on FIRE! Limited to: 100 participants. Presented by: Melinda Ryan & Champaign County Youth

- 111 4-H Teen Mental Health Retreat Sampler** **Teens**
 In 2019, the first 4-H Teen Mental Health Retreat was held at 4-H Camp Ohio. This weekend event engaged teens in mental health education and stigma-busting projects. In this session, you will get an overview of the retreat and sample some of the activities, including mindfulness practices, self-help strategies, and learning how to engage your friends in conversations about mental health. Retreat participants will showcase their stigma reducing projects and give feedback about the retreat. Limited to: 60 participants. Presented by: Amanda Raines
- 112 4-H Projects - Everything You Need to Know** **Both**
 From choosing the correct project to completing your project successfully, this session will cover it all. Discussion will include using the Ohio 4-H Family Guide to choose projects as well as tips and tricks for completing projects including how to use the Member Project Guides included in project books. The presenter will share helpful guides to project completion as well as the rubrics used for livestock book evaluation in Preble County. Information specific to completing horse projects will also be shared. Time for input from participants will also be given so that ideas can be shared. Limited to: 50 participants. Presented by: Christy Millhouse
- 113 Holmes County Tech Changemakers** **Both**
 Have you heard of the Tech Changemakers program? Or are you interested in starting a tech program in your county that supports and educates other members in your community? Come join us to learn how Kylie and Ashley have taken charge of the Tech Changemakers program in Holmes County and how they have implemented the program at our county library, learning center, 4-H clubs in the county, our Holmes County Commissioners, and other local community areas. Kylie and Ashley have each worked on their own programing to tailor it to their audiences and are happy to help you get started! This will be more of an open discussion type session where we would like to hear from other counties on what they offer for technical programs where 4-H youth work with different groups in the community. Limited to: 100 participants. Presented by: Janessa Hill, Kylie Ramirez, Ashley Tate & Ella Lorentz
- 114 How 4-H Project Interviews Translate Into the Professional World** **Teens**
 With college and scholarship interviews just around the corner, let's practice using those 4-H communication skills in your upcoming interviews! We'll learn about some best practices before, during, and after interviews, such as what to wear, how to respond effectively, and writing follow-up thank you notes. Then, we'll put that knowledge to the test as we engage in 'speed interviewing' and other fun activities with your 4-H peers, practicing how to present yourself and respond to commonly asked questions. We'll end the session with a roundtable discussion, where older teens can share their experiences with each other and gain advice on improving their interviewing skills! Limited to: 50 participants. Presented by: Emmy Beck-Aden
- 115 Turn your 4-H Experiences into a Career** **Teens**
 Have you enjoyed your time as a 4-H member and want to continue to be involved non-formal education and working with youth as a full-time career? Faculty, staff and students from the Department of Agricultural Communication, Education, and Leadership at The Ohio State University will share information on a college major (community leadership) that will prepare you for a career in 4-H, Extension and working for positive change in communities. Limited to: 50 participants. Presented by: Emily Wickham

- 116 You're Out of 4-H, Now What?** **Both**
Are you nearing the end of your career as a 4-H member? Are you worried about the next steps after graduating the 4-H program? Join Collegiate 4-H members from The Ohio State University as they discuss ways to stay involved in 4-H after your last year. The session will also include a panel of students from several universities ready to address questions about attending college, provide resources for youths, and promote youth opportunities through Collegiate 4-H. Limited to: 100 participants. Presented by: Maddie Allman, Sally McClaskey & Beth Boomershine

Workshop B - 10:00 - 11:30 a.m.

- 701 Grab and Go Camp Crafts** **Both**
Grab and Go camp crafts is the answer to the question, no matter your role in camp. Go ahead and smile with ease because this interactive session will give you several ideas to use in camp planning. All ages welcome. Limited to: 50 participants. Presented by: Crystal Sheppard & Adventure Central Teens
- 702 Good Manners Matter: Dining Etiquette & More** **Teens**
Oh no, which fork should I use? Does it matter? I can hear you chewing...close your mouth. How much should I tip? Good manners and etiquette are so important. Do you have them? Let us help; come to this session to learn proper etiquette for all things dining related. We'll cover table setting, table manners, dining out and other general tips. Good manners are always in style and can benefit you on a date or in an interview. Come prepared to jump in and try it. Participants will have the chance to put their dining skills to the test. Limited to: 50 participants. Presented by: Angela Holmes, Mary Beth Albright & Erie County Youth
- 703 State Junior Fair Board Interviews** **Teens**
State Junior Fair Board Interviews are for those selected to interview following the application process. Limited to: 50 participants. Presented by: Jo Williams
- 704 Bob Ross Your 4-H Program Through Numbers** **Adults**
Painting an accurate persuasive picture of what strengths and opportunities exist in your county 4-H program is a challenge. Take a look at some ways Ross and Shelby County are trying to use numbers to demonstrate program impact and identify areas for improvement. Our painting supply of choice will be numbers! Specifically project enrollment, county and club enrollment, and county population statistics. Half of the session will explore examples of statistics 4-H programs might want to gather and then how to use them to secure funders, volunteers, as well as school district and stakeholder support. The second half will review how to turn numbers into visually appealing and easy to understand infographics. Limited to: 50 participants. Presented by: Katie Feldhues & Cassie Dietrich
- 705 Rockets Away!** **Adults**
Join 4-H Rocketry Key Leader, Mark Ponder for an engaging session on Ohio's 4-H Rockets Away program. Learn how to help club members gain new knowledge and skills through the construction and launching of solid fuel and 2-liter bottle rockets. This workshop includes a variety of hands-on activities from the *Rockets Away Teacher's Guide*, and tips for success at county and state fair judging. Limited to 50 participants. Limited to: 50 participants. Presented by: Mark Ponder

- 706 4-H Taking the Adventure Outside** **Both**
 Are you looking for ways to spice up your 4-H club meetings? Want to bring nature activities back to camp? Or maybe you would like to bring nature indoors? In this workshop we will explore environmental science activities related to nature. Come check out our "Scales, Shells, Salamanders and Snake Tails," "Get Your Fishy Facts" and "Have a Hootin' Good Time" with us as we take the adventure outside! Limited to: 50 participants. Presented by: Tracy Winters & Tiffany Riehm
- 707 So You Think You Can "Adult"?** **Teens**
 One day you are learning to color and the next you are unclogging drains. Life is full of surprises. Are you ready to live independently? Are you prepared for all you will face? Join us for a fast-paced game of "real life" and see if your journey will be full of flat tires and overdue bills or if you are ready to tackle the adult world. Our game will challenge your knowledge of independent living skills and help you to learn new skills along the way. Be prepared to hit some road blocks as you travel our game board of life. Limited to: 50 participants. Presented by: Robin Stone, Kirsten Pianka, Imani Scruggs & Cuyahoga County 4-H Youth
- 708 Milestone Volunteer Tenure Reception** **Adults**
 Ohio 4-H volunteers with 40, 45, 50, 55, 60, 65, and 70 years of service will be honored for reaching these impressive milestones in their 4-H career. Individual recognition of these volunteers will highlight a short program. Photos of each tenure group will follow. Volunteers to be honored will receive an invitation from the State 4-H Office for this workshop. Presented by: Jeff Dick

Session 2 - 10:00 - 10:45 a.m.

- 201 Opportunities for Ohio 4-H Rabbit Project Members** **Both**
 Come and learn about the statewide opportunities open to Ohio 4-H rabbit project members, including Rabbit Quiz Bowl, as well as contests and shows at the Ohio State Fair. State Fair department staff will share information about rabbit judging and breed ID contests that you might want to try at your county fair! Limited to: 60 participants. Presented by: Bridget Moore, Travis West & Amanda Hutcheson
- 202 Practical Approaches to Feeding 4-H Livestock** **Both**
 One of the most expensive aspects of a 4-H livestock project is often the feed you purchase throughout the year. Learn some of the practical considerations for maximizing the value of your animal's diet including: 1) how much should they eat and drink, 2) the nutritional importance of some of the fundamentals of animal care, 3) how nutrient needs vary through the 4-H project cycle, 4) how to budget feed costs and estimate animal growth, and 5) how to interpret what is in the feed you purchase. This workshop is geared for volunteers/youth involved in livestock projects without a previous personal background or education in livestock production. Limited to: 60 participants. Presented by: Benjamin Wenner
- 203 Time Management for Camp Counselor** **Teens**
 Calling all camp counselors! Have you ever had 5-10 minutes left at the end of your camp session and never knew what to do? Have you ever struggled to fit your activities in the time that you have? Learn how to properly manage time during your sessions and programs at camp to keep campers engaged and active! Limited to: 50 participants. Presented by: Frances Nicol

- 204 Connecting Cloverbuds** **Both**
 Cloverbuds are the future of the 4-H program. How do you involve 5-8 year old Cloverbuds in your county 4-H program? Getting younger youth excited and engaged at this age will help instill a passion for 4-H and the Junior Fair. Additionally, engaging future youth in the county 4-H program throughout the year allows them to feel a sense of belonging as they look up to older 4-H youth who are currently participating. Join us for this session and learn more about options for Cloverbud activities from Fairfield County while also participating in a discussion with those attending this session! Limited to: 60 participants. Presented by: Leslie Cooksey & Aubry Fowler
- 205 The Power of Youth and Adult Partnerships** **Both**
 Effective youth and adult partnerships are a cornerstone of 4-H programming. From the very beginning of 4-H, A.B. Grahm's partnerships with youth began Extension work in Ohio. This session will define healthy youth-adult partnerships, identify existing partnerships participants are involved in, and develop strategies to enhance them. Participants in this session will have opportunities to discuss what is working and challenges in their current youth adult partnerships. Limited to: 50 participants. Presented by: Cassie Anderson, Laura Rohlf & Kathy Bruynis
- 206 Speaking Your Way to the Top** **Both**
 In this informational session you will learn about the different and fundamental aspects that go into public speaking from preparation to presentation. You will learn many different and helpful tips and tricks and participate in a few activities. Come join other people from around the state, learn from each other and build your speaking skills while making the art of speaking fun! No previous experience needed, public speaking is for everyone! Limited to: 60 participants. Presented by: Tanner Gordon, Ashley Hughey & Whitney Gordon
- 207 Ohio 4-H Achievement Awards** **Both**
 Do you want to learn how to win a fun trip to National 4-H Congress in Atlanta, Georgia? Join the Ohio 4-H Teen Leadership Council as they go over the Ohio 4-H Achievement Record Form. We'll be going over what the achievement form is, what to include in each section, and where it can take you. Resources will also be provided to further guide you. Limited to: 50 participants. Presented by: Samantha Mozena
- 208 Let's Talk Teen Opportunities Roundtable** **Teens**
 WE WANT to hear from YOU! This teen-only session is your chance to learn about teen opportunities around the state and share what happens in your county. Members of the Ohio 4-H Teen Leadership Design Team will guide this roundtable-style discussion on the who, what, where, when, and how of teen programming at the county, state, and national levels. Participants should come prepared to share what works and doesn't in their home county, and will gain some new ideas to share when they return! Limited to: 50 participants. Presented by: Jessica Rockey, Katie Cole, Cassie Anderson & Teen Leadership Design Team Members
- 209 Around the World with Ohio 4-H!** **Both**
 Have you always been excited by the idea of traveling to other countries? Do you love meeting and interacting with those from cultures different than your own? Then, come learn about all that the Ohio 4-H International Program has to offer! Ohio teens can travel to various countries around the world to live with a host family for 1 or 2 months. Or, you can gain the benefits of international travel right here at home, by welcoming a new brother or sister from another country into your home for 1 month. After hosting or traveling, you and your family will never be the same! During this session, you'll also receive cross-cultural ideas and materials to use with 4-H'ers and families throughout the year. Limited to: 60 participants. Presented by: Mary Lynn Thalheimer

- 210 Parliamentary Procedure - 4-H Style** **Both**
 4-H clubs need to conduct meetings using proper parliamentary procedure. They do not need competition level parli pro skills, but they do need an understanding of basic meeting procedures. Being comfortable participating in simple parliamentary techniques is a life skill our members will use beyond their 4-H years. This session will focus on running 4-H meetings properly. Learn to say "I move" when presenting motions. Also, why a second is required, how to amend a motion and referring to a committee, all in a fun activity while we build a parliamentary procedure snack mix. Limited to: 60 participants. Presented by: Bonnie Malone
- 211 Thinking Outside the Box to Captivate the Community** **Adults**
 As leaders in 4-H, how do you reach those youth and adults that believe they cannot be involved in 4-H because they live in the city or they do not own animals? How do we reach those populations with the many projects they can be involved in when they have already decided they cannot be involved? Learn how Mahoning County is trying to break out of the box and involve urban and suburban communities in 4-H. Learn activities and events that will draw in the crowds and the opportunities available to all of us in 4-H to captivate these potential members. You will have an opportunity to share successes you have had in captivating new members as we learn from each other. You will leave armed with some events and activities that you can try in your county. Limited to: 60 participants. Presented by: Beth Smith & Kristen Eisenhauer
- 212 Heathy Eats and Tasty Treats** **Both**
 Head, Heart, Hands, and HEALTH. Sometimes 4-H clubs, camps, and meetings struggle with meeting the fourth H in their food choices. A sweet treat now and then is fine, but often it's the norm and not the rare occasion. It's time to take a stand and say we WILL demonstrate our dedication to healthy food choices at our 4-H events. In this session you will receive a list of healthier snack ideas and recipes along with trying a few samples. We will talk about planning hands-on sessions at camp or activities at your club meetings that include food preparation. This will include a list of supplies to have on hand so that we are teaching safe food preparation techniques. Let's live out, "Our Health to better living," so our members, advisors, and parents can count on 4-H for setting a positive example. Limited to: 50 participants. Presented by: Amy Fleshman
- 213 Creating Older Youth Opportunities** **Both**
 What do you do to ignite, inspire and keep your older youth members active in your county? Join us to talk about older youth opportunities while we share some things working in Holmes County! This session will be co-lead by Holmes County older youth involved in the Tech Changemakers program, camp counselors, junior fairboard, Be You Livestock Show, Cloverbud Day camp and so much more! Come learn from youth and coordinators how we stay engaged and in open communication to build opportunities in Holmes County youth and prepare them in workforce development all along the way! Limited to: 80 participants. Presented by: Janessa Hill, Ashley Tate, Ella Lorentz & Kylie Ramirez
- 214 Successfully Completing Your 4-H Project** **Both**
 Ever wonder what it takes to have an award winning project at the Ohio State Fair or what judges are looking for in a project interview? We will start by helping you select the right project and discover project requirements, followed by how to properly complete your project, create a project display and prepare for your interview. Join us as we teach you what it takes to successfully complete your 4-H project. Limited to: 50 participants. Presented by: Kelly Royalty & Rebecca Supinger

- 215 Supporting Youth in 4-H Workforce Development** **Adults**
Employers (and colleges) want people with the skills that youth practice regularly through their 4-H experience. The ability to describe the 4-H experience can make a tremendous difference in a youth's success. Career choices are some of the biggest decisions youth will make and they can only aspire to what they know. The pace of change is so rapid that the jobs of tomorrow in some cases do not even exist today. In this session you will learn the critical skills that employers are seeking, how to support youth in describing their 4-H experience for maximum impact and gain an awareness of how to improve awareness of youth with in-demand careers and how to find out more. Limited to: 100 participants. Presented by: Nate Arnett
- 216 Get Ready, Here Comes College!** **Teens**
What are you planning to do following high school graduation? Curious as to what kinds of questions to ask when visiting colleges? Interested in exploring majors in the College of Food, Agricultural, and Environmental Sciences at The Ohio State University? This session is designed to be interactive. The purpose of this session is to provide high school students with important information about applying and preparing for college. If you plan to attend college, don't miss out on this session! Limited to: 100 participants. Presented by: Krista Scott
- 217 Re(Building) a Solid Foundation for 4-H Club Meetings** **Adults**
Club meeting a bore? We can help you fix that. Over time, we get into routines that can result in a lackluster club meeting structure and make meetings redundant and boring. Research shows that non-stimulating meetings influence member retention and participation. How do you keep your members engaged? Participants attending this session will leave with grab-and-go resources to take back to their clubs to effectively engage members, enhance the components of the club meeting, and increase member engagement. Limited to: 60 participants. Presented by: Alisha Faudie & Ashlee Dietz
- 218 Zero Waste in the Textile Industry** **Both** The
Clothing and textile industries rank among the top world-wide environmentally destructive industries. What part do individual decisions play in this negative impact and what can one person do? Join this session to learn about the growing conversation about reaching for zero waste goals, how to begin a personal journey toward a conscious wardrobe, and some resources to help that journey. Limited to: 50 participants. Presented by: Mary Roediger

<p>Session 3 - 11:00 - 11:45 a.m.</p>
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- 301 If Only I Knew What My 4-H Educator REALLY Thought** **Adults**
Calling brave advisors! Whether you are new or a seasoned advisor, any advisor who is open to learning is welcome to come to this class! The plan is to have fun, celebrate your role as a 4-H advisor, and see if there are things we can improve. Many 4-H Educators from around Ohio were polled (by a 4-H volunteer) and asked if they had "ONE THING" to share with 4-H advisors, what would it be? The responses covered a wide range of topics including important elements of a 4-H club meetings, boundaries, encouragement, conflict, and more! The goal is to review their responses and look for ways to support our common goal of Positive Youth Development through our own actions and circles of influence. It will be enlightening, challenging, and require some self-reflection in order Make the Best, Better. Limited to: 50 participants. Presented by: Amy Fleshman

- 302 How to Utilize Your Time and Resources as a New 4-H Advisor Adults**
 Have you started a new 4-H club or have just joined as a new 4-H advisor? Or perhaps you need a refresh - a renewed plan for the year ahead? Join us to discuss the ins and outs of club management, including: determining the club's focus as a group; project management; utilizing junior leaders and older members; and working as an efficient advisor team. We will also share some tips for time management, both during club meetings and planning and prep time as an advisor. Spend this session with us to see how you can get the most out of this rewarding volunteer opportunity and leave ready to tackle 2020 head on! Limited to: 50 participants. Presented by: Jessica Rockey, Stacey Emmert & Amber Schneider
- 303 We Have the Tool: Now How Do We Use It? Adults**
 All counties in Ohio received a Zoonotic Diseases skill-a-thon during spring 2019.. Come learn what items are included in the kits and how to use them. Think the intended use doesn't work for you? No problem! We have ideas to incorporate information about zoonotic diseases using various methods. Limited to: 100 participants. Presented by: Jacqueline Nolting & Andrew Bowman
- 304 Help Wanted – 4-H Livestock Project and Record Book Designer Both**
 If you could design your own 4-H Livestock Project and Record Book, what would it look like? This session will be an open forum for youth and adult volunteers to provide input on the direction of future 4-H Livestock Project and Record books. Tell us what you want in regards to format – paper book, computer records, iBook, breeding and market book combined, a collection of pick and choose options that could be put in a three-ring binder. Explore examples and ideas; provide feedback and give us your creative ideas. Limited to: 60 participants. Presented by: Nancy Snook & 4-H Animal Science Design Team Members
- 305 Roll Out Your Welcome Mat! Teens**
 The anticipation of your first campers arriving at camp is an exciting yet anxious moment for camp counselors. How do you prepare for this moment and what do you do when they get there? This session will share with you helpful tips on how to prepare camp counselors to welcome their campers to camp. Additionally, learn more about cabin kits and the fun things you can stuff in them to excite your campers for a week of camp! Limited to: 60 participants. Presented by: Leslie Cooksey & Fairfield County 4-H Camp Counselors
- 306 Get Out of Your Comfort Zone Both**
 This interactive session is designed to help participants identify and challenge biases and assumptions while also understanding more about an exciting opportunity for 4-H teens called "The Urban Immersion Project". Fourteen 4-H youth will be selected in the fall of 2020 to participate in an opportunity to see a different side of Washington D.C. beyond the government buildings, museums, and tourist attractions. The 4-day service-learning experience allows youth the opportunity to explore and live in the city while volunteering at various service sites throughout the city. Youth will learn about the issues of cultural diversity and serving others. This session provides more information about the 2020 learning trip. Limited to: 50 participants. Presented by: Steve Brady
- 307 Preparing for Important 4-H Events: Am I Ready? Both**
 As teens move through their years of 4-H experience, the number of opportunities grow. Many of those opportunities require expanded leadership skills and the ability to speak to others. Learn how to prepare for king/queen interviews, camp counseling, junior fair board leadership, working with legislators, etc. Participants will get some hands on experience in speaking to others and preparing for those important events back in the county by participating in this session. Limited to: 80 participants. Presented by: Judy Villard Overocker

- 308 Queens Making Queens** **Both**
 County fair royalty can be very scary and exciting. This session is hosted by past Ohio county fair queens that have competed in the Ohio Fairs' Queen Contest. This session includes application tips, interview skills, public speaking practice, and much more. Limited to: 100 participants. Presented by: Leeoria Willis, Megan Poorman, Ava Lonneman & Call Barwick
- 309 Gmail, It's Not Just for E-mail** **Adults**
 Gmail is a great way to send and receive emails, but did you know all the ways that setting up a Gmail account could help you organize your club. The Gmail suite of tools can increase collaboration among your advisors and committee members through sharing of cloud-based documents. Club minutes, attendance records, news reports and photos can all be archived easily and securely but remain available to multiple users. Planning meetings and sending reminders can be facilitated through the calendar function. Setting up a Gmail account allows your club's families to reach out to all your advisors with one email address. You can even set up a virtual classroom to allow your club members to practice skillathons. Limited to: 60 participants. Presented by: John James & Beth Smith
- 310 How do You Build Successful Youth-Adult Partnerships** **Both**
 4-H Youth Development identifies youth-adult partnerships as a foundation of the program giving youth a voice in issues, programs, and organizations that affect them. Even with that as a guiding principle or core value, 4-H professionals hear from youth that do not feel they have a voice or that their ideas are heard. Adult volunteers share their frustrations about youth not sharing their ideas or being active. This session introduces participants to ways to build and maintain successful youth-adult partnerships and barriers to the partnership. Limited to: 60 participants. Presented by: Pamela Montgomery
- 311 Making Meetings Effective and Efficient** **Both**
 Ever attend a meeting and wonder why? Do two hour meetings happen that could have been cut in half? Do 15 minute meetings happen and you spent more time driving there? Discover how to make the most of your 4-H meetings or committee meetings. This interactive session will introduce techniques that will make meetings more effective and efficient. Limited to: 100 participants. Presented by: Melinda Ryan & Champaign County Youth
- 312 Growing the 4-H Experience to Special Needs Classrooms** **Both**
 All youth, regardless of their mental or physical ability, should have an opportunity to experience 4-H. Youth enrolled in special needs classes in Clermont County are participating in meaningful activities and projects that enhance their skills and abilities. The goal of this in-school program is to develop life and workforce development skills through the use of 4-H projects. Join us to learn about this unique program and how to replicate the experience in your county. Limited to: 100 participants. Presented by: Kelly Royalty, Brandy Uhlenbrock & Betty Howell
- 313 Healthy and Hydrated: It's in Your Hands!** **Both**
 Have you ever noticed that sometimes you feel sluggish throughout the day? Maybe your head starts hurting or you feel a little nauseous? Whether it's during school, 4-H camp, a retreat, or 4-H club meetings, it's important that we take care of ourselves and provide opportunities for others to take care of themselves. Healthy and Hydrated: It's in Your Hands is a program that helps change the culture and encourage more physical activity, healthier eating, and water first for thirst. This program was first implemented at our county's 4-H camp in 2016 and the result is healthier campers as evidenced by a decrease in visits to the nurse by 96%. It has also increased communication about healthier eating and trying new activities. Limited to: 100 participants. Presented by: Jami Dellifield & Amanda Raines

- 314 It's Not Cuul to JUUL** **Both**
 Vaping is the latest teen health epidemic: The most recent data show that more than 3 million youth—including more than 600,000 middle school students—have tried vaping. Because e-cigarettes are being promoted as safer than smoking cigarettes for adults who already smoke, it may seem that vaping is harmless. Unlike adults, most students who vape are starting out as nonsmokers. Teens may think it's cool and face peer pressure to try it. In light of recent lung illnesses connected to vaping, an editorial in the New England Journal of Medicine advises increasing public awareness of the harmful effect of vaping. Ohio 4-H Health Heroes are educating others about these dangers. Come to this session to be armed with the facts and discuss what can be done by teens, families, clubs, schools, and communities. Limited to: 50 participants. Presented by: Theresa Ferrari, Carol Smathers & Ohio 4-H Health Heroes
- 315 Posters that POP** **Both**
 Learn how to make professional-looking project displays that are eye-catching and appealing. Limited to: 50 participants. Presented by: Whitney Bauman, Matthew Swearingen & Joy Bauman
- 316 Sustainable Fashion** **Both**
 Where does your clothes go when you are done with them? The amount of textiles going into landfills is 5 times the amount it was 40 years ago. The 2020 State 4-H Fashion Board will talk about clothing chices as it relates to waste. They will provide informationm on ways you can reduce, reuse and recycle. Limited to: 60 participants. Presented by: Laryssa Hook & 2020 State 4-H Fashion Board
- 317 4-H Workforce Development and You** **Teens**
 Employers (and colleges) want people with the skills that you practice regularly through your 4-H experience. Your ability to describe your 4-H experience can make a tremendous difference in your success. In addition, some of the biggest decisions you will make revolve around your career choices and you can only aspire to what you know. The pace of change is so rapid that the jobs of tomorrow in some cases do not even exist today. In this session you will learn the critical skills that employers are seeking, how to describe your 4-H experience for maximum impact and gain an awareness of in-demand careers and how to find out more. Limited to: 100 participants. Presented by: Nate Arnett
- 318 Plan Your Career the Right Way** **Both**
 The Seneca County Junior Leaders hosted a Career Exploration Day for high school youth age 14 and up. A lot of businesses, organizations, and companies are hiring and looking for great young adults to enter the workforce. In return, there are a lot of youth that want to explore what options are out there and what is involved and required of various occupations and careers. Come and learn more about what made this day such a success and how your teen leader groups can do the same! Limited to: 100 participants. Presented by: Katie Cole, Sue Lewis & Members of Seneca County Jr. Leadership

Workshop C - 2:00 - 3:30 p.m.

- 801 FUN Activities to do With Your Club** **Both**
This hands-on workshop comes in a small bag with big ideas. Face-to-face social skills are being diminished in our world of technology. Learn to break the ice in your clubs while teaching social skills, giving confidence to members and creating a team within your club. It's easy to create, fun to do, and members and parents will enjoy. Limited to: 60 participants. Presented by: Melinda Ryan & Champaign County Youth
- 802 Line Dancing** **Teens**
If you love line dancing, this session is perfect for you! Join the Ohio 4-H Teen Leadership Council as they teach some simple line dances and give you tips for teaching it in the future! Whether you are a beginner or have lots of experience line dancing, you are welcome to join us for a session of fun! Limited to: 50 participants. Presented by: Samantha Mozena & TLC Members
- 803 Make a Memory Book** **Both**
Make a memory book out of simple materials to save your memories at camp, the fair or anywhere. You will make a complete project and be able to take back plans to your clubs or other groups to make these fun and sturdy books. These books are simple enough for young 4-H'ers to make, yet teens and adults will also have a blast making these for themselves. In this session, you will be able to make a complete memory book as well as get ideas on how to decorate and use them. Limited to: 50 participants. Presented by: Kathy Blackford
- 804 Are you a Computational Thinker?** **Adults**
Computational thinking is a method of problem solving that helps computer scientists prepare problems for digital solutions. But, it can be practiced in a variety of ways—beyond computer science! Participants will learn how they are computational thinkers, how these practices fit into other activities, and how to develop computational thinking practices with youth. Limited to: 50 participants. Presented by: Margo Long

Session 4 - 2:00 - 2:50 p.m.

- 401 Fundamentals of 4-H Club Management** **Adults**
Paperwork, deadlines and documentation! In this session, 4-H club volunteers will explore the ins and outs of 4-H club management best-practices. Participants will discuss the importance of managing and maintaining active club files, maintaining important IRS documents, club constitutions and by-laws, Insurance and the best way to manage club funds. Limited to: 50 participants. Presented by: Jenna Hoyt & Jeff Dick
- 402 Engagement Roundtable With the Ohio 4-H Foundation** **Adults**
The Ohio 4-H Foundation works through the Ohio State University Development Fund to help individuals, businesses and organizations invest in a variety of new and established development programs. Join members of the Foundation's Board of Directors to explore how you can enhance your county program. There will be two areas of discussion: Fundraising – Help your county 4-H endowment program grow through leveraging benefits provided through the Ohio State University Endowment Fund; and Partnerships– Discover areas where the Foundation can link national and local efforts, providing 4-H'ers meaningful and sustainable impact. Bring your questions and ideas to share! Limited to: 60 participants. Presented by: Crystal Ott

- 403 Understanding Ohio's Current Drug Culture** **Adults**
 Participants will understand what addiction is, gain a better understanding of alcohol abuse, marijuana abuse, vaping and the opiate epidemic. Current statistics for Ohio, the history of the drug epidemic, where volunteers can find resources and what role 4-H/volunteers can have in addressing this issue will all be discussed. Limited to: 100 participants. Presented by: Lisa Siciliano-Miller
- 404 Want a Challenge, Take Market Rabbits** **Both**
 Market rabbit projects are growing in popularity at the county and state fair level each year. Youth can have a positive or negative experience with their market rabbit project and those having a positive outcome are more likely to return as rabbit exhibitors. Learn how handling, housing, selection and nutrition can make your market rabbit project a success. Whether you want to improve your experience as a member or learn how to assist your club's members, this is the session for you. Limited to: 60 participants. Presented by: Travis West, Bridget Moore & Amanda Hutcheson
- 405 Actions Speak Louder than Words** **Teens**
 Some people think the best camp counselor is the one who can talk the loudest. Communication is much more than using our voice. Fifty percent of a message's impact is a result of nonverbal communication. A favorite childhood toy, Mr. Potato Head, can help us understand how facial expressions and body language impact our message. Learn how to use the right face in the right place during this session! Limited to: 50 participants. Presented by: Jamie McConnell
- 406 Building Strong Foundations for Ohio's Youngest Learners** **Adults**
 When working with young children, one size does not fit all! They have specific needs and interests that can make or break your programming efforts. Participants will explore the research behind developmentally appropriate practice (DAP) and review the three core considerations, 12 guiding principles, five guidelines for effective teaching, and ten teaching strategies that support developmentally appropriate practice when working with young children. Participants will also engage in entertaining hands-on activities to test their knowledge of DAP. Limited to: 50 participants. Presented by: Heather Reister
- 407 Lasting Impact Through Larger Service** **Both**
 Learn how to make an impact through meaningful community service projects. Youth learn how to choose the right project for their club, tips to organize the event and the value of giving back to their community. Explore community service projects that have a lasting effect on the member and the community. Limited to: 50 participants. Presented by: Kristy Watters, Bonnie Simpkins & Erin Simpkins
- 408 Growing Grand Champion Kids** **Both**
 It's always been easy to say that "4-H Grows Champion Kids." However, after attending a workshop by youth development expert Michael Brandwein on "Growing Great Qualities in Kids," it became clear that I and our 4-H leaders were growing kids in 4-H that at least made the top ten in their class. What are the tools and skills to get our 4-H kids in the 'Champion Kid' Final Drive? The goal of this seminar is to teach you – adult and teen 4-H leaders – how to grow Grand Champion Kids. What are those good qualities that we want our youth to possess? How are we as adult and teen leaders helping kids connect their actions and attitudes to those good qualities? In this session, participants will practice "catching kids being good" and learn how we can better describe what that "good" looks like. We will practice how to improve our behavior as 4-H leaders to truly help our 4-H kids be "Champions!" Limited to: 60 participants. Presented by: Betty Wingerter

- 409 Learn By Doing - Making Learning Fun** **Adults**
 "Learn by Doing" has been the core philosophy of 4-H since it started in 1902. Youth are more willing to learn and engage in learning if it involves more than just listening. Learning occurs in a variety of settings in the 4-H program. Participants in this session will learn how to enhance member learning through different teaching methods. A variety of teaching methods will be further explored to help you choose the right method for your program, audience, club, etc. Participants will be given the opportunity to engage in the teaching methods with club based situations. Limited to: 60 participants. Presented by: Alisha Faudie & Ashlee Dietz
- 410 4-H Program: Endgame** **Adults**
 4-H'ers Assemble! Like the Avengers, 4-H programs are a team of superheroes who have assembled together to tackle one goal. The Avengers goal is to bring together a group of remarkable people to see if they could become something more, to see if they could work together when we needed them to. What is your 4-H program's goal? What is your county's goal? What is your 4-H program's ENDGAME? Come join us to start finding out! Limited to: 50 participants. Presented by: Justin Bower
- 411 The Be You Livestock Show** **Both**
 Have you ever wondered what opportunities you and your 4-H community could offer those with developmental disabilities? Holmes County 4-H, FFA, and junior fair board members wondered the same thing. In 2019, a livestock show specifically designed for individuals with disabilities was started with help from community volunteers and fellow 4-H members. Come learn how to be more inclusive, and share ideas about different programs and shows for individuals with developmental disabilities. Limited to: 80 participants. Presented by: Kylie Ramirez, Maddie Stitzlein, Chloe Shumaker & Cora Crilow
- 412 Sodium Shakedown** **Both**
 We need small amounts of sodium for our bodies to function, but most Americans consume more than the recommended limit of 2,300 mg (about 1 tsp of salt) per day. Strong evidence shows that lowering dietary sodium also lowers blood pressure. High blood pressure, which affects 1 in 3 American adults, is a key culprit in heart disease. However, few resources exist for teaching youth about this topic. To address this need, we created the Sodium Shakedown kit, designed for teens serving as health leaders to use to teach others. The kit contains lesson plans for 2 interactive activities; background information; worksheets, and food cards with nutrition information. The activities are easy to use and help increase knowledge of recommended sodium intake, types of foods high in sodium, and associated health risks. Ohio 4-H Health Heroes will lead participants through activities to show low- and high-sodium foods and discuss ways to reduce sodium intake. Limited to: 50 participants. Presented by: Theresa Ferrari, Carol Smathers & Ohio 4-H Health Heroes
- 413 5K for 4-H** **Both**
 Are you looking for a new way to help your youth pledge their health to better living? Need a fundraiser to help fund your county programming? These goals don't have to be mutually exclusive. Learn how to organize a 5K race to promote fitness and raise some money for a cause. We'll discuss running programs that help participants train for their first race. The session will also cover everything you need to know to hold your first 5K including setting up your course, how to complete registrations, promotions and race management. We'll discuss ways to get clubs and kids involved too. Bring a friend and start planning. Limited to: 60 participants. Presented by: John James

- 414 State Fair Clothing Awards and Opportunities** **Both**
 Members competing in Ohio State Fair 4-H Clothing judging may be eligible to participate in a variety of state level clothing opportunities, including awards, related to garment fiber content, project achievement and general sewing knowledge. Attendees will learn about award eligibility, how to qualify for various awards, and how to put together a successful application. Additionally, members will gain insight to prepare for the optional sewing skill-a-thon. Limited to: 50 participants. Presented by: Christine Kendle, Shannon Carter & Jami Dellifield
- 415 2020 4-H Curriculum--New and Revised** **Both**
 There are not so many changes to the Ohio 4-H project book lineup in 2020, so let's use the opportunity to do a quick review and then chat about what seems to be working and what's not. We are already looking ahead to changes for 2021, and of course would love to hear from you. Limited to: 50 participants. Presented by: Jane Wright
- 416 4-H Tech Changemakers** **Adults**
 Bring your phone or tablet and learn how to use technology for good. Members of the Ohio Tech Changemakers will teach lessons on How to Keep Kids Safe Online, Choosing Strong Passwords and more from the national curriculum. Participants may even get a few pointers on how to access and utilize the 4-H Online system from their device. 4-H Tech Changemakers are funded through a National 4-H Grant from Microsoft. Limited to: participants. Presented by: Jo Williams & Jessica Rockey
- 417 Discover the Science Behind Dairy Foods** **Both**
 Come learn the science behind dairy foods through experiments. This session is based on the project book *Science Fun with Dairy Foods*. You will also learn how being a 4-H'er can lead to a rewarding career of owning your own dairy based business. Limited to: 50 participants. Presented by: Angie McQuillen & Kristie Lahmers
- 418 All About the Ohio State Junior Fair Board** **Teens**
 Do you like leadership and public speaking? Are you interested in getting more involved at the Ohio State Fair? Join the Ohio State Junior Fair Board! The Ohio State Junior Fair Board is a statewide board composed of youth from seven different organizations. The board is in charge of helping make the Ohio State Fair function. Come to this presentation to learn more about what the board does, how to join it, and tips on filling out your application. Limited to: 50 participants. Presented by: Laura Wood & The Ohio State Junior Fair Board
- 419 4-H Dogs 2020** **Both**
 Attend this session to learn what's new in the Ohio 4-H Dog Program! Ohio 4-H Dog Advisory Committee members will be available to explain the latest changes and answer questions. We will introduce the Preferred Novice Obedience class, as well as discuss how youth can make the most out of taking the different dog projects. Committee members will seek participant input on ways to reach volunteers and youth throughout the state to help them be better prepared for success with their dog projects. Limited to: 60 participants. Presented by: Barbara Cline, Holly Eades, Lucinda Miller & the State 4-H Dog Advisory Committee

Session 5 - 3:00 - 3:50 p.m.

- 501 Build an Effective 4-H Club Advisor Team** **Adults**
Would you like for your club advisors to function as a team, with everyone knowing their position and role? Do you wish you knew what your role was on the club team? If so, then this session is for you. To be successful, teams must have a game plan. Everyone must know his or her position on the team, and that position should match the person's strengths, weaknesses, likes and availability. As your coaches, we will help you begin to find the talents you bring to the team and give you tools to take back to your club to develop an effective game plan for a winning 4-H season. Go 4-H!! Limited to: 50 participants. Presented by: Angela Holmes & Mary Beth Albright
- 502 Child Abuse and Neglect Recognition Reporting Policy 1.50** **Both**
Participants will understand the program requirements when working with youth in any capacity at OSU, the 4 types of child maltreatment, identify signs of child abuse and neglect in both the child and the parent, what to do when you suspect child abuse and neglect, and what happens after a report of child abuse and or neglect has been made. Limited to: 100 participants. Presented by: Lisa Siciliano-Miller & Kirk Bloir
- 503 Making eXtreme Camp Counselors** **Both**
Come and engage with other 4-H youth and volunteers to get an insight of some of the activities and programs covered at the Making eXtreme Camp Counselor (MXC) Workshop. We will give an overview of MXC and then its time to get up and move! We will be doing various team building, recreation, and mixer activities that you can take back to your county 4-H program. Limited to: 100 participants. Presented by: Katie Cole, Erin Dailey, Elliott Lawrence & Jo Williams
- 504 Cloverbud Creativity** **Adults**
This session is geared for adults who will explore hands-on Cloverbud activities. Reviewing and understanding resources that are available for advisors. We will explore how to creatively utilize resources to help grow Cloverbud programs. Limited to: 50 participants. Presented by: Danielle Combs & Kathy Bruynis
- 505 Links to Leadership - The Importance of a Good First Impression** **Both**
You never get a second chance to make a great first impression. An interviewer will form an impression of you within the first 60 seconds of meeting. In this session, learn tips for creating positive attitudes to aid in making that great first impression whether it be at a 4-H related interview, a college scholarship or job interview. Tips and advice for good, effective communication during those prime moments will be shared. Limited to: 100 participants. Presented by: Kiersten Heckel
- 506 Breathe Some Life Into Your Teen/Junior Leader Club** **Both**
Is your teen/junior leader group lacking excitement and direction? Examine the strengths and weaknesses of your current teen group. Explore the possibilities to create a thriving club with endless opportunities for growth. Participants will receive resources to expand their teen leadership program in their county. Limited to: 60 participants. Presented by: Beth Boomershine & Rachel Stoneburner
- 507 What do You See With Your 2020 Vision?** **Adults**
Many of us already know what the 4-H program offers and can bring to our communities and youth, but what about those who have never heard of 4-H? How do we reach them in our communities and how do we help them understand the benefits of 4-H? Be sure to bring your ideas and thoughts on what a great open house might entail as we all share ideas to grow our 4-H programs. Join us as we discuss what worked and what we will do differently as we share information on our first ever 4-H open house in Holmes County! Limited to: 80 participants. Presented by: Janessa Hill, Ashley Gerber & Lisa Lang

- 508 Muskingum County 4-H: The Reel Story** **Both**
 In 2019, Muskingum County 4-H launched a new Facebook video series. The first ten videos featured 4-H members with their projects and have been viewed more than 8000 times to date. The videos were also a key piece of a county fair 4-H scavenger hunt, designed to educate members and non-members about 4-H opportunities. Through a partnership with Farm Bureau, posters were created for each barn on the fairgrounds providing general species information, 4-H project details and links to the video series. Attend this session to learn more about Muskingum County 4-H: The Reel Story and the 4-H Scavenger Hunt! Limited to: 50 participants. Presented by: Jamie McConnell & Trevor Tom
- 509 Leadership Opportunities for Teens to Take on Health** **Both**
 Health – it’s the 4th H! As Healthy Living Advocates, or “Health Heroes,” teens represent 4-H and promote healthy living in their clubs and communities. Ohio 4-H Health Heroes take on projects to promote healthy eating and encourage people to engage in physical activities; promote social, emotional, and mental wellness; and raise awareness about substance use and making healthy decisions. Training occurs in the fall, so come to this session to learn about how to become involved in this state-level program; experience a sampling of fun, interactive healthy living activities; and become inspired by how our members are taking on health in their families, clubs, schools, and communities. If you’ve taken healthy living projects are wondering “What’s next?” then this session is for you! Limited to: 50 participants. Presented by: Theresa Ferrari, Carol Smathers & Ohio 4-H Health Heroes
- 510 4-H CARTEENS** **Both**
 The 4-H CARTEENS Program in Ohio is an award winning and unique program taught by 4-H teen instructors for juvenile traffic offenders. The goal of the program is to save lives and reduce injury, plus give teen instructors an opportunity to expand their public speaking/teaching skills in a meaningful way. Learn about what this program is all about and how the same safety education concepts can be taught in your local club program. Limited to: 80 participants. Presented by: Judy Villard Overocker, Kelly Royalty, Allison Cooper & Brenda Sandman-Stover
- 511 Lights, Camera, Action: Getting Involved in 4-H Filmmaking!** **Both**
 Did you know that 4-H’ers have opportunities to create videos and showcase their work? Come learn about ways to enhance your communication, creativity, and technological skills by producing films and videos about important topics in your own life and community. This session will focus on exploring opportunities to get involved in 4-H filmmaking, such as the Ohio State Fair Marketing Infomercial contest, 4-H self-determined projects, and the National 4-H Film Festival. We will also look at creative ways to make and edit videos, including using cell phones and free editing software. We’ll end the session by creating short “Why I Love 4-H” videos that you can use in future projects or share with your counties! Limited to: 60 participants. Presented by: Emmy Beck-Aden
- 512 Creating Leaders One Project At A Time** **Both**
 Did you know that leadership is as easy as 9 projects? This session will guide you through those projects. How to start them, complete them and implement them in your everyday. In addition, we will talk to volunteers about how to get your members interested in these projects and their importance. Teens we will get you motivated to become the leader that I know you all can be! Limited to: 60 participants. Presented by: Courtney Haug

- 513 Take a Virtual Fieldtrip With Your Club** **Both**
Have you ever wanted to take your 4-H club on an interactive and fun field trip but did not have the money or resources to make it happen? Then a virtual field trip is the perfect solution. Learn about virtual fieldtrips and how to lead one. Also learn about virtual reality technology and other ways you can use it in your 4-H club. In this session participants will learn about technology used in virtual fieldtrips along with software that makes the fieldtrip fun, interactive, and exciting. Limited to: 50 participants. Presented by: Elliott Lawrence
- 514 Connect the Dots Between Projects and Great** **Both**
Demand for graduates who have an education in food, agricultural, and environmental sciences is staggering. We know how much value 4-Hers get from club involvement and projects. Those same skills and education can be projected to careers. Many of our own 4-H'ers and 4-H families may not see the tremendous connection between the projects they so value and the related rewarding careers. In the College of Food, Agricultural, and Environmental Sciences at The Ohio State University, we are focused on preparing our next generation of scientists and leaders. We want to help 4-H'ers continue their education in fields in which they already have experience through 4-H. Through this session, we will explore with participants the dynamic and rewarding careers that await them and how to get there. Limited to: 80 participants. Presented by: Kristina Boone
- 515 Master Clothing Educators** **Adults**
Calling all Master Clothing Educators - time to network with your fellow MCE's and be updated on Ohio 4-H Textile and Clothing project news. Join us for our regular spring meeting. Limited to: 30 participants. Presented by: Pamela Montgomery
- 516 Making Workforce Preparation Fun!** **Adults**
Don't let the term Workforce Preparation deter you. Every day, Ohio 4-H volunteers are involved in preparing youth for their future even if they don't realize it. Whether they are working with camp counselors, helping members look at career exploration information within their project, or practicing interview skills for fair, volunteers are preparing 4-H'ers for the workplace. Join this session to find a variety of online resources from 4-H groups across the nation to teach in your clubs. Included in these resources, are full lesson plans that are quick, fun and EASY to teach with minimal preparation. Topics range from "The Interview" to "Connecting to the Traditional 4-H Program". Limited to: 60 participants. Presented by: Allison Cooper
- 517 Making Horse Safety Fun!** **Both**
Teaching 4-H horse members about staying safe around horses is an important part of what we do. Often, youth don't want a boring lecture about safety, they just want to ride horses. Learn about some fun, interactive tools that you can use to teach youth the knowledge and skills they need to make their 4-H horse experience successful and safe! Limited to: 60 participants. Presented by: Kara Colvin