

# Ohio 4-H Conference



*Greater Columbus Convention  
Center*

*March 12, 2022*



**THE OHIO STATE UNIVERSITY**  
EXTENSION



# Conference Information

## Full Time Registration

To register for the 2022 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 11, 2022. No refunds will be available after March 1. 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. Keep in mind that workshops overlap sessions.
- **Please note that some sessions are for Teens, Adults, or Both Adults and Teens. If you are an adult, you cannot sign up for a Teen 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.
- You'll want to wear comfortable walking shoes because session locations are located throughout the convention center. All facilities are accessible to people with disabilities.

## 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 **4-H Market Place** will feature fundraising ideas and promotional materials. The **Silent Auction** will have items from across the state, and door prize drawings. Cash or checks are accepted for payment. Proceeds from the Silent Auction benefits 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 10 Minute Science for 10 Club Meetings** **Both**  
Join Dr. Bob for some fast paced ten-minute science activities you can do over the course of 10 club meetings. These hands-on activities are guaranteed to be fun, engaging, easy on the budget, and easy enough for teen leaders and adults to conduct. Participants will take part in all 10 activities and receive instructions on doing them with club members. Take the starch out of your club meetings by adding these fun activities to your agenda. Limited to: 50 participants. Presented by: Dr Bob Horton
- 602 Career Readiness Workshop** **Both**  
Are you looking to improve your skills that employers are looking for today? Show employers why you are the best choice for the job and discover job skills you never knew you had. Topics will include: resumé building, proper attire, public speaking, interview process, and conducting mock interviews. Limited to: 60 participants. Presented by: Katie Cole & Seneca County Junior Leadership members
- 603 Mental Health Activities for Your Club & Community** **Both**  
Mental health can be a tricky subject to breach with your club, but it is an important topic to educate our youth. This interactive workshop will walk you through our 4-H at Home lessons for social and emotional learning and mental health. This set of six lessons, found for free download on 4-h.org, is designed to start conversations about emotional and mental wellness through fun, hands-on activities. You'll learn how to use the curriculum to teach your club about topics such as resilience, expressing emotions, goal setting, and dealing with stress. This workshop is ideal for club health officers, teen leaders, and adult volunteers. Limited to: 60 participants. Presented by: Amanda Raines & Jami Dellifield
- 604 Your Passport to Quality Animal Care** **Teens**  
During this workshop, you will be given a passport to visit places and learn about practicing good environmental stewardship, maintaining proper workplace safety, and providing proper animal handling and care. Participants will learn why it is important to be a quality producer and how decisions in the care of animals can effect public perception and consumers of animal products. This workshop will meet the requirements of Quality Assurance in Ohio for 2022. Participants will receive a QA certificate upon completion. Limited to: 50 participants. Presented by: Melinda Ryan & Jennifer Nott

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

- 101 60 Seconds That Can Change a Young Person's Life** **Adults**  
"So, tell me about yourself?" is a common question young people hear when interviewing for a job or college. Introducing young people to entrepreneurship can help them think about their interests, how to build on them, and learn to pitch themselves and their ideas. Learning about entrepreneurship enhances essential mindsets like adaptability, persistence, problem solving, effective communication, empathy and more. Discover free K-12 entrepreneurship education resources that can be facilitated as stand-alone programming or incorporated into agriculture, college and career, STEM and other programs. Limited to: 60 participants. Presented by: Liz Nusken & Kelly Biggar

- 102 4-H Animal Sciences Update Both**  
Come learn 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 Science programs: Youth Quality Assurance, livestock, judging clinics and contests, and more. Limited to: 100 participants. Presented by: Elizabeth Share-Duling & Benjamin Wenner
- 103 Chocolate Science - Food Science Tastes Great! Both**  
Learn about chocolate agriculture and production. We will discuss careers that combine science with food production. And learn how food scientists make chocolate that tastes so good! Limited to: 50 participants. Presented by: Mary Pohlschneider
- 104 How to Utilize Your Time and Resources as a New 4-H Advisor Adults**  
Have you started a new 4-H club; or just joined as a new 4-H advisor? Or perhaps you need a refresh and a renewed plan for the year ahead? Please 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 share some tips for time management, both for during club meetings and your 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 2022 head on! Limited to: 50 participants. Presented by: Jessica Rockey, Stacey Emmert, & Amber Schneider
- 105 Livestock Project Opportunities at the Ohio State Fair Both**  
After the cancellations of 2020 and the unpredictability of 2021, let's hit the reset button together for 2022. Join us as we discuss the opportunities for youth livestock exhibitors at the 2022 Ohio State Fair (skillathons, livestock judging contest, outstanding exhibitor awards, etc.). What are the deadlines for registration? What do you need to qualify for a contest? When will events occur during the fair? Will there be a virtual skillathon option this year? Find the answer to these and more questions in our session. Limited to: 100 participants. Presented by: Benjamin Wenner & Lizz Share-Duling
- 106 Thriving Through 4-H - The New 4-H Thriving Model Adults**  
The national 4-H program has recently adopted the 4-H Thriving Model to guide our youth development efforts. The 4-H Thriving Model predicts that participation in high-quality youth development programs helps youth thrive, and thriving youth achieve key developmental outcomes. The model illuminates the process of positive youth development with theoretical and practical applicability to programs employing a positive youth development approach (Arnold & Gagnon, 2019). The 4-H Thriving model is based on the extensive body of research in youth development and builds on the 5C's model that resulted from the 4-H Study of Positive Youth Development (Lerner & Lerner, 2013). 4-H volunteers have a critical role in our positive youth development efforts. We will begin to learn together how this new model can help us make the best better. Limited to: 100 participants. Presented by: Nate Arnett & Jenna Hoyt, Kirk Bloir
- 107 4-H Dogs 2022 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 discuss how youth can make the most out of taking 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 & State 4-H Dog Committee

- 108 THINK Before You Post** **Teens**  
 All teens and adults need to be aware of the digital footprint that we leave behind. Our 4-H teens are role models & leaders, so what reputation do they build online for all to see? When teens T.H.I.N.K. before they post on social media, they not only avoid conflicts and problems but also establish a stellar digital footprint that create more opportunities when applying for college and employment. When employers and college recruiters see a profile filled with posts that are true, helpful, inspiring, necessary, and kind, you're more likely to get that job, award trip, scholarship application, or college acceptance letter. Limited to: 100 participants. Presented by: Allison Cooper
- 109 Teaching the Teachers - Camp Counselor Edition** **Teens**  
 As 4-H'ers, we wholeheartedly embody our slogan, "learn by doing" but how do we facilitate this slogan as leaders teaching other teachers? As a counselor, how do you best share knowledge and instructions with other peer counselors? Come to this session to unlock the best tips and tricks about how to teach and facilitate your favorite aspects of camp from singing to line dancing! Limited to: 50 participants. Presented by: Cecelia Mainzer & Ohio 4-H Teen Leadership Council Members
- 110 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 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
- 111 Keep Your Camp Boat Afloat!** **Teens**  
 Camps are more successful if each counselor on the team consistently gives their best effort. In this session, teens will examine various levels of personal commitment and the impact they have on keeping the camp boat afloat. Participants will leave with strategies to make sure their camp boat can travel straighter, faster and farther by inspiring their peers to be fully engaged. Limited to: 50 participants. Presented by: Jamie McConnell
- 112 Tips and Tricks for Improving the Club Experience** **Adults**  
 Ohio 4-H is losing an average of 1,500 members per year in 4-H community clubs. In an effort to pinpoint the cause of this decline, a parent survey was piloted in the Franklin County 4-H club program. After analyzing the study results, this session shares the resources and tools that were developed to assist 4-H club leaders in combatting that decline. These are intended to aid club leaders with club membership retention. Participants will receive a free toolkit based on a research-based approach to ensuring the future success of Ohio 4-H clubs. Limited to: 60 participants. Presented by: Rachel Stoneburner & Beth Boomershine
- 113 Inspiring and Motivating Your 4-H Club Members** **Both**  
 To keep and inspire youth, 4-H volunteers need to be educated about how to offer special 4-H events and creative ways to motivate members and other volunteers in their club program. This session will offer proven, creative ideas to make 4-H more special and meaningful for youth and adults. Participants will learn about unique club ceremonies, team building tips for group settings and group motivation activities. Many ideas will be shared through hands-on experiences while others will be distributed in written form. Participants will learn how to teach or implement these programs with volunteers and explore methods for impact and evaluation. Limited to: 80 participants. Presented by: Judy Villard Overocker

- 114 2022 4-H Curriculum--New and Revised** **Both**  
Join us for a description of this year's new and revised project books in the areas of animal sciences, food and nutrition, healthy living, and leadership. We have new idea starters too! It is always great to hear from you as Ohio 4-H continues to offer opportunities through projects to our members. Limited to: 50 participants. Presented by: Jane Wright
- 115 The Role of Meat Science in a World of STEM** **Both**  
Ever wonder where your meat comes from? Did you know science plays a role in the overall quality of meat? At The Ohio State University, the Department of Animal Sciences offers a specialized program known as Meat Science. Meat Science is the final step of the food chain. Join me in learning more about the topic of meat science and its role in everyday life. Limited to: 100 participants. Presented by Lyda Garcia
- 116 So You're Out of 4-H, Now What?** **Teens**  
Are you nearing the end of your career as a 4-H member? Are you worried about next steps after graduating from 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 as a 4-H'er. The session includes 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, & Allison Sanders

<b>Workshop B - 10:00 - 11:30 a.m.</b>
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- 701 Project Pointers for Cake Decorating** **Both**  
Basic and intermediate cake decorating skills will be discussed and demonstrated along with discussing state fair judging. Limited to: 80 participants. Presented by: Ann Morgan
- 702 Expanding the 4-H Family** **Both**  
4-H members in many counties look alike and have a culture foreign to other youth in the community. It's not a bad thing, but may be a reason why some programs are not expanding. There are other youth in the community who would benefit from what the local 4-H program has to offer. This workshop will help participants look critically at why it is difficult for some 4-H programs to attract new youth from underserved and underrepresented communities. It will offer practical strategies to expand the 4-H community to include families who have never before been part of 4-H. Limited to: 50 participants. Presented by: Steve Brady
- 703 Clovers CODE** **Both**  
Ohio 4-H has partnered with Apple's Community Education Initiatives (CEI) team to launch and support 4-H coding programs and professional development opportunities with 4-H educators in 44 Ohio counties. Community Education Initiative is focused on creating community pilots across the U.S. to build knowledge and skills of coding in out-of-school time learning experiences. With a gap in the number of qualified educators to teach computer science, one of the initial focus areas has been developing educator and volunteer knowledge and skills in teaching coding and creativity. Clovers CODE is Ohio's initiative to introduce computer science to more 4-H youth across the state. Clovers CODE stands for Creating Opportunities Designed for Everyone, because we believe that coding will be connected to many future careers. Come learn how this program can be connected in your county and try out some hands-on coding and creativity exercises. Limited to: 50 participants. Presented by: Mark Light, Meghan Thoreau & Margo Long

- 704 Feedstuffs Identification and Selection** **Both**  
 Whether you want to improve your skillathon scores or learn how to choose feedstuffs for your own homemade animal rations, this workshop will help build your confidence when evaluating animal feedstuffs. Building on the 2021 session (Practical Approaches to Feeding Livestock Projects), this year focuses on 1) how to tell the difference between feedstuffs similar in appearance, 2) how to sort feedstuffs based on their nutrient class, and 3) how to choose feedstuffs to include in a ration. We will cover both common and uncommon feedstuffs, and teach about the use of byproducts in animal rations. Limited to: 50 participants. Presented by: Benjamin Wenner & Lizz Share
- 708 Milestone Volunteer Tenure Reception** **Adults**  
 Ohio 4-H volunteers with 40, 45, 50, 55, 60, 65, and 75 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
- 709 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

<p><b>Session 2 - 10:00 - 10:45 a.m.</b></p>
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- 201 Ohio State Fair Clothing Judging and Related Opportunities** **Both**  
 Clothing judging can be daunting, especially for those who are early in their 4-H clothing career! During this session, participants will learn the ins and outs of clothing judging, including what to bring to the Ohio State Fair and what to expect during the judging event. Participants will also learn about additional opportunities for awards and involvement that go beyond their project books. Limited to: 60 participants. Presented by: Christine Kendle, Jami Dellifield, & Shannon Carter
- 202 Cloverbud Reading Adventures** **Both**  
 In order for young children to develop language and thinking skills, they should read and be read to each day. According to a 2019 study in the Journal of Developmental & Behavioral Pediatrics, children whose parents read them five books a day enter school having heard about 1.4 million more words than kids who are not read to daily. Beginner readers should spend a minimum of 15-20 minutes reading each day. They need to be exposed to different books with a variety of vocabulary, diversity, and life lessons. To emphasize the importance of reading aloud and to ensure volunteers have the resources needed, the Ohio 4-H Cloverbud team developed Cloverbud Reading Adventures which provides activities, games, and snack ideas for a variety of books. These easy, ready-to-go activities can enhance any Cloverbud meeting. Join us to learn how to incorporate Cloverbud Reading Adventures into your Cloverbud program! Limited to: 50 participants. Presented by: Rhonda Williams, Christy Millhouse, & Rebecca Supinger
- 203 Biosecurity 101** **Teens**  
 Did you know 75% of emerging infectious diseases come from animals? Come learn how pathogens spread between animals, and between animals and humans, so you can stop them in their tracks. Hands-on activities will be used to learn about biosecurity measures you can use to keep your animals healthy and free of disease. Limited to: 60 participants. Presented by: Jacqueline Nolting

- 204 Food Science Creers in Demand** **Teens**  
 Discover what a career in Food Science might look like. Experience food chemistry, product development and sensory sciences and learn about the jobs food scientists perform to bring us safe, quality foods. Limited to: 50 participants. Presented by: Mary Pohlschneider
- 205 4-H Poultry Projects 101** **Both**  
 4-H Poultry projects are for the BIRDS, but don't forget the KIDS who take those projects! This session will provide you ideas and ways to help your 4-H poultry members get the right birds, and prepare the kids AND birds for showmanship. You'll learn where to find reliable poultry resources to help those members make the best better with their poultry experiences. Let's fluff those fancy feathers for a champion time! Limited to: 50 participants. Presented by: Betty Wingerter
- 206 Pop Can Fishing** **Both**  
 Why is fishing good for you? It keeps you fit, increases your vitamin D, improves your concentration, reduces stress, build friendships, and it lets you unplug! Don't have a fishing pole? No problem! With so many benefits come to this session to learn how to make a simple pop can fishing rig to take anywhere! Think it sounds complicated? Youth as young as 2nd grade have made them! Limited to: 60 participants. Presented by: Becky Barker
- 207 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 helpful tips on how to prepare camp counselors to welcome their campers. 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
- 208 (Re)Building a Solid 4-H Meeting** **Adults**  
 In this session volunteers will outline the organization of their club meetings throughout the year, enhance meeting components, and receive resources to keep members engaged. Geared towards newer volunteers and anyone who wants to hit the reset button. Volunteers should come prepared to engage in activities and discussions. Limited to: 100 participants. Presented by: Alisha Faudie & Ashlee Meardith
- 209 The 4th H: How Healthy Are Ohio's Youth?** **Both**  
 Good physical and mental health are important for youth to thrive today and to lay the foundation for navigating their path into adulthood. How healthy are Ohio's youth? How do they measure up on key indicators of health and well-being? Statistics show many Ohio youth do not meet recommendations related to nutrition and physical activity, they struggle with mental health issues, and engage in risky behaviors. COVID-19 has made many health issues worse. However, we also know young people are resilient, they are interested in health, and they can be leaders in their community. What does this mean for our 4-H programs? How can we provide the support and opportunities that youth need? Participants will have the opportunity to reflect on the implications for how we might approach youth's health needs throughout the 4-H program. Limited to: 50 participants. Presented by: Theresa Ferrari, Tyler Kessler, & Carol Smathers



- 210 Good Dining Manners Matter!** **Teens**  
 Oh no, which fork should I use? Does it matter? I can hear you chewing...close your mouth! How much should I tip? It's one thing to eat pizza from a box with your friends; it's another to join your friend for dinner at their grandmother's house. Good manners and etiquette are important. Do you have them? Let us help! Join our session to learn proper etiquette for dining. We'll cover table setting, table manners, dining out, and other tips. Good manners are always in style and can benefit you on a date or in an interview. Come dine with us!! Limited to: 50 participants. Presented by: Angela Holmes & Mary Beth Albright
- 211 Your Personal Brand** **Teens**  
 Businesses and colleges want people who demonstrate professionalism and reflect positively on their reputation. Your personal brand, or what others think of when they see you, is already developing in ways that can impact your future opportunities. Learn how to be sure that your brand leaves a positive impression on others. Limited to: 50 participants. Presented by: Jamie McConnell
- 212 Fair is Icing on the 4-H Cake** **Both**  
 This session was originally offered at O4HC in 2018. Many of my county volunteers have used the material in their clubs. When people think of 4-H, they think of the county fair. While 4-H is a part of the fair and fair can be a part of 4-H, it should not be the main focus of 4-H clubs. County fair participation can be the icing on the 4-H cake, but should not be the main ingredient. We will show you the ingredients that will lead to a successful 4-H club and successful 4-H members. Ingredients such as project work, demonstrations, 4-H camp, community service and leadership activities are essential to the recipe for success. In addition, we will show you how to "ice your cake" by being involved in the county fair. Limited to: 50 participants. Presented by: Elizabeth Miller
- 213 Money, Marketing, and More With the Ohio 4-H Foundation Adults**  
 Join foundation board members to learn ways to tap into funds available for current programs, ideas to market 4-H and grow endowment funds in your county. We will provide examples of how the foundation can support marketing 4-H locally, as well as include a roundtable discussion offering opportunities to share and learn from your peers on local fundraising for county endowments. Please bring your ideas to share. Everyone who attends our session will receive resources for your county, as well as a 4-H giveaway. Limited to: 80 participants. Presented by: Crystal Ott, Carolyn Eselgroth, & Lisa Peterson
- 214 60 Seconds That Can Change a Young Person's Life** **Adults**  
 "So, tell me about yourself?" is a common question young people hear when interviewing for a job or college. Introducing young people to entrepreneurship can help them think about their interests, how to build on them, and learn to pitch themselves and their ideas. Learning about entrepreneurship enhances essential mindsets like adaptability, persistence, problem solving, effective communication, empathy and more. Discover free K-12 entrepreneurship education resources that can be facilitated as stand-alone programming or incorporated into agriculture, college and career, STEM and other programs. Limited to: 60 participants. Presented by: Liz Nusken & Kelly Biggar
- 215 Horse Nutrition 101** **Both**  
 Come learn and talk about the basics of equine nutrition. Learn what sets horses apart from other animals and how best to feed them. Limited to: 50 participants. Presented by: Elizabeth Share

- 216 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, junior fairboard advisor, 4-H committee/council member, etc.! We will review the purpose of 4-H, our unique roles, the relationship between an advisor and the educator, and how to balance it all. Add some tools to your toolbox with tips on club communication, ways to support your educator, ideas on having valuable and efficient 4-H meetings, and staying on track towards positive youth development! This will be an action packed session that covers a lot of content. Limited to: 50 participants. Presented by: Amy Fleshman
- 217 2022 4-H Curriculum--New and Revised** **Both**  
 Join us for a description of this year's new and revised project books in the areas of animal sciences, food and nutrition, healthy living, and leadership. We have new idea starters, too! It is always great to hear from you as Ohio 4-H continues to offer opportunities through projects to our members. Limited to: 50 participants. Presented by: Jane Wright

<p><b>Session 3 - 11:00 - 11:45 a.m.</b></p>
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- 301 Don't Let Them Be Done After Year One** **Adults**  
 Joining 4-H can be a bit overwhelming for families who haven't had prior experience with the program. Choosing projects, attending meetings, 4-H camp, Quality Assurance, project judging, county fair...it's a lot to process! In this session, we will discuss some ways to engage first-year members and make their first experience positive, as well as retaining our returning members. We know that long-term 4-H membership yields many benefits, but studies show that participation drops dramatically around the age of 13. Let's find a way to keep our members coming back for more! Limited to: 100 participants. Presented by: Cheryl Goodrich
- 302 Social Media Awareness** **Both**  
 Social media is part of our everyday lives. We share our thoughts, accomplishments, life events on platforms that anyone can access. 4-H clubs use these platforms to easily communicate with their members, parents, and volunteers. This session outlines how information can easily get in the wrong hands, how to safeguard our youth and the 4-H program, and guidelines for best 4-H social media practices. Limited to: 100 participants. Presented by: Alisha Faudie
- 303 Stacking Your Deck of Older Youth Opportunities** **Both**  
 Stack your DECK of 4-H accomplishments and set yourself up to achieve positive, once in a lifetime opportunities as a 4-H teen. Learn about the Ohio 4-H Achievement Form, state/national opportunities, scholarships and other awards. Explore even more by talking to your 4-H extension educator about local opportunities. If you don't ask, you don't know! Find out what you're missing in your HEART, by ACEING 4-H recordkeeping and applications. Create a FULL HOUSE and build your 4-H resume. Limited to: 60 participants. Presented by: Leslie Cooksey

- 304 Unlocking Your Potential for Member Engagement** **Both**  
 Are you discouraged by your club's decreasing 4-H member participation? Are you ready to experience new ways to keep your members learning and growing? Come and explore ideas and activities to give your members a reason to return to the next meeting. This session covers the plan for an ideal meeting and will give participants the opportunity to experience engaging, team building activities. These hands-on activities will help your members learn about each other and learn how to work together. You will leave the session with the knowledge, tools, and resources to make your meetings fun, engaging, and your members will be excited to return for the next meeting. Limited to: 50 participants. Presented by: Audrey Dimmerling, Beth Smith, & Kristen Eisenhauer
- 305 Sing a Song, Lead a Song** **Teens**  
 Singing is an inclusive activity for all ranges of experience, but also provides a leadership opportunity for those who have a passion in finding harmony. During this time, it is important to come together and take mental breaks that create happy moments, so why not sing a song? We will dive into the rich history of beloved 4-H camp songs that have evolved over the years into the songs we know today. You will be equipped with tips and tricks to leading songs so you are prepared for camp this year! Limited to: 50 participants. Presented by: Lydia Flores & Frances Foes
- 306 Links to Leadership - The Importance of a Good First Impression** **Both**  
 You never get a second chance to make a good first impression. An interviewer will form an impression of you within the first 60 seconds of meeting. In this session, you will learn tips for creating a positive attitude 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 also be shared. Limited to: 100 participants. Presented by: Kiersten Heckel
- 307 Let's Build Your Team** **Adults**  
 Leader, follower, chief, cooperators what roles do you play on what teams? In our lives we are part of many teams: 4-H club, family, sports, school, etc. Let's help our youth be better aware of the teams they are on and their role on those teams. You will take part in team building activities and then process what happened, just like you can do with your youth, using the lesson plan we will provide. Come play with us and gain some team building resources you can put into practice. Limited to: 50 participants. Presented by: Angela Holmes & Mary Beth Albright
- 308 Rockets Away!** **Both**  
 Join us for an engaging session about the Ohio 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 session 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. Presented by: Dr. Bob Horton & Mark Ponder
- 309 Strategies for Cultivating a Connection a Mindset** **Both**  
 Are you searching for new activities to boost engagement during your 4-H meetings and events? After a year of virtual programming, connection is key. Because we carry our thoughts and feelings with us to every club meeting and event, it is important to take these opportunities to intentionally include activities that build our participants' social and emotional competencies. If we cultivate a connection mindset, we add fun while also building healthy heads and hearts. Join Adventure Central as we explore how we connect with 4-H members, and how we can do it even better! Jump in as we demonstrate intentional grab-n-go activities you can use to set the tone during meeting and events, and build skills that support healthy relationships. Limited to: 80 participants. Presented by: Tyler Kessler

- 310 What to do When Others Press Your Buttons** **Both**  
 Why do some people rub us the wrong way? Why do we seem to be challenged by some more than others? Temperament is something that has been studied for decades and where most personality test are derived. This will be a fun, interactive presentation with tools participants will utilize and take back to use in their 4-H clubs, camp counselor training, group work and even personally. We all need different temperament types to make a successful group. Understanding our differences and being able to appreciate them is a critical part of group work. The program objectives are for participants to: understand the 9 temperament traits; learn your temperament traits and how they might interact with other temperament traits; identify some self reflective skills to assist you in being a productive group member with individuals who have different temperaments and personalities. Limited to: 60 participants. Presented by: Lisa Siciliano-Miller
- 311 Building Safety Education into Your County Program** **Both**  
 Helping youth learn and implement good safety practices can be a valuable resource in a 4-H club program or in a county program like 4-H CARTEENS. In this session participants will become aware of the available 4-H CARTEENS teaching resources. Tips will be shared on how to recruit, maintain and train 4-H CARTEENS instructors. The State 4-H CARTEENS Design Team will share available teaching resources and how to teach some of the current curriculum. Participants will learn how the teaching process works and how a 4-H CARTEENS activity will support county and state 4-H programming. The state team will share its goals for the coming year and listen to needs expressed by session participants. Those counties interested in becoming a 4-H CARTEENS county will receive tips for implementing the program. Limited to: 60 participants. Presented by: Judy Villard Overocker, Allison Cooper, & Brenda Sandman-Stover
- 312 Goal Setting, Priorities, and You!** **Teens**  
 In a world of options it's hard to know how to choose to spend your time. This session will review goal setting and then will explore decision-making techniques and activities to help you better decide what to say yes or no to in order to get you closer to your goals. Limited to: 50 participants. Presented by: Katie Wells
- 313 Connecting Your Interests With the College of Food, Agricultural, and Environmental Sciences** **Both**  
 Do you enjoy learning about where your food comes from, how to create sustainable farming methods, building machinery, or working with livestock? Do you enjoy photography, journalism, or teaching your peers new skills? See how your interest areas can lead to a successful career in agriculture and natural resource industries after college. Our mission is to provide programs, services and resources to help all our students succeed. At the College of Food, Agricultural, and Environmental Sciences you will be one of the next leading innovators capable of making a long term impact. Check us out to learn more about the impact you can make! Limited to: 60 participants. Presented by: Hannah Zimmerman
- 314 4-H Animal Sciences Update** **Both**  
 Come learn the latest information regarding 4-H livestock and poultry from the Ohio Department of Agriculture (ODA), including updates pertaining to exhibition. Hear what's new with 4-H Animal Science programs: Youth Quality Assurance, livestock, judging clinics and contests, and more. Limited to: 100 participants. Presented by: Elizabeth Share-Duling & Benjamin Wenner

- 315 Ohio State Fair Clothing Judging and Related Opportunities** **Both**  
 Clothing judging can be daunting, especially for those who are early in their 4-H clothing career! During this session, participants will learn the ins and outs of clothing judging including what to bring to the Ohio State Fair and what to expect during the judging event. Participants will also learn about additional opportunities for awards and involvement that go beyond their project books. Limited to: 60 participants. Presented by: Christine Kendle, Jami Dellifield, & Shannon Carter
- 316 Cloverbud Reading Adventures** **Both**  
 In order for young children to develop language and thinking skills, they should read and be read to each day. According to a 2019 study in the Journal of Developmental & Behavioral Pediatrics, children whose parents read them five books a day enter school having heard about 1.4 million more words than kids who are not read to daily. Beginner readers should spend a minimum of 15-20 minutes reading each day. They need to be exposed to different books with a variety of vocabulary, diversity, and life lessons. To emphasize the importance of reading aloud and to ensure volunteers have the resources needed, the Ohio 4-H Cloverbud team developed Cloverbud Reading Adventures which provides activities, games, and snack ideas for a variety of books. These easy, ready to go activities can enhance any Cloverbud meeting. Join us to learn how to incorporate Cloverbud Reading Adventures into your Cloverbud program! Limited to: 50 participants. Presented by: Rhonda Williams, Christy Millhouse, & Rebecca Supinger
- 317 Rabbits 101** **Teens**  
 Everything you need to know about rabbit showmanship from beginner to experienced and more! Explore the exciting world of rabbits! Limited to 50 participants. Presented by: Mary Aungst, Jenny Miller, Ashley Stroud & Tammy Miller
- 318 So You're Out of 4-H, Now What?** **Teens**  
 Are you nearing the end of your career as a 4-H member? Are you worried about the next steps after graduating from 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, & Allison Sanders

<p><b>Workshop C - 2:00 - 3:30 p.m.</b></p>
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- 801 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 the necessary guidance and support. Members sewing quilts connect with veterans and gain a greater appreciation for their personal sacrifice. Workshop 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 & Kiersten Heckel
- 802 2022 Livestock Quality Assurance** **Teens**  
 Quality Assurance training is an annual requirement for youth livestock exhibitors in order to exhibit their projects at their county or state fair. This workshop will go through a full Quality Assurance training. If teens attend this session they will have completed their training for 2022 and receive a certificate of completion to exhibit to their county professional. Limited to: 50 participants. Presented by: Andrea Rees & Elizabeth Share

- 803 Caring Through Conflict** **Both**  
 Everyone at some point in their social, professional, and personal lives will have to address conflict, and for most of us, conflict is an obstacle we struggle and try to avoid at all costs. Resolving conflict is a trait sought after in most social roles—and something we are taught to navigate and fix as quickly as possible, but what about the stress we feel while we manage this external conflict? In this workshop, we take control and recognize the importance of caring for our personal and mental well-being, the consequences of when we neglect our stress, and the tools that we can use to bounce back mentally before, during, and after a conflict is resolved. This workshop will offer open discussion and hands-on activities that will guarantee helpful results to address and cope with stress from conflict. Limited to: 60 participants. Presented by: Caitlyn Romshak
- 804 Am I the Best Advisor I Can Be?** **Adults**  
 Are my members getting the support they need? Are our club communication efforts where they need to be? Am I aware of the many opportunities available in 4-H for me and my members? Do I need to evaluate our club's organizational skills/practices? Are we meeting the basics (health & safety talks, demonstrations, community service, use of parliamentary procedure)? Am I getting the training I need to be successful? What are my/our plans for making our best even better? This fun-filled workshop will focus on a self-assessment of 4-H advisors and tips to make them more effective and efficient in their club and/or county program. Limited to: 100 participants. Presented by: Judy Villard Overocker
- 805 10 Minute Science for 10 Club Meetings** **Both**  
 Join Dr. Bob for some fast paced ten-minute science activities you can do over the course of 10 club meetings. These hands-on activities are guaranteed to be fun, engaging, easy on the budget, and easy enough for teen leaders and adults to conduct. Participants will take part in all 10 activities and receive instructions on doing them with club members. Take the starch out of your club meetings by adding these fun activities to your agenda. Limited to: 50 participants. Presented by: Dr Bob Horton
- 806 Project Pointers for Cake Decorating** **Both**  
 Basic and intermediate cake decorating skills will be discussed and demonstrated along with discussing state fair judging. Limited to: 80 participants. Presented by: Ann Morgan

<p><b>Session 4 - 2:00 - 2:50 p.m.</b></p>
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- 401 The Role of Meat Science in a World of STEM** **Both**  
 Ever wonder where your meat comes from? Did you know science plays a role in the overall quality of meat? At The Ohio State University, the Department of Animal Sciences offers a specialized program known as Meat Science. Meat Science is the final step of the food chain. Join me in learning more about the topic of meat science and its role in everyday life. Limited to: 100 participants. Presented by Lyda Garcia
- 402 Learning How to Cope** **Both**  
 Our learning objective is to identify that a mental health crisis in small communities exists. We will share facts and data collected from the state of Ohio and our personal experiences. Join us in an open discussion about suicide and mental health and how this directly affects our 4-H community. We will share our experiences from this past summer and communicate how to better react and be conscious of our audiences and their mental health. The smallest interaction might have the largest impact on an individual. The strongest people are the ones who win battles we know nothing about. Limited to: 100 participants. Presented by: Jana Mussard & Janessa Hill

- 403 Reflection and Direction** **Both**  
 It is great to learn skills about dealing with others, but have you taken some time to evaluate yourself? When we assess where we are with our character traits and interaction with others, it helps us to have a direction of what we need to work on. These traits affect our relationships, our school/job/4-H clubs, and how we feel about ourselves. Sign up for this session IF you are eager to learn about YOUR strengths and weaknesses. You will leave the session with a fresh understanding of yourself and a personal action plan that will aid you and your future character development. Our goal is to become a person of integrity. Your age doesn't reflect your character, so all ages encouraged to attend! Advisors, educators, teens, parents could all benefit. Session includes lecture and self-evaluation booklet. Limited to: 100 participants. Presented by: Amy Fleshman
- 404 How to Say Thank You to the Right People in 4-H** **Both**  
 The value of a hand-written thank you note can go a long way for our donors, supporters, and volunteers. Come and share ideas for the best ways to thank the people who make fair happen, both with formal thank you notes and other thoughtful gestures! Limited to: 50 participants. Presented by: Frances Foes & Lydia Flores
- 405 Sold is an Exciting Word!** **Adults**  
 One of the highlights of a child's 4-H experience is participating 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
- 406 Walk the Walk** **Teens**  
 First impressions are formed within 7-17 seconds of meeting someone, but can last a lifetime. Learn more about making a good first impression and how the impression of you leave will be based on how you conduct yourself beyond your appearance. Limited to: 50 participants. Presented by: Jenna Hoyt
- 407 Sphero Robotics** **Both**  
 Ohio 4-H has partnered with Apple's Community Education Initiatives (CEI) team to launch and support 4-H coding programs and professional development opportunities with 4-H educators in 44 counties across the state. Sphero Robots were part of this donation to Ohio 4-H and now can be taken as a self-determined 4-H project or used in club and school programming. Sphero Robots are tech tools you can use to engage K-12 learners in programming and STEAM (STEM + Art) at home or in the classroom, whether students just beginning their coding journey or looking to be challenged with advanced programming opportunities. Our Clovers CODE statewide initiative is designed to help teach Ohio 4-H youth coding and creativity. Join this interactive session as we try out Spheros and learn how to code the robots to do amazing things. This session is designed to help introduce you to Sphero Robotics. Limited to: 50 participants. Presented by: Mark Light & Margo Long
- 408 A Look Into the NEW Dairy Calf, Heifer & Cow Project Book** **Both**  
 This session will take you through the updates and revisions of the revised Dairy Dairy Calf, Heifer & Cow Project Book for 2022! Presenters will include a tutorial of how to access new annual challenges, topics of interest, Quality Assurance quizzes, resources and more! Presenters will be sharing a pilot version of supplemental materials that will help boost dairy knowledge and prepare youth for local and state level skillathons. Limited to: 100 participants. Presented by: Ashlee Meardith & Katie Cole

- 409 Teenage Emotions: Decoding the Mystery** **Adults**  
 Working with teenagers is a very rewarding experience, but it can also be extremely challenging. According to the National Council for Mental Wellbeing, 1 in every 5 American teenagers lives with a mental health disorder. So how do you know if the challenging behaviors you're seeing are a typical teenage problem or an emerging mental health problem? This session will give you information and tools to answer that question. You will learn how to spot signs and symptoms of emerging mental health problems and how to have impactful conversations with your 4-H families to address those problems. You will walk away from this sessions with resources you can begin using immediately with your club and community, including health activities for your club and a county mental health resource guide. Limited to: 100 participants. Presented by: Amanda Raines & Jami Dellifield
- 410 Did I Really Just Say That? That's Not What I Meant** **Both**  
 One of the keys to a successful group or relationship is communication. In this session, you will learn the who, what, when, where and why of communication and how each of these can be key in bridging the communication gap in your group or relationship. Participants will leave with an understanding of communication breakdowns and how to work to prevent miscommunication. Limited to: 100 participants. Presented by: Melinda Ryan
- 411 The Big Camp Mambo** **Both**  
 Need a fun and active way to get your participants hyped before their activity? Need a brain break? Camp songs are the answer! Come on down and do the Big Camp Mambo! We will review and perform our favorite camp songs and yours. Limited to: 50 participants. Presented by: Crystal Sheppard, Angela Collie, & Ashlynn Favors
- 412 4-H Camp Rocks!** **Both**  
 4-H Camp Rocks is a fun way to promote 4-H camp. The goal of the program is to increase the number of campers, (specifically non-traditional campers) who come to 4-H summer camp. We used a marketing program to create a social media buzz and excitement about signing up and attending 4-H camp. We will be sharing what worked, what didn't work and suggestions we have for marketing camp in your local community. Limited to: 50 participants. Presented by: Tracy Winters & Brianna McGuire
- 413 2022 Cloverbot Challenge - Adventure Awaits!** **Both**  
 The Ohio 4-H Cloverbot Challenge gives 4-H Cloverbuds the opportunity to work cooperatively in teams to problem-solve using STEM (science, engineering, technology and math) skills utilizing interlocking bricks (i.e. Mega Bloks, LEGOS). Learn how your Cloverbuds can participate in this statewide event and where the event will be conducted regionally throughout Ohio. The session will include a sample presentation from previous Cloverbot Challenge participants. The 2022 theme and challenge guidelines will also be shared. Limited to: 60 participants. Presented by: Bruce Zimmer, Christy Millhouse, & Rhonda Williams
- 414 Chocolate Science - Food Science Tastes Great!** **Both**  
 Learn about chocolate agriculture and production. We will discuss careers that combine science with food production. And learn how food scientists make chocolate that tastes so good! Limited to: 50 participants. Presented by: Mary Pohlschneider



- 415 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 or a renewed plan for the year ahead? Please 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 for during club meetings and your 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 2022 head on! Limited to: 50 participants. Presented by: Jessica Rockey, Stacey Emmert, & Amber Schneider
- 416 Livestock Project Opportunities at the Ohio State Fair** **Both**  
 After the cancellations of 2020 and the unpredictability of 2021, let's hit the reset button together for 2022. Join us as we discuss the opportunities for youth livestock exhibitors at the 2022 Ohio State Fair (Skillathons, livestock judging contest, outstanding exhibitor awards, etc.). What are the deadlines for registration? What do you need to qualify for a contest? When will events occur during the fair? Will there be a virtual skillathon option this year? Find the answer to these and more questions in our session. Limited to: 100 participants. Presented by: Benjamin Wenner & Lizz Share-Duling
- 417 Don't Let Them Be Done After Year One** **Adults**  
 Joining 4-H can be a bit overwhelming for families who haven't had prior experience with the program. Choosing projects, attending meetings, 4-H camp, Quality Assurance, project judging, county fair...it's a lot to process! In this session, we will discuss some ways to engage first-year members and help make their first experience as positive as possible, as well as retaining our returning members. We know that long-term 4-H membership yields many benefits, but studies show that participation drops dramatically around the age of 13. Let's find a way to keep our members coming back for more! Limited to: 100 participants. Presented by: Cheryl Goodrich
- 418 Finding Your Style: What to Wear** **Both**  
 Casual, Business Casual, Formal, Dressy...Do you know what to wear based on these descriptions when the event or invitation dictates the proper attire? Let the 2022 State Fashion Board help! The session is geared toward helping teens know the dressing norms for various occasions, so they are prepared for work, college and beyond. This interactive session will allow teens to dress up or dress down a basic outfit and express personal style with accessories. Limited to: 60 participants. Presented by: Laryssa Hook & 2022 State 4-H Fashion Board

<p><b>Session 5 - 3:00 - 3:50 p.m.</b></p>
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- 501 The 4-H Urban Immersion Project - Washington DC** **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". This fall, 14 4-H youth will be selected to participate in an opportunity to see a different side of Washington DC beyond the government buildings, museums, and tourist attractions. The 4 day service-learning experience allows youth 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. Along with doing good deeds of service, youth will have the opportunity to experience different cultures and different foods while living in the urban center of Washington DC. Limited to: 100 participants. Presented by: Steve Brady

- 502 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, junior fairboard advisor, 4-H committee/council member, etc.! We will review the purpose of 4-H, our unique roles, the relationship between an advisor and the educator, and how to balance it all. Add some tools to your toolbox with tips on club communication, ways to support your educator, ideas on having valuable and efficient 4-H meetings, and staying on track towards positive youth development! This will be an action packed session that covers a lot of content. Limited to: 50 participants. Presented by: Amy Fleshman
- 503 Older 4-H Youth Opportunities** **Both**  
 There are so many opportunities for 4-H'ers once they hit the age of 13 or 14 and many people do not know that they even exist! Come to TLC's session to learn about the different opportunities you can get involved in to make the best better. Through a hands-on and informative session, TLC is ready to leave you with the information about all the older 4-H opportunities for YOU! Limited to: 80 participants. Presented by: Cecelia Mainzer & Ohio 4-H Teen Leadership Council Members
- 504 Overcoming Inequalities in Leadership** **Adults**  
 Have you ever observed inequalities in leadership? Do you believe inequalities exist? This session will explore some of those inequalities starting with implicit bias. Implicit bias is a reliable indicator of prejudice and behavior. Having a negative association with a type of person does not make you a bad person. It makes you a person. We all have biases, many of them implicit. Biases are often based on stereotypes and manifest as unintended, subtle thoughts that happen to most people. Whether positive or negative, these cognitive shortcuts can result in prejudgments that lead to discriminatory practices. The most common examples of unfair bias are based on stereotypes about another person's race, ethnicity, gender, sexual orientation, nationality, or religion. Participants of this hands-on session will gain a better understanding of bias and implicit bias. In addition, participants will learn what you do with acknowledging your biases. Limited to: 50 participants. Presented by: Emily Kahrs & Rebecca Supinger
- 505 Believe in Ohio: 4-H Entrepreneurial Spin Clubs** **Both**  
 Ohio 4-H and the Ohio Academy of Science and have partnered to offer the Believe in Ohio entrepreneurial program for high school 4-H members. Believe in Ohio's student-centered learning experience allows participants to explore entrepreneurship in a 4-H SPIN club. It teaches them how to commercialize solutions to problems by developing a STEM Commercialization Plan or STEM Business Plan. The goal of the program is to create a culture of innovation in Ohio 4-H. Encourages members to continue their academic and career paths in Ohio by providing college scholarships to Ohio colleges, universities, and technical schools. This is accomplished by focusing on the practical application of STEM and related fields and the development of an entrepreneurial mindset and the critical thinking skills students will need in the future. Learn how 4-H members can have the opportunity to earn scholarships to Ohio's colleges, universities and training programs! Limited to: 100 participants. Presented by: Mark Light & Angie McMurry
- 506 Youth-Adult Partnerships** **Both**  
 Members of the Teen Leadership Design Team will share on the importance of positive youth-adult partnerships in 4-H clubs and committees. Learn how these relationships can make the best better for the common good within the county and beyond! Participants will learn how to access and review the new Teen Opportunity List (by county). Limited to: 100 participants. Presented by: Ashlee Meardith, Katie Cole, Kathy Bruynis & Kayla Oberstadt

- 507 4-H Master Clothing Educator Volunteer Update Adults**  
 Are you interested in the 4-H Master Clothing Educator Volunteer (MCEV) program? Join this session to learn more about this statewide volunteer group during the first 15 - 20 minutes of the session. The last 25-30 minutes will be an update from the MCEV Executive Committee. If you are a current 4-H MCEV join the session to help with the promotion Limited to: 60 participants. Presented by: Pamela Montgomery & 4-H Master Clothing Educator Volunteers
- 508 Tubs of Fun from A-Z Both**  
 You will learn how easy it is to come up with an activity for any size group in any setting. Two hand-size activity booklets with games from A-Z and a small tub of supplies will surely make your club meetings, cabin rain-ins, or any other place you may need a quick activity more fun than you can imagine. Each Tub of A-Z Fun can easily be stored under your car seat, in a backpack, or under a bunk. Each participant will receive a complete tub with booklets and all supplies. Limited to: 50 participants. Presented by: Melinda Ryan, Jennifer Nott & Champaign County 4-H Youth Board Members
- 509 Thriving Through 4-H - The New 4-H Thriving Model Adults**  
 The national 4-H program has recently adopted the 4-H Thriving Model to guide our youth development efforts. The 4-H Thriving Model predicts that participation in high-quality youth development programs helps youth thrive, and thriving youth achieve key developmental outcomes. The model illuminates the process of positive youth development with theoretical and practical applicability to programs employing a positive youth development approach (Arnold & Gagnon, 2019). The 4-H Thriving model is based on the extensive body of research in youth development and builds on the 5C's model that resulted from the 4-H Study of Positive Youth Development (Lerner & Lerner, 2013). 4-H volunteers have a critical role in our positive youth development efforts. We will begin to learn together how this new model can help us make the best better. Limited to: 100 participants. Presented by: Nate Arnett, Jenna Hoyt, & Kirk Bloir
- 510 Biosecurity 101 Teens**  
 Did you know 75% of emerging infectious diseases come from animals? Come learn how pathogens spread between animals, and between animals and humans, so you can stop them in their tracks. Hands-on activities will be used to learn about biosecurity measures you can use to keep your animals healthy and free of disease. Limited to: 60 participants. Presented by: Jacqueline Nolting
- 511 Food Science Careers in Demand Teens**  
 Discover what a career in Food Science might look like. Experience food chemistry, product development and sensory sciences and learn about the jobs food scientists perform to bring us safe, quality foods. Limited to: 50 participants. Presented by: Mary Pohlschneider
- 512 4-H Poultry Projects 101 Both**  
 4-H Poultry projects are for the BIRDS, but don't forget the KIDS who take those projects! This session will provide you ideas and ways to help your 4-H poultry members get the right birds, and prepare the kids AND birds for showmanship. You'll learn where to find reliable poultry resources to help those members make the best better with their poultry experiences. Let's fluff those fancy feathers for a champion time! Limited to: 50 participants. Presented by: Betty Wingerter

- 513 Social Media Awareness** **Both**  
Social media is part of our everyday lives. We share our thoughts, accomplishments, life events on platforms that anyone can access. 4-H clubs use these platforms to easily communicate with their members, parents, and volunteers. This session outlines how information can easily get in the wrong hands, how to safeguard our youth and the 4-H program, and guidelines for best 4-H social media practices. Limited to: 100 participants. Presented by: Alisha Faudie
- 514 Learning How to Cope** **Both**  
Our learning objective is to identify that a mental health crisis in small communities exists. We will share facts and data collected from Ohio and our personal experiences. Join us in an open discussion about suicide and mental health and how this directly affects our 4-H community. We will share our experiences from this past summer and communicate how to better react and be conscious of our audiences and their mental health. The smallest interaction might have the largest impact on an individual. The strongest people are the ones who win battles we know nothing about. Limited to: 100 participants. Presented by: Jana Mussard & Janessa Hill
- 515 Sheep 101: So, You Want to Show a Sheep?** **Both**  
Many youth and advisors are hesitant to take on a livestock project; there are so many unknowns on time commitments, equipment, cost, and animal care. But sheep can be a perfect blend of large livestock experiences and a manageable time commitment. This session will outline the basics for facilities, nutrition, disease management, and show equipment to help a youth get started in a rewarding animal project. Come learn how to get your start in sheep today! Limited to: 50 participants. Presented by: Benjamin Wenner