

Ohio 4-H Conference



*Greater Columbus Convention
Center*

March 11, 2023



THE OHIO STATE UNIVERSITY
EXTENSION



Conference Information

Full-Time Registration

To register for the 2023 Ohio 4-H Conference, complete a registration form and return it to your county Extension office by the 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, 2023. 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 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 rooms 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 – 4:30 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: 60 participants. Presented by: Dr. Bob Horton
- 602 Quilts of Valor Both**
Come sew a square (beginner level) and contribute to a statewide service project! The mission of the Quilts of Valor Foundation is to cover service members and veterans touched by war with comforting and healing quilts. Members involved in this project have the potential to connect with veterans and gain a greater appreciation for their personal sacrifice. Workshop attendees will learn how to become involved in QoV (personally or as a club), specifications for quilts, and how to award quilts to veterans. The quilt squares made during the workshop will be sewn into a quilt for presentation at the 2023 4-H Quilt Day at the Ohio State Fair. Limited to: 50 Participants. Presented by: Christine Kendle & Kiersten Heckel
- 603 Caring Through Conflict: How to Manage Stress While Seeking Resolution 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 that we struggle and try to avoid at all costs. Resolving conflict is a trait sought after in most social roles. We are taught to navigate and "fix" as quickly as possible; but what about the stress that 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

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

- 101 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 in life is to become a person of integrity. Your age doesn't reflect your character, so all ages are encouraged to attend! Advisors, educators, teens, and parents could all benefit. The session includes a lecture, self-reflection, and a self-evaluation booklet. Limited to: 100 participants. Presented by: Amy Fleshman

- 102 4-H Ohio Urban Immersion Project Both**
 Ready for an adventure? The 4-H Urban Immersion Project (UIP) - Washington DC is a 4-day service-learning experience with youth from around Ohio that builds skills and abilities to prepare youth for success in a diverse workplace as well as build a cultural understanding of those who are different. The UIP combines cross-cultural learning, teamwork, and service learning in the urban environment of Washington, DC. Teens ages 15-18 are eligible for this experience. Come see past trip photos and hear past teen participants share about their UIP experience. Examples of program components detailed in this presentation includes diversity and the city experience, cooking in food groups, service projects around the issues of homelessness, metro challenge, ethnic food night, city-wide scavenger hunt, DC monument night tour, and the Latin American Youth Center. Limited to: 100 participants. Presented by: Steve Brady
- 103 So, You Want to Conduct a Skillathon? Skillathon Best Practices Adults**
 This presentation will introduce participants to the fundamentals of conducting a successful skillathon. Our goal is to display the options educators and fair coordinators have when holding a skillathon contest. We will walk through several topics including the purpose of skillathons, how to set up a contest, how to facilitate a contest, and examples of materials. We will provide time when participants may share some of their own ideas with the group to offer insight into what other counties are currently doing in their programs. Participants will leave with resources and tips that they may use within their own programs. Limited to: 100 participants. Presented by MacKenzie Dore & Dr. Benjamin Wenner
- 104 Sing a Song, Lead a Song Teens**
 Singing is an inclusive activity for all ranges of experience, but it also provides a leadership opportunity for those who have a passion for finding harmony. It is important to come together and take mental breaks that create happy moments, so why not sing a song? You will be equipped with tips and tricks on song leading so that you are prepared for camp this year! Limited to: 60 participants. Presented by Lydia Flores & Frances Fooks
- 105 Kicking Off Your Meetings on the Right Foot Adults**
 Tired of members coming into your meetings distracted or disconnected? Does limited space or resources stop your club from planning games or icebreakers? Come learn and play some simple, out-of-the-box, attention-grabbing games. The idea of these games are to engage everyone and not make people "get out of their comfort zone". Limited to: 100 participants. Presented by: Beth Guggenbiller
- 106 Older 4-H Youth Opportunities Teens**
 There are so many opportunities for 4-H'ers once they hit the age of 13 or 14 years old and many people do not know that they even exist! Come to the Teen Leadership Councils session to learn about all the different opportunities that you can get involved in to "make the best better." Learn application details, responsibilities, and deadlines associated with each opportunity and hear from 4-H members who have participated in them! Through this hands-on and informative session, TLC is ready to leave you with information about all the older 4-H opportunities for YOU! Limited to: 80 participants. Presented by: Haven Hileman, Matthew Swearingen & Other Ohio 4-H TLC Members.
- 107 Understanding the Winning 4-H Plan Both**
 This session will help you understand the Winning 4-H Plan (W4HP) and how it is used to create an inclusive environment. The Winning 4-H Plan is used to give those with disabilities access to 4-H through a combination of creating accessible programming, events, interactions, and spaces. The goal is to allow the individual maximum independence with minimal intervention from others. You will learn how the Winning 4-H Plan serves as the system used by Ohio 4-H uses to create an

accommodation plan for youth with disabilities, and how families request accommodations. The plan follows the youth through their club and project activities and creates a systematic way to notify judges during project evaluation experiences. Scenarios and examples will help teens and volunteers know how to think about inclusion as they plan club events and activities. Limited to: 80 participants. Presented by: Laryssa Hook, Jacki Bacca, Aubrey Fowler & Jessica Runkel.

- 108 Strategies for Promoting an Emotional Wellness Mindset Both**
Are you searching for new activities to boost engagement, connection, and emotional wellness during your 4-H meetings and events? No matter your group goals, a 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 that you can use to set the tone during meetings and events, as well as to build social and emotional wellness skills that support healthy relationships. Limited to: 80 participants. Presented by: Tyler Kessler
- 109 Are You Food and Fashion Ready? Both**
As an early career member participating in 4-H family and consumer science projects, learning what you don't know is half the battle. This session presents an exciting way to build basic project skills and encourage FCS project retention. By using a peer-led model, the Ross County Food and Fashion Board organized an introductory skill-building workshop for members interested in expanding their project knowledge. With rotations geared toward three project areas based on our county enrollment, including food and nutrition, cake decorating, and clothing and construction, 4-H'ers learned project-specific skills from teens, extension educators, and club volunteers. From covering judging and interview skills to learning how to model an outfit, the youth remained engaged and encouraged to continue growing in their personal project area. After the workshop, nearly 90% of participants said they planned to take another FCS project. Find out why! Limited to: 60 participants. Presented by: Ryan Kline, Lisa Barlage & Ross County Food and Fashion Board members
- 110 Cowboy Ethics as a Camp Counselor Teens**
Take your camp counselor skills to the next level by applying ten simple principles known as the Code of the West. Immerse yourself in the role as you "ride for the brand" of 4-H Camp! You will be known for courage, fairness, initiative, self-reliance, work ethic, and integrity. In honoring the cowboy way of life, you will inspire others to follow your lead. Limited to: 100 participants. Presented by: Jamie McConnell
- 111 Explore Ohio's New Computer Science Idea Starters Both**
Ohio 4-H is a leader in providing technology education to youth across the state. Our new Mobile Design Lab and partnerships with Apple and Google are making technology accessible to youth through 4-H programming. We are excited to launch new Self-Determined Idea Starters in the areas of Computer Science, Digital Media, and Video Design. Come explore these new project opportunities. Limited to: 50 participants. Presented by Christy Millhouse & Mark Light
- 112 No Upfront Out-of-Pocket Expense Animal Market Project Both**
Learn how Champaign County created the opportunity for youth with no place to keep animals or not financially able to afford an animal project. This project is the back to the foundation of why A.B. Graham started 4-H. Learn how the program was started, the amazing change in the youth participating, and tips on starting a similar program in your county. Limited to 100 participants. Presented by: Melinda Ryan & Lane Hollingsworth

- 113 Ohio 4-H Animal Sciences Program Update** **Both**
 Come learn what's new with 4-H Animal Sciences programming including Youth Quality Assurance, state livestock judging, upcoming clinics and contests, the future of state-level skillathons, and other Ohio State Fair youth livestock opportunities. The Ohio Department of Agriculture will also share any updates related to youth livestock exhibition. Limited to: 100 participants. Presented by: Elizabeth Share, Dr. Benjamin Wenner, Cindy Bodie & Dr. Dennis Summers.
- 114 Small Ruminant 201** **Both**
 Whether you are thinking about taking on a breeding project or you have been through a few lambing/kidding seasons, small ruminant birthing can become tricky. Understanding ewe/doe care and birthing scenarios can be quite helpful for the success of a lambing/kidding season. Gain knowledge on normal birthing positions, the birthing process, and potential problems that could arise during birth. It would be great if you could practice your delivery skills while you are not in the heat of the moment of a tense situation. Now you can! The lambing/kidding simulators will show participants how to diagnose and solve a variety of problems that could arise during birth. Come join us to sharpen your birthing skills. Limited to: 50 participants. Presented by: Jacci Smith.
- 115 A Welcome Kit of Possibilities** **Both**
 Do you struggle to break the ice at the beginning of club meetings? First impressions set the tone of 4-H club meetings. Members who feel welcome are more likely to be active participants in club activities and are more likely to stay involved in the 4-H program. Think of a time when you found yourself in a situation where you were the new person in a group. It was likely uncomfortable and easy for you to question why you should remain involved with the group. Maybe you stuck with it and after a meeting or two you felt more comfortable, or maybe you just removed yourself from the situation. Whether you stayed or left probably depended on if someone made you feel welcome. In this session, participants will receive club welcome kits filled with ready-to-use lesson plans and activity supplies to start every meeting off on the right foot! Limited to: 60 participants. Presented by: Rachel Stoneburner & Beth Boomershine
- 116 What's New with 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 your county can get involved. For current 4-H CARTEENS counties, the state design team will share a statewide update, plus review some of the new programming and teaching tools. Each current 4-H CARTEENS county that attends will get a "tool" to take home! Limited to: 60 participants. Presented by: Judy Villard-Overocker, Kathryn Hartline, Brenda Sandman-Stover, Allison Cooper & Tracie Montague
- 117 Rabbit Resources for a Successful Project Year** **Both**
 Rabbit resources are abundant, but where do we start with our learning? Ohio 4-H has a resource book, but there is so much more that we can use to increase our rabbit knowledge. Come learn about those "must-have" resources for ramping up your rabbit project success. New terminology, new breeds, new record book, - making sure you are staying up to date on rabbit information is a must for rabbit members and advisors. Limited to: 60 participants. Presented by: Travis West.
- 118 It's Your Project – Your Book – Own It!** **Both**
 It's your book: Read it; Use it; Fill it out. Come learn how to complete an outstanding project book. Limited to: 80 participants. Presented by: Alexa Fulk

- 119 Cloverbud Fundamentals** **Both**
 Becoming a 4-H Cloverbud is an exciting opportunity for young children to become involved in 4-H. Successful Cloverbud volunteers ensure that this first exposure to 4-H is fun, exciting, and educational so that the child will choose to continue to thrive in 4-H for years to come. Join us to learn what you need to know to successfully implement a thriving Cloverbud program with your own Cloverbud members. We will share program guidelines, expectations, and resources that you can easily access and use. This interactive session will provide hands-on opportunities to learn how to engage your members during your Cloverbud meetings. The session is geared towards beginning Cloverbud volunteers or those who would like an update on available resources. Limited to: 50 participants. Presented by: Rhonda Williams, Christy Millhouse, Rebecca Supinger & Bruce Zimmer
- 120 Let's Get Social! How to Form Positive Interactions with Others** **Teens**
 Getting along with others is a crucial aspect of our lives because it can set us up for success now and in the future. Are you ever taught how to do this? What are the signs of positive and negative interactions with others? How do you have conversations about difficult topics? Whether it is making new friends, keeping old friends, interacting with adults, or working within a 4-H club or group, there is always a way to increase the quality of your interactions. Come experience a variety of activities to learn more about how to positively engage with people from all backgrounds! Limited to: 50 participants. Presented by: Melanie Fuhrmann

Workshop B - 10:00 - 11:30 a.m.
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- 701 Real Money. Real World** **Teens**
 Real Money. Real World. (RMRW) is a financial literacy program for youth, produced by Ohio State University Extension. Now don't let the words "financial literacy" scare you... the program is FUN!!! Throughout the workshop, youth will learn about basic financial choices and participate in an interactive spending simulation that provides the opportunity to make lifestyle and budget choices similar to those made by young adults. Limited to: 50 participants. Presented by: Allison Cooper.
- 702 2023 Youth Livestock Quality Assurance** **Teens**
 Quality Assurance is a state required annual training that youth livestock exhibitors must complete to exhibit their livestock projects at the county and state levels. This workshop will be a full quality assurance training for any youth exhibitor that attends. If teens attend this workshop, they will have completed their training for 2023 and receive a certificate of completion to exhibit to their county professionals. Limited to: 50 participants. Presented by: Andrea Rees & Elizabeth Share
- 703 Back to the Basics Working With Wood Forever** **Both**
 Anyone can do this! Back to the Basics! Encouraging members to give working with wood a try! A simple skill that will stick with our members for their lifetime. Learning how to use basic tools for the simplest woodworking project. Hand tools and your muscles are the only requirements to build something with wood. Limited to: 50 participants. Presented by: Tom Gano.
- 704 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: O4HC Recognition Sub-Committee

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

- 201 Creative Solutions for Accommodating Everyone Adults**
There are a lot of decisions to make when planning events or meetings. Some are obvious: venue, menu, and program. Others are not obvious but can impact the whole event (a latex allergy can be triggered by balloons!) Learn the prevalence and impact of invisible disabilities and allergies, and how and when to request information so that you can plan a fully accessible event. We will also discuss ways to decorate your events without balloons, or other items that could trigger allergic reactions. Bring your creativity and we'll get this place decorated! Limited to: 60 participants. Presented by: Laura Akgerman, L. Scott Lissner & Morgan Domokos.
- 202 Come One, Come All! - Promoting 4-H Camp to Non-4-H Youth Both**
This session will focus on successful strategies to recruit non-community club members to 4-H camp. The strategies include utilizing local schools, and local media, and using teen camp counselors to help market the program. Changes made to the camping program to make it more appealing to youth will also be a focus. Session participants will be encouraged to share successes and challenges they have experienced when recruiting non-4-H members to camp. Limited to: 50 participants. Presented by: Mary Beth Albright.
- 203 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 county educators. 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. fair board 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 toward positive youth development! This will be an action-packed session that covers a lot of content. Limited to: 100 participants. Presented by: Amy Fleshman.
- 204 Thriving Together: The New 4-H Thriving Model Both**
The national 4-H program has recently adopted the 4-H Thriving Model to guide our youth development efforts. While 4-H may be over 100 years old, we can and must keep striving to make the best better by improving our practices and grounding those practices in solid youth development theory. Ohio 4-H is actively working to integrate the 4-H Thriving Model into our positive youth development practices. Limited to: 100 participants. Presented by: Nate Arnett
- 205 Tools to Survive and Thrive in High School and Beyond Teens**
Whether you are heading to college or plan to enter the workforce, there are some key skills you need to be successful. Put these life skills into practice to not only survive but THRIVE through young adulthood. Limited to: 100 participants. Presented by: Joy Bauman
- 206 How to Get Teens Involved in Teaching Officer Training Both**
This session focuses on how teens can get involved in teaching officer training within their county programs. Come to this session to learn how to build leadership skills, and new ways of presenting, and build on public speaking. Participants will leave with ideas of how to conduct their own officer training and some interactive lessons that can be taught with each respective officer position. Participants will learn more about officer positions that perhaps you didn't know before! This session will be educational and interactive. Limited to: 100 participants. Presented by: Seneca County Junior Leadership

- 207 Ohio 4-H Dog Program Overview** **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: Sara Deakin & State 4-H Dog Committee Members
- 208 How to Say Thank You to the Right People After a 4-H Event** **Both**
The value of a handwritten 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 ones that make 4-H happen, both with formal thank-you notes and other thoughtful gestures, events, or activities. Limited to: 60 participants. Presented by: Frances Foos & Lydia Flores
- 209 Kids-4-Cooking** **Adults**
Come learn about our after-school cooking class for 3rd-5th graders. The idea of the cooking program is the learn new recipes and cooking techniques while playing games, cooking, and food sampling. Participants joining this session will leave with lots of ideas and engage in a cooking lesson. Limited to: 50 participants. Presented by: Beth Guggenbiller
- 210 State Fair 101** **Both**
What is involved with participating at the state fair? How can I prepare for the state fair as a participant or a parent? Where can I find information regarding requirements, schedules, and procedures? What are the expectations of attending the state fair? Why do some counties have different requirements than the state fair? New categories for the state fair? These are all questions and many others that will be answered. Limited to: 60 participants. Presented by: Tammie Strawser
- 212 Learning Computer Science Through SPHERO Robotics** **Both**
Did you know that Ohio 4-H has over 750 Sphero Robots that could be borrowed from counties? Learn about the new Computer Science Idea Starter and program Sphero Robots in this hands-on session. With Lego EV3 robots being discontinued, this 4-H Computer Science project will offer an entry-level programmable robot for youth in 3rd-6th grade. These Spheros can also be checked out for a club meeting to use with your Cloverbuds or 4-H club meeting. Lesson plans will also be shared with teen or adult leaders to be able to implement them in their clubs. Limited to: 50 participants. Presented by: Mark Light, Christy Millhouse, Jessica George & Amanda Staley
- 213 Interactive Learning for Rabbit Project Members** **Both**
This session will present a hands-on opportunity for participants to learn about interactive experiences, such as breed I.D. and judging contests, that can enhance the learning of members enrolled in 4-H rabbit projects. Information will also be shared about statewide opportunities open to all Ohio 4-H rabbit project members, including events at the Ohio State Fair. Limited to: 60 participants. Presented by: Bridget Weigly-Moore, Don Howard & Travis West
- 214 Kickin' Up Your Club Engagement** **Both**
Do you find yourself asking the following questions as a 4-H volunteer or teen leader? Are there innovative ways to introduce the 4-H program to new members and families? Are you seeking more ways to engage current members with club activities? What community service projects are out there that can be simple for both large and small clubs alike, but have an enormous impact on your community? If you find yourself asking any of these questions, this is the session for you! The session presenters bring a wealth of knowledge and experience in presenting programs that

can be utilized in a club or county setting. Come and learn about programs that have been recognized on both state and national levels. They will leave you excited to start planning your next 4-H gathering! Limited to: 50 participants. Presented by: Jennifer Morlock & Liz Avers

- 215 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 from 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: 60 participants. Presented by: Jessica Rockey, Kathy Bruynis, Christy Clary & Teen Leadership Design Team Members
- 216 On Target with Ohio 4-H Shooting Sports** **Both**
Did you know that Ohio is ranked #2 in the nation for its 4-H Shooting Sports Program? Every year, hundreds of Ohio 4-H volunteers, youth, and junior leaders attend instructional workshops, 4-H Shooting Sports Educational camps, and even travel to the National 4-H Shooting Sports Competition. With all of these opportunities, now is the time to learn more and get involved! In this session, we are talking ALL things shooting sports -- from an introduction to the 4-H Shooting Sports program and what it takes to be a Shooting Sports Instructor, to being a Shooting Sports Camp counselor, building your youth development skills and your own personal coaching skills. This session will provide all of the tools you need to join our shooting sports family and experience the thrill for yourself. Open to adults and youth alike, so jump in on this exciting session and get the low-down on-the-top program that 4-H has to offer! Limited to: 50 participants. Presented by: Caitlyn Romshak & Tracy Winters
- 217 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 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: Members of Collegiate 4-H at Ohio State University
- 218 Livestock Hay: The Good, The Bad, The Economical** **Both**
Many 4-H projects require some hay in the diet, but hay can be expensive and confusing. Come to this session to have a discussion about hay: 1) what makes good versus bad hay, 2) how much should hay cost, and 3) how can I optimize when to use good versus bad hay in my animal's diet. Participants will practice their hand at hay evaluation and learn to focus on the nutrient data that should accompany an informed purchasing decision. Limited to: 50 participants. Presented by: Dr. Benjamin Wenner

- 219 Strategies for Promoting an Emotional Wellness Mindset Both**
 Are you searching for new activities to boost engagement, connection, and emotional wellness during your 4-H meetings and events? No matter your group goals, a 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 that you can use to set the tone during meetings and events, as well as to build social and emotional wellness skills that support healthy relationships. Limited to: 80 participants. Presented by: Tyler Kessler
- 220 Cloverbud Fundamentals Both**
 Becoming a 4-H Cloverbud is an exciting opportunity for young children to become involved in 4-H. Successful Cloverbud volunteers ensure that this first exposure to 4-H is fun, exciting, and educational so that the child will choose to continue to thrive in 4-H for years to come. Join us to learn what you need to know to successfully implement a thriving Cloverbud program with your own Cloverbud members. We will share program guidelines, expectations, and resources that you can easily access and use. This interactive session will provide hands-on opportunities to learn how to engage your members during your Cloverbud meetings. The session is geared towards beginning Cloverbud volunteers or those who would like an update on available resources. Limited to: 50 participants. Presented by: Rhonda Williams, Christy Millhouse, Rebecca Supinger & Bruce Zimmer

<p>Session 3 - 11:00 - 11:45 a.m.</p>
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- 301 Are You a Parli “Pro”? Both**
 Is your club struggling with long boring business meetings? Solve the problem with a few simple steps to implement effective parliamentary procedure strategies. Participants in this session will receive lesson plans and kits to utilize in their clubs that will help even the youngest members become savvy parliamentarians. The lesson plans and supplies will equip club volunteers with everything they need to learn and teach members about business meeting etiquette and proper procedures. This fun engaging session will boost the confidence of any club volunteer and get them recharged for productive meetings. Limited to: 60 participants. Presented by: Beth Boomershine & Rachel Stoneburner
- 302 JENGA! BULDZ!! Spot It! Both**
 Not just fun words to yell out but great interactive games to use with any group to build engagement, communication, critical thinking, and team building. Learn different ways to play these family favorites to keep your 4-H members and adults coming back for more. Limited to: 60 participants. Presented by: Audrey Dimmerling & Ashlee Meardith
- 303 Selection to Show Ring: Swine 101 Both**
 This presentation will involve a brief overview of how to become successful raising show pigs. We will discuss anything from the selection of show pigs to showmanship. Both of us have exhibited swine at the county, state, and national levels and are excited to share some of the tips and tricks that lead to our success in the show ring. Limited to: 100 participants. Presented by: MacKenzie Dore & Derek Barker

- 304 Fabric Frenzy: A Way to Build Your Community and Your Bank! Both**
 Fabric Frenzy is a wonderful event that can help your community, 4-H members, and your county funds! Fabric Frenzy was started in Mahoning County in 2019 to help 4-H members with sewing projects by offering them affordable fabric and practice pieces of a wide variety of fabric types and colors. This totally donated event continues to grow and change each year but remains a constant help to our community and 4-H members. In fact, this year we opened the Fabric Frenzy up to surrounding counties and managed to help a young lady win a clock trophy at the state fair! Limited to: 100 participants. Presented by: Kristen Eisenhauer
- 305 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 a leader teaching the other teachers? As a counselor, how do you best share knowledge and instructions with other peer counselors? This session aims to teach camp counselors how to make their camp the best it can be! Come to this session and unlock the best tips and tricks on how to teach and facilitate your favorite aspects of camp from song leading to team building! Limited to: 80 participants. Presented by: Haven Hileman, Matthew Swearingen & Ohio 4-H TLC Members.
- 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 a 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 From Start to Finish- Information to Celebration Both**
 Although many people think there is a 4-H "season" we know that the program works all year around. Learn how two different counties, at opposite ends of the state focus on different parts of the year to inform and celebrate youth, families, and volunteers. We will cover a 4-H Open House, which highlights all parts of the 4-H program, and finish with a 4-H Celebration, highlighting award winners from throughout the year. Come prepared to share your successful large county events as we will open up the floor for discussion. Limited to: 80 participants. Presented by: Janessa Hill, Ella Lorentz, Molly Avers & Amy Michaels.
- 308 Adulting 101: Clothing Edition Both**
 Adulting comes at you fast after high school as you head to college or apartment life. Clothing care mistakes can be costly if you ruin your clothes. Learning to do simple repairs (even without a sewing machine) can extend wear and decrease the need of adding usable clothing to landfills. Let the 2023 State 4-H Fashion Board give you tips on taking care of clothing. This interactive session will allow teens to pick two topics among clothing button basics, restoration, ironing basics, and surviving laundry. Limited to: 60 participants. Presented by: Laryssa Hook & Ohio 4-H State Fashion Board Members.
- 309 Hear it Here First: The College Experience From 4-H Alumni Both**
 Taking your head, heart, hands, and health to new heights through higher education opportunities. Join us to hear directly from students on how 4-H involvement enhances your experiences and impacts your leadership offerings through continued education. Limited to: 100 participants. Presented by: Margo Long, Jill Hampshire, Dave Dietrich & Hannah Zimmerman

- 310 4-H Travel Clubs: How to Plan an Interstate Exchange Both**
 This presentation will outline the Lake County Interstate Exchange Program. The interstate exchange program is where a county 4-H club in one state is connected with a county 4-H club in another state. This presentation will outline the mission and purpose of the program, the requirements to participate, how to secure an exchange, the matching up of youth, costs, fundraising, planning efforts, and some of our experiences. Limited to: 100 participants. Presented by: Lisa Manning.
- 311 Talk 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 and 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 round-table 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, Lisa Peterson, Carolyn Eselgroth & Mary Roediger.
- 312 Working with Teens? How Can We Help You? Adults**
 Are you an adult volunteer working with teens? Do you need more resources for this specific audience? Or do you have some great ideas and resources to share? Are you aware of all that Ohio 4-H has to offer our teen members? In this session, 4-H professionals from the Ohio 4-H Teen Leadership Design Team will share existing opportunities and resources and lead a roundtable discussion on how we can help meet the needs of our volunteers working with teens around the state! Limited to: 60 participants. Presented by: Jessica Rockey, Jo Williams, Katie Cole & Teen Leadership Design Team Members.
- 313 LGBT – Alphabet Soup Adults**
 This session is for adults who want to learn more about diversity and inclusion in their club, community, country, and world! Join us to discuss how 4-H is being inclusive to the LGBT+ community and what we can do to support youth in our clubs and beyond! Limited to: 80 participants. Presented by: Chris Sweet
- 314 Skillathons, They Come in all Shapes and Sizes Both**
 Skillathons operate and look different in every county. Having enough manpower can often be one of the hurdles counties have to overcome, to make skillathons happen. Come discuss various methods for operating skillathons. Learn about the modifications Fayette County utilizes to make this mandatory piece of our program come to life. Limited to: 80 participants. Presented by: Lydia Ulry, Ken Ford & Kim Hoppes
- 315 Good Communication: It Works For Those Who Work At It! Adults**
 Good communication skills and practices by 4-H volunteers can make a difference in a successful 4-H program. If 4-H volunteers can identify good ways to deal with others in both positive and sensitive situations, their likelihood of success increases. Through hands-on activities and learning from each other, participants will practice ways to deal with people in all types of situations. Good communication will become a tool to foster 4-H program growth and make programs/activities run smoother. Limited to: 80 participants. Presented by: Judy Villard Overocker

- 316 Growing 4-H Through Teen Volunteers** **Both**
 Scioto County 4-H utilizes teen volunteers to teach and promote 4-H programs at various events throughout the year. In training older youth in the county to teach and promote, teens gain usable skills and then serve as program ambassadors in the process. These teens and their advisors will share interactive training used with the teens and ideas on program planning for many of the countywide events they work on each year. Limited to: 60 participants. Presented by: Jo Williams, Lynn Harting & Scioto County Teen Leaders.
- 317 4-H Poultry 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 with 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: 60 participants. Presented by: Betty Wingerter
- 318 New and Revised 4-H Projects** **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, STEM, and workforce development. We have new idea starters too. This is an opportunity to weigh in on curriculum concerns too. Feedback from volunteers and members informs our work as we continue to offer opportunities through the curriculum. Limited to: 50 participants. Presented by: Jane Wright
- 319 2023 Cloverbud Engineering Adventures** **Both**
 The Ohio 4-H Cloverbud Engineering Adventure (formerly 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 engineering adventure and how the Cloverbuds can attend a regional showcase to share their experience, model, and poster with an interview team. The session will share tips on how to organize and prepare your Cloverbuds for the 2023 adventure and learn more about the 2023 theme. Limited to: 60 participants. Presented by: Bruce Zimmer, Christy Millhouse, Rhonda Williams & Rebecca Supinger
- 320 Explore Ohio's New Computer Science Idea Starters** **Both**
 Ohio 4-H is a leader in providing technology education to youth across the state. Our new Mobile Design Lab and partnerships with Apple and Google are making technology accessible to youth through 4-H programming. We are excited to launch new Self-Determined Idea Starters in the areas of Computer Science, Digital Media, and Video Design. Come explore these new project opportunities. Limited to: 50 participants. Presented by Christy Millhouse & Mark Light
- 321 Kickin' Up Your Club Engagement** **Both**
 Do you find yourself asking the following questions as a 4-H Volunteer or Teen Leader? Are there innovative ways to introduce the 4-H program to new members and families? Are you seeking more ways to engage current members with club activities? What community service projects are out there that can be simple for both large and small clubs alike, but have an enormous impact on your community? If you find yourself asking any of these questions, this is the session for you! Session presenters bring a wealth of knowledge and experience in presenting programs that can be utilized in a club or county setting. Come and learn about programs that have been recognized on both state and national levels. They will leave you excited to start planning your next 4-H gathering! Limited to: 50 participants. Presented by: Jennifer Morlock & Liz Avers

322 Ohio 4-H Animal Sciences Program Update **Both**
Come learn what's new with 4-H Animal Sciences programming including Youth Quality Assurance, state livestock judging, upcoming clinics and contests, the future of state-level skillathons, and other Ohio State Fair youth livestock opportunities. The Ohio Department of Agriculture will also share any updates related to youth livestock exhibition. Limited to: 100 participants. Presented by: Elizabeth Share, Dr. Benjamin Wenner, Cindy Bodie & Dr. Dennis Summers.

323 It's Your Project – Your Book – Own It! **Both**
It's your book: Read it; Use it; Fill it out. Come learn how to complete an outstanding project book. Limited to: 80 participants. Presented by: Alexa Fulk

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

801 Sew and Go! **Both**
Adults and youth collaborate on this fun and friendly program that is suitable for all ages who may want to learn basic sewing skills. Come ready to construct a 4-H Pin Pillow and be able to teach this project at your next club meeting or youth event. Skills gained will be: operating a sewing machine in a safe manner; reading and cutting out a pattern; and hand stitching. Holding a "Sew and Go" in your county is beneficial because it teaches a life skill that can be applied for everyday use - including sewing on a button or even hemming a pair of pants or a formal dress. This workshop will show that sewing is a fun art that is still relevant in the 21st Century! Limited to: 50 participants. Presented by: Emily Masters & Erin Simpson–Sloan.

802 Amazing Race to Quality Animal Care **Teens**
During this workshop, you will uncover good production practices of quality animal care through activities and solving clues to move on to your next adventure. This workshop will meet the requirements of Quality Assurance in Ohio for 2023. Participants will receive a QA certificate upon completion. Limited to: 50 participants. Presented by: Melinda Ryan & Champaign County 4-H Youth Board Members.

803 The BIG Camp Mambo **Teens**
Join us as we explore some of the greatest camp songs, camp games, and camp activities. It's sure to be a good time. Limited to: 50 participants. Presented by: Crystal Sheppard & Angela Collie.

804 Back to the Basics Working With Wood Forever **Both**
Anyone can do this! Back to the Basics! Encouraging members to give working with wood a try! A simple skill that will stick with our members for their lifetime. Learning how to use basic tools for the simplest woodworking project. Hand tools and your muscles are the only requirements to build something with wood. Limited to: 50 participants. Presented by: Tom Gano.

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: 60 participants. Presented by: Dr. Bob Horton.

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

- 401 Nature Games** **Both**
Learn and take away some great easy games for your club meeting all with a nature-related topic. This is a great way to stimulate an interest in our natural world through creative play. Let's learn while having fun!!! Limited to: 60 participants. Presented by: Becky Barker.
- 402 4-H Club Audits and Visits** **Adults**
The Seneca County 4-H Advisory Council, along with 4-H Educator Katie Cole, have implemented 4-H Club visits and audits. Five clubs are randomly selected for club audits annually and 10 clubs are randomly selected for visits annually. The intent of audits is to ensure all clubs are following the correct financial guidelines as suggested by the Extension office. This also protects the treasurer, club, advisors, and Extension office in the case of any financial issues or challenges. The intent of club visits is to help support and advise on club structure and observe how club meetings are run. This is a way for us to help improve meeting structure if need be and provide feedback. Limited to: 100 participants. Presented by: Kate Cole & Seneca County 4-H Advisory Council.
- 403 Keeping Teens Involved in Camping and Beyond** **Both**
Southern Ohio 4-H Teen Camp and Teen Winter Retreat offer unique 4-H camping experiences for teens ages 13-18 in which youth can try new things and interact in a positive environment. This allows older youth to stay involved in 4-H camping programs. Teens gain valuable life skills including communicating and working with others, public speaking, socialization, and leadership skills. During the summer teen camp, youth are led by trained counselors and staff who plan the camp. Teens participate in a positive social experience while taking part in unique leadership opportunities. At Teen Winter Retreat, youth have the chance to meet new people as well as reunite with old friends. They explore the topics of teamwork, leadership, and communication while interacting with other teens from across Southern Ohio. Limited to: 60 participants. Presented by: Erin Dailey, Kristy Watters, Maddie Allman & Southern Ohio 4-H Teens.
- 404 Officer Resources** **Both**
Officer resources will be shared. Limited to: 80 participants. Presented by: Audrey Dimmerling & Michelle Fehr.
- 405 Leadership Opportunities for Teens to Take on Health** **Both**
Health -- it's the 4th H! As participants in this program -- teens have the opportunity to represent 4-H and promote healthy living in their communities. Through Ohio 4-H Health HEROES, teens 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. Learn about how to become involved in this local and state-level program; experience a sampling of healthy living activities; and become inspired by how our members are taking on health in their families, clubs, schools, and communities. Limited to: 50 participants. Presented by: Theresa Ferrari, Justin Bower & Teen Health HEROES Members
- 406 4-H Fundamentals of Club Management: Club Files and Finances** **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, by-laws, Insurance, and the best way to manage club funds. Limited to: 50 participants. Presented by: Jenna Hoyt & Jeff Dick

- 407 Youth Activities and Programs Policy Training Adults**
Participants will discuss the new Youth Activities and Programs Policy (formerly Policy 1.50). Limited to: 80 participants. Presented by: Lisa Manning
- 408 True Leaders in Service: Fostering Learning Through Service Both**
Each year, thousands of 4-H members across Ohio pledge their hands to larger service. 4-H'ers and volunteers work side-by-side, rolling up their sleeves to put their pledge into action through service learning. It is sometimes challenging to identify new service projects or to participate in projects that meet a real need. Join us to learn 1) the process of identifying needs within your community, 2) how to identify a project that everyone supports, and 3) ways to foster youth to lead positive change in their communities. True leaders are made when they are engaged in service learning and empowered to lead positive change in their communities. Limited to: 60 participants. Presented by: Kelly Royalty & Mackenzie Mahon
- 409 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
- 410 Preparing for Important 4-H Events: Am I Ready? Teens**
As teens move through their years of 4-H experience, the number of opportunities grows. Many of those opportunities require expanded leadership skills and the ability to speak to others. Learn how to prepare for the king/queen interviews, camp counseling, junior fair board leadership, judging contests, teen leadership council, working with legislators, etc. with some important tools of public speaking. Participants will get some hands-on experience in speaking to others and preparing for those important events back in the county or at the state level by participating in this session. Limited to: 60 participants. Presented by: Judy Villard Overocker
- 411 Creative Solutions for Accomodating Everyone Adults**
There are a lot of decisions to make when planning events or meetings. Some are obvious: venue, menu, and program. Others are not obvious but can impact the whole event (a latex allergy can be triggered by balloons!) Learn the prevalence and impact of invisible disabilities and allergies, and how and when to request information so that you can plan a fully accessible event. We will also discuss ways to decorate your events without balloons, or other items that could trigger allergic reactions. Bring your creativity and we'll get this place decorated! Limited to: 60 participants. Presented by: Laura Akgerman, L. Scott Lissner & Morgan Domokos.
- 412 Come One, Come All! - Promoting 4-H Camp to Non-4-H Youth Both**
This session will focus on successful strategies to recruit non-community club members to 4-H camp. These strategies include utilizing local schools, and local media, and using teen camp counselors to help market the program. Changes made to the camping program to make it more appealing to youth will also be a focus. Session participants will be encouraged to share successes and challenges they have experienced when recruiting non-4-H members to camp. Limited to: 50 participants. Presented by: Mary Beth Albright.
- 413 Tools to Survive and Thrive in High School and Beyond Teens**
Whether you are heading to college or plan to enter the workforce, there are some key skills you need to be successful. Put these life skills into practice to not only survive but THRIVE through young adulthood. Limited to: 100 participants. Presented by: Joy Bauman

- 414 Kicking off Your Meetings on the Right Foot** **Adults**
Tired of members coming into your meetings distracted or disconnected? Do limited space or resources stop your club from planning games or icebreakers? Come learn and play some simple, out-of-the-box attention-grabbing games. The idea of these games are to engage everyone and not make people "get out of their comfort zone". Limited to: 100 participants. Presented by: Beth Guggenbiller
- 415 From Start to Finish- Information to Celebration** **Both**
Although many people think there is a 4-H "season" we know that the program works all year around. Learn how two different counties, at opposite ends of the state focus on different parts of the year to inform and celebrate youth, families, and volunteers. We will cover a 4-H Open House, which highlights all parts of the 4-H program, and finish with a 4-H Celebration, highlighting award winners from throughout the year. Come prepared to share your successful large county events as we will open up the floor for discussion. Limited to: 80 participants. Presented by: Janessa Hill, Ella Lorentz, Molly Avers & Amy Michaels.
- 416 State Fair 101** **Both**
What is involved with attending the State Fair? How can I prepare for the state fair as a participant or a parent? Where can I find information regarding requirements, schedules, and procedures? What are the expectations of attending the state fair? Why do some counties have different requirements than the state fair? New categories for the state fair? These are all questions and many others that will be answered. Limited to: 60 participants. Presented by: Tammie Strawser
- 417 Ohio State Fair Clothing Judging and Related Opportunities** **Both**
Clothing judging can be a little daunting, especially for those who are early in their 4-H clothing career! During this session, participants will learn about 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: 50 participants. Presented by: Christine Kendle, Shannon Carter, Jami Dellfield & Larysa Hook
- 418 Learning Computer Science Through SPHERO Robotics** **Both**
Did you know that Ohio 4-H has over 750 Sphero Robots that could be borrowed from over 50 counties? Learn about the new Computer Science Idea Starter and program Sphero Robots in this hands-on session. With Lego EV3 robots being discontinued, this 4-H Computer Science project will offer an entry-level programmable robot for youth in 3rd-6th grade. These Spheros can also be checked out for a club meeting to use with your Cloverbuds or 4-H Club meeting. Lesson plans will also be shared with teen or adult leaders to be able to implement in their clubs. Limited to: 50 participants. Presented by: Mark Light, Christy Millhouse, Jessica George & Amanda Staley
- 419 Hear it Here First: The College Experience From 4-H Alumni** **Both**
Taking your head, heart, hands, and health to new heights through higher education opportunities. Join us to hear directly from students on how 4-H involvement enhances your experiences and impacts your leadership offerings through continued education. Limited to: 100 participants. Presented by: Margo Long, Jill Hampshire, Dave Dietrich & Hannah Zimmerman
- 420 Small Ruminant 201** **Both**
Whether you are thinking about taking on a breeding project or you have been through a few lambing/kidding seasons, small ruminant birthing can become tricky. Understanding ewe/doe care and birthing scenarios can be quite helpful for the success of a lambing/kidding season. Gain knowledge on normal birthing positions, the birthing process, and potential problems that could arise during birth. It would be

great if you could practice your delivery skills while you are not in the heat of the moment of a tense situation. Now you can! The lambing/kidding simulators will show participants how to diagnose and solve a variety of problems that could arise during birth. Come join us to sharpen your birthing skills. Limited to: 50 participants. Presented by: Jacci Smith.

421 What's New with 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 your county can get involved. For current 4-H CARTEENS counties, the state design team will share a statewide update, plus review some of the new programming and teaching tools. Each current 4-H CARTEENS county that attends will get a "tool" to take home! Limited to: 60 participants. Presented by: Judy Villard-Overocker, Kathryn Hartline, Brenda Sandman-Stover, Allison Cooper & Tracie Montague

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

501 Organizing a Livestock Disability Show 101

Both

Come learn the ins and outs of organizing a livestock disability show at your county fair. We will discuss the steps in which it takes to get a disability show off the ground and running. Limited to: 50 participants. Presented by: Kaytlyn Graver

502 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

503 Carpet Square Team Building

Both

Carpet squares are easily attainable and can be used in a variety of fun ways to promote team building, encourage problem-solving skills, and just have fun. Participants will leave with ideas (and a handout with tried-and-true carpet square activities) to incorporate into their club recreation time, junior leader meetings, and even camp activities. Limited to: 50 participants. Presented by: Christine Kendle

504 Tools for Driving Emotional Wellness in Ohio 4-H

Adults

Do you desire new lessons and language for emphasizing mental, social, and emotional wellness during volunteer and staff training? Are you searching for new opportunities to grow relationships and boost emotional wellness across 4-H settings? The Emotional Wellness Task Force has been working to produce fun, practical lesson plans and strategies to intentionally grow our Ohio 4-H emotional wellness tool kit. No matter your place in 4-H, it is more important than ever to integrate social and emotional wellness into our daily work! Join members of the Emotional Wellness Task Force as we demonstrate new, ready-to-use activities for cultivating social-emotional connections. Jump right in as we share a ready approach for growing the emotional wellness toolkits of all 4-H people! Limited to: 60 participants. Presented by: Tyler Kessler, Justin Bower, Rhonda Williams & Rachael Fraley

- 505 Redefining Career Readiness** **Adults**
 All young people deserve to be career-minded AND college-minded while being prepared to further their education AND the world of work. Learn how the Ohio 4-H Pathways to the Future program is designed to redefine the path to career readiness in the 21st century to prepare tomorrow's workforce. Limited to: 100 participants. Presented by: Margo Long
- 506 Communication Through Conflict at Camp** **Teens**
 Conflict is a part of life, and it certainly happens at camp! Four easy-to-remember steps can help you manage stressful situations with your peers and teach campers conflict management skills. Respond, Resolve, Restore and Refocus to help everyone have a great time at camp! Limited to: 100 Participants. Presented by: Jamie McConnell
- 507 Update for 4-H Master Clothing Educator Volunteers (4-H MCEV)** **Adults**
 This session is for 4-H Master Clothing Educator Volunteers, 4-H volunteers working on becoming 4-H MCEV, and those interested in learning more about the statewide program. During the session, we will discuss the requirements to become a 4-H MCEV, the requirements to maintain status, and plans for 2023. Limited to: 50 participants. Presented by: Pamela Montgomery
- 508 Are You a Parli "Pro"?** **Teens**
 Is your club struggling with long boring business meetings? Solve the problem with a few simple steps to implement effective parliamentary procedure strategies. Participants in this session will receive lesson plans and kits to utilize in their clubs that will help even the youngest members become savvy parliamentarians. The lesson plans and supplies will equip club volunteers with everything they need to learn and teach members about business meeting etiquette and proper procedures. This fun engaging session will boost the confidence of any club volunteer and get them recharged for productive meetings. Limited to: 60 participants. Presented by: Beth Boomershine & Rachel Stoneburner
- 509 JENGA! BULDZ!! Spot It!** **Both**
 Not just fun words to yell out but great interactive games to use with any group to build engagement, communication, critical thinking, and team building. Learn different ways to play these family favorites to keep your 4-H members and adults coming back for more. Limited to: 60 participants. Presented by: Audrey Dimmerling & Ashlee Meardith
- 510 Sing a Song, Lead a Song** **Teens**
 Singing is an inclusive activity for all ranges of experience, but it also provides a leadership opportunity for those who have a passion in finding harmony. It is important to come together and take mental breaks that create happy moments, so why not sing a song? You will be equipped with tips and tricks on song leading so that you are prepared for camp this year! Limited to: 60 participants. Presented by Lydia Flores & Frances Foes
- 511 Are You Food and Fashion Ready?** **Both**
 As an early career member participating in 4-H family and consumer science projects, learning what you don't know is half the battle. This session presents an exciting way to build basic project skills and encourage FCS project retention. By using a peer-led model, the Ross County Food and Fashion Board organized an introductory skill-building workshop for members interested in expanding their project knowledge. With rotations geared toward three project areas based on our county enrollment, including food and nutrition, cake decorating, and clothing and construction, 4-Hers learned project-specific skills from teens, Extension educators, and club and community volunteers. From covering judging and interview skills to learning how to style and model an outfit, the youth remained engaged and encouraged to continue

growing in their personal project area. After the workshop, nearly 90% of participants said they planned to take another FCS project. Find out why! Limited to: 60 participants. Presented by: Ryan Kline, Lisa Barlage & Ross County Food and Fashion Board members

- 512 Working with Teens? How Can We Help You? Adults**
Are you an adult volunteer working with teens? Do you need more resources for this specific audience? Or do you have some great ideas and resources to share? Are you aware of all that Ohio 4-H has to offer our teen members? In this session, 4-H professionals from the Ohio 4-H Teen Leadership Design Team will share existing opportunities and resources and lead a roundtable discussion on how we can help meet the needs of our volunteers working with teens around the state! Limited to: 60 participants. Presented by: Jessica Rockey, Jo Williams, Katie Cole & Teen Leadership Design Team Members.
- 513 New and Revised 4-H Projects 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, STEM, and workforce development. We have new idea starters too. This is an opportunity to weigh in on curriculum concerns too. Feedback from volunteers and members informs our work as we continue to offer opportunities through the curriculum. Limited to: 50 participants. Presented by: Jane Wright
- 514 2023 Cloverbud Engineering Adventures Both**
The Ohio 4-H Cloverbud Engineering Adventure (formerly 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 engineering adventure and how the Cloverbuds can attend a regional showcase to share their experience, model, and poster with an interview team. The session will share tips on how to organize and prepare your Cloverbuds for the 2023 adventure and learn more about the 2023 theme. Limited to: 60 participants. Presented by: Bruce Zimmer, Christy Millhouse, Rhonda Williams & Rebecca Supinger
- 515 Let's Get Social! How to Form Positive Interactions With Others Teens**
Getting along with others is a crucial aspect of our lives because it can set us up for success now and in the future. Are you ever taught how to do this? What are the signs of positive and negative interactions with others? How do you have conversations about difficult topics? Whether it is making new friends, keeping old friends, interacting with adults, or working within a 4-H club or group, there is always a way to increase the quality of your interactions. Come experience a variety of activities to learn more about how to positively engage with people from all backgrounds! Limited to: 50 participants. Presented by: Melanie Fuhrmann
- 516 4-H Fundamentals of Club Management: Club Files and Finances 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

517 Older 4-H Youth Opportunities

Teens

There are so many opportunities for 4-H'ers once they hit the age of 13 or 14 years old and many people do not know that they even exist! Come to the Teen Leadership Councils session to learn about all the different opportunities that you can get involved in to "make the best better." Learn application details, responsibilities, and deadlines associated with each opportunity and hear from 4-H members who have participated in them! Through this hands-on and informative session, TLC is ready to leave you with information about all the older 4-H opportunities for YOU! Limited to: 80 participants. Presented by: Haven Hileman, Matthew Swearingen & Other Ohio 4-H TLC Members.

518 Youth Activities and Programs Policy Training

Adults

Participants will discuss the new Youth Activities and Programs Policy (formerly Policy 1.50). Limited to: 80 participants. Presented by: Lisa Manning