

Ohio 4-H



(Virtual) Conference

February 20, 2021

February 23, 2021

February 25, 2021



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



Conference Information

Full Time Registration

Please visit this website for complete registration information: www.go.osu.edu/2021O4HC. There is no fee to register for the 2021 virtual conference.

Cancellation Policy

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 sessions, indicate your first, second, and third choices for each time period on the registration form.
- **Please note that some sessions are for Teens, Adults, or Both Adults and Teens. For example: if you are an adult, you cannot sign up for a Teens session.**
- **There are a number of “double sessions” offered. They are indicated (double session) near the title of the session.**
- All sessions will be filled on a first-come basis.
- Sessions will last 35 minutes.

Conference Schedule (2/20/21)

(Subject to change)

9:00 a.m.	Session 1
9:40 a.m.	Session 2
10:20 a.m.	Session 3
11:00 a.m.	Session 4
1:00 p.m.	Session 5
1:40 p.m.	Session 6
2:20 p.m.	Session 7
3:00 p.m.	Session 8

Conference Schedule (2/23/21)

(Subject to change)

7:00 p.m.	Session 9
7:40 p.m.	Session 10
8:20 p.m.	Session 11

Conference Schedule (2/25/21)

(Subject to change)

7:00 p.m.	Session 12
7:40 p.m.	Session 13
8:20 p.m.	Session 14

Educational Sessions

Session 1 - 9:00 - 9:35 a.m.

- 101 Understanding Trauma and Its Impact on Youth (double session) Adults**
According to Ohio Mental Health and Addiction Services, 48% of our teens have lived through at least one adverse childhood experience. These ACEs can cause trauma that has lasting impact on a young person's development. Trauma can affect an individual physically, mentally, socially, and emotionally. As an adult who works with young people, being trauma-informed can help you ensure our 4-H youth have a safe environment to learn and grow. A trauma-Informed approach teaches that everyone experiences trauma differently, and instead of asking "what is wrong with you," we should ask "what happened to you." By seeking to understand the reasons behind maladaptive behaviors, we can help our youth develop positive coping mechanisms. This double session will help you understand the basics of trauma and how it impacts youth development. We will look at different types of trauma, brain development, and how to use a trauma informed approach to provide the BEST 4-H experience possible. Limited to 40 participants. Presenters: Amanda Raines & Jami Dellifield
- 102 Tips for Teens Video Series Both**
Have you seen the weekly Tips for Teens videos? This session will introduce participants to the Tips for Teens video series and how to access and locate them. These videos are a statewide effort between all departments of Ohio State University Extension to help teens thrive and build on life skills. Topics include basic banking, laundry, simple recipes, car maintenance, mindfulness, workforce prep, and self-care. There have been nearly 45 videos created to-date! By attending this session, you will be better equipped to take on everyday life and adulthood! Limited to 80 participants. Presenter: Katie Cole & Lorrissa Dunfee
- 103 2021 4-H Curriculum--New and Revised Project Books Both**
Lots of exciting new changes in the lineup this year! Tune in to learn about NEW titles in healthy living, workforce prep, and natural resources. There are also plenty of REVISED favorites: Uniform Rules, Sew for Others, the photography series, and three more titles in shooting sports. Three new idea starters are being offered, too. We've got you covered with LOTS of ways to obtain project books this year! Download one for free, order through the county office (maybe!), order online for direct delivery to your home, or create your own self-determined project. Let us introduce you to our store. Hear all the options and find the best fit for you. Limited to 100 or more participants. Presenters: Jane Wright & Dave Davisson
- 104 Kids-4-Cooking Adults**
This class is geared for 3rd-5th graders who want to learn more about cooking. The participants learn new recipes and cooking techniques with hands-on activities. The afternoon is full of games, recipes, food sampling and fun! The presenter will share the various themes, topics, and recipes used in previous cooking classes. Limited to 100 or more participants. Presenter:: Beth Guggenbiller

105 Medicine Science & Safety**Both**

Medications can help us live longer and healthier lives, but only when used as directed by a healthcare professional. Medication misuse can impact people of all ages and lead to a range of social, legal, and health problems. Therefore, understanding medication safety is critical, as it helps us make choices that keep us safe around medicine or when using medicine. Generation Rx is a national prevention program that provides free, evidence-informed resources to address these concerns and teach medication safety. Recently, Generation Rx and Ohio 4-H collaborated to develop a 4-H medication safety project book for youth in grades four-six. This session will teach participants key, safe medication principles through several virtual activities from both the project book and the Generation Rx toolkits. This training will empower 4-H leaders and participants to become safe medication use champions in their local communities. Limited to 100 or more participants. Presenter: Cynthia Canan

Session 2 - 9:40 - 10:15 a.m.**202 Supporting Youth in 4-H Workforce Development****Adults**

Employers and colleges want people with the skills that youth practice regularly through their 4-H experience. The ability to describe the 4-H experience can make a tremendous difference in a youth's success. Career choices are some of the biggest decisions youth will make and they can only aspire to what they know. The pace of change is so rapid that the jobs of tomorrow, in some cases, do not even exist today. In this session you will learn the critical skills employers are seeking, how to support youth in describing their 4-H experience for maximum impact, help youth learn more about in-demand careers, and more. Limited to 100 or more participants. Presenter: Nate Arnett

203 Ohio 4-H Foundation: Learn How it Impacts 4-H Locally**Adults**

The Ohio 4-H Foundation Board exists to promote and expand the Ohio 4-H Youth Development program, recognize members and volunteers, and solicit contributions, gifts, and grants for Ohio 4-H. In this session, the Ohio 4-H Foundation executive committee will share how the current Ohio 4-H Foundation Board supports Ohio 4-H. The session will include information about the Foundation's mission, purpose, and membership, as well as current Foundation efforts. The session also will focus on ways the 4-H Foundation can help support local county 4-H endowments, ways to connect with the board through social media, and how educators can apply for grants for local programming. Join us to find out how the Foundation supports Ohio 4-H in every county through partnerships and fundraising that makes an impact! Limited to 80 participants. Presenter: Crystal Ott

204 Your Club CAN Meet Virtually**Both**

Club activities are a foundational piece of the 4-H program. Although it may look different, educational experiences and relationship building can take place in a virtual environment with a positive attitude and out-of-the-box thinking. This session will provide a tool box to help volunteers and teen club leaders successfully conduct virtual club activities, with many strategies that can also be used in-person. The tool box includes complete club meeting agendas and the resources to conduct suggested activities. Limited to 100 or more participants. Presenters: Jamie McConnell & Audrey Dimmerling

205 Expanding Youth Horizons as a 4-H SPIN Club Presenter Both
Do you have a special talent or hobby that you would like to share with youth? If so, 4-H Special Interest (SPIN) Clubs are a way to reach new and existing youth audiences. SPIN Clubs are short-term in duration and focus on one topic area. They can be in-person or virtual. Come see how you or even your 4-H members, can be a SPIN Club presenter, while learning more about the structure of 4-H SPIN Clubs. Limited to 100 or more participants. Presenters: Sue Hogan, Robin Stone, Tony Staubach, Elliott Lawrence & Michael Schweinsberg

206 Virtual 4-H Project Clinics Both
Ever wonder how to conduct virtual clinics, but don't know how or where to start? In this session participants will be given resources about how to conduct their very own clinics, virtually. We used these clinics to better help and guide members who are in a food and nutrition and/or clothing and textiles 4-H project, but these clinics can also serve as a learning tool or as a way to explore more about these projects. Limited to 60 participants. Presenters: Katie Cole & Seneca County Food and Fashion Board Members

Session 3 - 10:20 - 10:55 a.m.

301 Rest...Review...and Rejuvenate your Enthusiasm Adults
Are you feeling tired and frustrated with all of the challenges that 2020 threw your way? Are you feeling uninspired as you are trying to move forward with the new 4-H year? This session will offer you the opportunity to dust off your clover and revive your inner green! Participants will have the opportunity to reflect, share and gather new ideas on how to stay enthusiastic about their county 4-H program. Limited to 100 or more participants. Presenters: Audrey Dimmerling & Beth Smith

302 Champion Kids or Champion Projects? (double session) Both
When a 4-H member looks back to their participation in 4-H, will they remember how they became a well-rounded champion kid or how they were led to always have champion projects? Did they receive opportunities to enhance their skills in leadership, communication skills, interpersonal skills, good sportsmanship, citizenship and decision making, plus building their self-esteem? Or did volunteers and others lead them to having the "right" animal, the "right" fashion look, the "right" everything and doing whatever it took to bring home the champion ribbons? This session will provide a hands-on learning experience and discussion on what 4-H could and should be teaching members through their personal development. Participants will explore ways to make the 4-H member experience more meaningful. Learning experiences will be emphasized by open group discussion. Limited to 80 participants. Presenter: Judy Villard-Overocker

303 A "Flip" on How We Program (double session) Adults
The 4-H program is known for using the "learning by doing" approach, so when public health mandates limited face-to-face programming, 4-H professionals were challenged to find a method to provide members a 4-H project judging experience in an unprecedented situation. Flipgrid, a video discussion platform, is one method to foster community beyond the typical learning environment. Over 3100 video submissions from more than 30 counties, allowed Ohio 4-H to demonstrate resilience in a fluid global health pandemic. The implementation of FlipGrid changed the way we do 4-H during COVID-19. Join us to learn about the trials, tribulations, and success of implementing this technology and how it can be used in other Extension programs. Limited to: 50 participants. Presenters: Margo Long, Laura Rohlf, Jenny Morlock, & Jayne Roth

- 304 Let's ZOOM Toward Social and Emotional Connection! Both**
 Are you looking for new opportunities to cultivate social and emotional health AND fun through virtual programming? Are you excited by the thought of promoting social and emotional processing through STEM-driven activities, suitable for virtual and face-to-face environments? Whether you seek a healthy start to your virtual club meeting, or desire a full-length activity to cultivate mental health and relationships online we have ideas for you! Join Adventure Central as we present practical programming that brings together social and emotional learning, STEM learning, and good old-fashioned fun via Zoom's virtual platform. Limited to 100 or more participants. Presenter: Tyler Kessler
- 305 Assessing Your "Mental Diet" Both**
 We need to make sure we are getting positive input if we want to have positive thoughts and attitudes. We will go through an activity that will get you thinking about what is going into your "mental diet." You will need paper, colored pencils and be ready to engage in some personal reflection. We will review how your input determines your outlook and your outlook determines your output. Join us to investigate if you are making choices that feed your "mental diet" information that gives you confidence. Limited to 100 or more participants. Presenters: Amy & Brooke Fleshman
- 306 Virtually Everything You Need to Know For 4-H Project Judging Adults**
 This session will share how to conduct virtual project judging clinics. 4-H professionals, volunteers and teens from southern Ohio offered a clinic to youth from around the state that connected 4-H members to experts in their project area. The volunteer presenters shared valuable information, tips and tricks for successfully completing project and judging with the 4-H members. Participants will leave this session with the knowledge and skills of to create, promote, and deliver their own virtual clinic. Limited to 100 or more participants. Presenters: Josi Brodt-Evans, Christy Clary, Jo Williams, & Ohio Valley EERA Team

<p>Session 4 - 11:00 - 11:35 a.m.</p>
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- 402 Boosting 4-H Club Membership Adults**
 The year 2020 was a hard year for 4-H club membership. Learn some ways to boost membership recruitment. Find out how Guernsey County maximizes their current resources to help recruit new 4-H members, while promoting 4-H countywide during Guernsey County 4-H Week! Take home a list of ideas built-up over the last twenty years to showcase what 4-H has to offer in your county and how to start your 4-H year off right! Participants will also have the opportunity to share how their county/club promotes 4-H. Limited to 60 participants. Presenters: Michelle Fehr & Lesley Jirles
- 404 Engaging Your 4-H Members Adults**
 In the wake of COVID-19, National 4-H Council found that seven in ten teens are struggling with mental health. The importance of increasing education and awareness around mental, emotional, and social health is an vital step in strengthening support systems, such as our 4-H clubs. The Ohio 4-H Healthy Living Design Team packaged a free curriculum that provides materials to engage in direct, educational discussion around important topics and develop social-emotional competencies. In this session participants will dive into the curriculum, learn tips and tricks to engage with their 4-H members, and take part in some of the activities that can be offered in-person or virtually. Limited to 80 participants. Presenters: Rachael Fraley, Justin Bower, Theresa Ferrari, & Tyler Kessler

- 405 Growing the 4-H Experience to Special Needs Classrooms** **Adults**
All youth, regardless of their mental or physical ability, should have an opportunity to experience 4-H. Youth enrolled in special needs classes in Clermont County are participating in meaningful activities and projects that enhance their skills and abilities. The goal of this in-school program is to develop life and workforce development skills through the use of 4-H projects. Join us to learn about this unique program and how to replicate the experience in your county. Limited to 100 or more participants. Presenters: Kelly Royalty, Brandy Uhlenbrock, & Betty Howell

Session 5 - 1:00 - 1:35 p.m.

- 501 4-H Animal Sciences Update** **Both**
Come learn what's new with 4-H Animal Sciences programming: Youth Quality Assurance, Livestock, Companion and Small Animals, Judging Clinics and Contests, Knowledge Bowl Competitions, and State Fair Youth Opportunities. Limited to 100 or more participants. Presenters: Elizabeth Share & Benjamin Wenner
- 502 Horse Safety? That's Boring!** **Both**
Looking for engaging, hands on strategies to teach your 4-H horse project members about how to stay safe around horses? Tired of just having them read the horse safety book and want some ideas to help them remember key safety rules and still have fun? Learn about several activities to help your youth stay safe, have fun with their horses, and become better horse handlers and riders. Limited to 40 participants. Presenter: Kara Colvin
- 503 Ohio 4-H Rabbit Program Update** **Both**
This presentation will cover updates and opportunities in the Ohio 4-H rabbit program, including any current information on RHDV2 and how to best protect your animals through effective biosecurity measures. Limited to 100 or more participants. Presenters: Bridget Moore & Travis West
- 504 Promote 4-H Camp Through a Virtual Open House** **Both**
The challenges of 2020 inspired us to take new approaches to 4-H camp programs. After hosting a virtual camp on Zoom, Muskingum County counselors and staff realized we had a new promotional opportunity at our fingertips. This session will share ideas for hosting a virtual camp open house, where prospective campers can learn more about camp, participate in activities and meet camp counselors and staff! Limited to 100 or more participants. Presenter: Jamie McConnell
- 505 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! Attend this session to learn how to make a simple pop can fishing rig you can take anywhere! Limited to 40 participants. Presenter: Becky Barker

- 506 Making Meetings Fun** **Both**
 Have your club meetings become a little bland? Attendance may be dwindling and members are not engaged. It's important to get business accomplished at our meetings, but also for members to feel like they are part of our 4-H family. In order to accomplish that, it is essential for members to feel they have an important role in club meetings and to add in a little fun! We will explore easy ways to keep members engaged and create a welcoming environment for 4-H club meetings. You'll learn easy to use activities that will have members wanting to come back. Communication helps members feel engaged and empowered, so we'll share tools for communicating effectively with 4-H families in your club. Following this session, participants will leave with easy-to-implement strategies to rejuvenate their 4-H clubs. Limited to 80 participants. Presenters: Erin Dailey & Elizabeth Fannin
- 507 What Can We Say Except, "You're Welcome!"** **Adults**
 First impressions are everything in creating a welcoming environment in our clubs. Research shows whether a new member feels welcome in the club is directly correlated to whether that member re-enrolls in 4-H the next year. This session will help club leaders identify areas of improvement in their clubs and offer solutions for creating a club environment that is welcoming to members, both new and returning. Limited to 100 or more participants. Presenters: Beth Boomershine & Rachel Stoneburner

Session 6 - 1:40 - 2:15 p.m.

- 601 Beyond the Skillathon Box** **Both**
 Are your 4-H members tired of seeing the same skillathon stations year after year? See how you can change up existing materials and acquire or develop new for your club meetings or county skillathos. Sample new skillathon stations for many livestock projects, including virtual platforms. Learn how you can go Beyond the Skillathon Box to teach animal science skills for project success and create a fun learning experience for your members. Limited to 100 or more participants. Presenter: Patty House
- 602 ODA Update** **Both**
 Come learn about the latest information regarding youth livestock and poultry from the Ohio Department of Agriculture (ODA), including updates pertaining to exhibition. Limited to 100 or more participants. Presenters: Tony Forshey, Cindy Bodie, & Elizabeth Share
- 603 Marketing Considerations for Junior Fairs** **Both**
 Many of our county fair livestock shows and sales in 2020 looked significantly different due to the impact of COVID-19 on fair operations. A common question was: How can I sell my market animal if the fair does not take place or if the livestock sale happens in an alternative format? Fortunately, there are multiple marketing channels which county fair livestock can enter. In this session, we review those channels and the regulations that parents, exhibitors, and livestock buyers need to know. Content in this session applies to all red meat producing market livestock projects: beef, lamb, swine, and goats. Information about marketing poultry/rabbits is also included. Limited to 80 participants. Presenters: Nancy Snook, Garth Ruff, Travis West, & Becky Barker

- 604 Practical Approaches to Feeding 4-H Livestock Projects** **Both**
 One of the most expensive aspects of a 4-H livestock project is the feed you purchase throughout the year. Learn some practical considerations for maximizing the value of your animal's diet including: 1) how much should they eat and drink, 2) the nutritional importance of some of the fundamentals of animal care, 3) how nutrient needs vary through the 4-H project cycle, 4) how to budget feed costs, and 5) how to interpret what is in the feed you purchase. This session is geared for volunteers/youth involved in livestock (beef, swine, sheep, goat) market projects without a previous personal background or education in livestock production. Limited to 60 participants. Presenter: Benjamin Wenner
- 605 Ohio Military Kids 101** **Both**
 What do Ohio 4-H and the military have in common? More than you know! During this interactive session, we will examine how The Ohio State University and the Ohio National Guard join efforts through the Ohio Military Kids (OMK) partnership. Find out how you can become involved in this program that supports the youth and families of Ohio military service members. Learn about the fun and educational programming that OMK provides for the military, what it is like to be a military kid in Ohio, and how the program has helped families across the state. Limited to 60 participants. Presenters: Mark Scherer & Andrew Seward
- 606 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. Additionally, learn more about cabin kits and the fun things you can stuff in them to excite your campers for a week of camp! Limited to 60 participants. Presenter: Leslie Cooksey
- 607 Recognition is an Important Part of 4-H** **Adults**
 In 4-H, both youth and adults (including volunteers) should be recognized. Research has found recognition is a way to build a positive club environment and a creative way to improve member and volunteer motivation. It is important youth and adults are recognized in ways that are meaningful to them. This session will offer concrete, proven, and 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 motivational activities. Participants will also learn how to teach or implement these programs with volunteers and explore methods for impact and evaluation. Limited to 80 participants. Presenter: Judy Villard-Overocker

<p>Session 7 - 2:20 - 2:55 p.m.</p>
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- 701 2021 Quality Assurance Youth Training (double session)** **Teens**
 Quality Assurance training is an annual requirement for youth livestock exhibitors to complete in order to exhibit their projects at their county or at the state fair. This session will go through a full Quality Assurance training. If teens attend this session they will have completed their training for 2021 and receive a certificate of completion to exhibit to their county professional. Limited to 40 participants. Presenters: Andrea Rees & Elizabeth Share-Dulin
- 702 On-Farm Hog Harvest and Processing Highlights** **Adults**
 Ross County hosted a on-farm hog harvest and processing for teenagers in collaboration guest presenters Lyda Garcia, OSU Meat Specialist and students, as well as a local hog farming family. This presentation reviews what steps were taken to coordinate, set up, and execute the event. Limited to 40 participants. Presenter: Katie Wells

- 703 Ohio Youth Skillathons: Future Virtual Options** **Both**
 The COVID-19 pandemic brought about many disruptions and changes. One positive outcome was creation of a virtual state 4-H skillathon for nine species. Over 65% of participants surveyed took part in a state skillathon for the first time in 2020! This presentation will review the experience, discuss approaches to address technical issues, cover improvements and expansions in 2021, and give best practice advice for youth/advisors participating in future versions of this unique opportunity. Limited to 100 or more participants. Presenter: Benjamin Wenner
- 704 Sing a Song, Lead a Song** **Both**
 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. 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 our beloved 4-H camp songs that have evolved over the years into the songs we know today. In addition, you will be equipped with tips and tricks to leading songs so you are prepared for camp this year! Limited to 40 participants. Presenters: Lydia Flores & Frances Foes
- 705 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 motto as a leader teaching other teachers? As a counselor, how do you best share knowledge and instructions with other counselors? Come to this session and unlock the best tips and tricks about how to teach and facilitate your favorite aspects of camp – from singing to line dancing! Limited to 40 participants. Presenters: Cecilia Mainzer & Ohio 4-H Teen Leadership Council Members
- 706 Catapulting a Committee** **Both**
 You've been assigned or volunteered to serve on a committee...now what? As a representative to a committee you may find yourself trying to figure out what to do next. Learn how to push forward as an engaged, motivated committee member to set committee work in action and catapult it forward! Limited to 60 participants. Presenter: Leslie Cooksey
- 707 Virtually the Best Games Ever** **Both**
 Are you getting into a Zoom meeting rut? Liven up your meetings with some games to keep the attention of your audience. From Cloverbuds to teens and adults, we will provide examples of games that work for team building, improving focus, and encouraging participation. Join Holmes County professionals, volunteers, and youth to learn how they have achieved this in 2020. Limited to 60 participants. Presenters: Janessa Hill, Ella Lorentz, & Emily Laugesen

Session 8 - 3:00 - 3:35 p.m.

- 802 We Have the Tool Now How Do We Use It?** **Adults**
 All counties in Ohio received a Zoonotic Diseases skill-a-thon during spring 2019 and content is being added to livestock resource handbooks about zoonotic diseases. Come learn what items are included in the kits and how to use them. Think the intended use doesn't work for you? No problem! We have ideas to incorporate information about zoonotic diseases using various methods. Limited to 100 or more participants. Presenter: Jacqueline Nolting

- 803 Is My Horse Too Fat, Too Skinny, or Just Right? Both**
 Have you ever read the 4-H Horse Rule book and wondered how to tell if your horse is a Body Condition Score 4 or higher? Or tried to help your 4-H horse project members evaluate their horse's condition accurately? How do you know if a horse is too thin to show at the county or state horse show? How do you determine if a horse is too fat to safely show in the hot summer conditions often found at our 4-H shows? This session will teach you how to use the Body Condition Scoring system to accurately and objectively determine a horse's BCS and determine the correct weight and condition. Limited to 40 participants. Presenter: Kara Colvin
- 804 Utilizing 4-H Camp to Combat Nature-deficit Disorder Both**
 Nature-deficit Disorder, while not a medical diagnosis, is a description of the alienation of humans from nature and its cost to humanity. It first came about in 2005 with the release of "Last Child in the Woods: Saving Our Children from Nature-deficit Disorder" by Richard Louv. Nature-deficit Disorder decreases use of all the senses, creates attention and focus issues, encourages obesity and other emotional and physical problems and diminishes the knowledge and needed stewardship of nature. 4-H camp can be used to combat its effects. Join the discussion about how Ohio 4-H can help combat nature-deficit disorder utilizing 4-H camps. Limited to 60 participants. Presenters: Jenny Strickler & Janessa Hill
- 805 4-H Teen Camp – Keeping Teens Involved in Camping and Beyond Teens**
 Southern Ohio 4-H Teen Camp offers a unique 4-H camping experience for teens ages 13-18 where youth have the opportunity to try new things and interact in a positive environment. This allows older youth to stay involved in 4-H camping programs. Teens are able to gain valuable life skills including communicating and working with others, public speaking, socialization and leadership skills. Led by trained counselors and staff who plan the camp, teens participate in a positive social experience while taking part in unique leadership opportunities. The structure of the camp allows teens to make choices. Teens lead such busy and structured lives today that it is important to allow them to have time to have fun and relax while still taking part in positive, educational activities. Learn more about how teen camp is structured and how you get involved or replicate this camp. Limited to 100 or more participants. Presenters: Erin Dailey & Ally Meldick
- 806 Community Service Brainstorm Both**
 Are you looking for ways to support your local community and build a sense of camaraderie and teamwork in your club or county? We all need some new, fresh ideas to use this coming 4-H season! Come share ideas for connecting community organizations, include service learning in your 4-H club and discuss the difference between a community service and a fundraiser event. Limited to 40 participants. Presenter: Frances Foes
- 807 Live Smart with New Health and Safety Officers Resources Both**
 At the local club level, the health and safety officer positions are considered an entry-level leadership position, with the primary responsibility to present demonstrations, speeches or activities to fellow club members. A new resource packet has been updated for these young leaders to have the opportunity to teach pre-packaged health and safety programs, while building confidence, communication skills, and efficacy to be good role models. Conference participants will receive the materials for use in the upcoming 4-H year. Limited to 100 or more participants. Presenters: Dee Jepsen, Kate Wells, & Hannah Epley

Session 9 - 7:00 - 7:35 p.m.

901 Take Home Craftivities

Adults

What is a craftivity? A simple, no prep activity and craft geared for our younger members. Cloverbud members receive a take home bag filled with all the materials needed for a fun learning experience. The presenter will share how to create craftivities for your members. Each goodie bag is based on a theme and gives our members a taste of 4-H at home with little stress on their parents. These activities are perfect during our virtual 4-H program year. Limited to 100 or more participants. Presenter: Beth Guggenbiller

902 Cloverbud Volunteer Training: How to Reboot for 2021

Adults

Cloverbuds depend upon volunteers to plan a fun, safe, and challenging meeting. In order to make this happen, volunteers need to have a good understanding of the Ohio 4-H Cloverbud program, the role of a Cloverbud volunteer, resources, how to plan club meetings, and what makes the program special. Tips for virtual and face-to-face Cloverbud programming will be shared during this session, as well as an overview of Cloverbud SPIN Clubs. Limited to 80 participants. Presenters: Bruce Zimmer, Christy Millhouse, Rhonda Williams, & Demetria Woods

903 Exploring Science with Cloverbuds

Both

Early science experiences help young children develop scientific literacy and promote a love for learning about the world around them. Not only is scientific exploration good for our Cloverbuds, it can be great fun for both the children and us as leaders. If exploring science with your Cloverbuds is a little intimidating to you, if it is something you have never done, or even if you love it but feel stuck in a rut, this session might be for you. Join us for a discussion about fun ways to approach scientific discovery with our youngest members. This session is open to anyone working with Cloverbud age youth, including adults and teen leaders or counselors. Limited to 40 participants. Presenters: Gwen Soule

904 Tractor Safety Training Re-Imagined

Both

The tractor safety curriculum has undergone an extreme make-over and is ready for its big reveal at the Ohio 4-H conference. This session will highlight new resources for teaching tractor safety in community clubs and high schools. From traditional to trendy, participants will get access to interactive curricula designed to engage youth, teachers and community leaders who teach tractor safety. Be ready to see a complete online program with interactive lessons and take a test drive on the virtual reality driving course. Another program was designed to build confidence in young women entering into agriculture, with 13 hands-on activities to develop awareness and skills in equipment operation. Conference participants will have fun learning new ways to teach young workers about farm machinery. Limited to 100 or more participants. Presenters: Dee Jepsen & Justin Pulley

Session 10 - 7:40 - 8:15 p.m.

1001 Junior Chefs - Cloverbuds in the Kitchen

Adults

Junior Chefs is a great way to engage Cloverbud and younger project 4-H'ers with Food and Nutrition projects and create a healthy relationship with food. Kids are more likely to try food they help make and cooking at home is more budget and positive food choice friendly. Join the Junior Chefs and their adult partner Cassie as they share tips and ideas to get kids excited about being in the kitchen. Participate in the discussion of how this can work in a club setting, virtually or in person. There will be a demonstration of working with Junior Chefs, a fact sheet on preparing to work with kids in the kitchen, and a couple of easy fun recipes to get you started. Limited to 40 participants. Presenters: Cassie, Tessa & Kaia Turner

1002 Cloverbud Reading Adventures**Adults**

Children need to read and be read to each and every day. The more reading children do, the faster they will become independent readers. Beginner readers should spend at least 15-20 minutes reading each day. They need to be exposed to different books with a variety of vocabulary, diversity, and life lessons. The Ohio 4-H Cloverbud team developed Cloverbud Reading Adventures to provide activities, games, and snack ideas for a variety of books. Come learn how to get started using the Cloverbud Reading Adventures and even some tips for incorporating these lessons virtually! Limited to 80 participants. Presenters: Rebecca Supinger, Demetria Woods, Rhonda Williams, & Tracie Montague

1003 Sustainable Clothing Choices**Both**

Where do your clothes go when you are done with them? The amount of textiles going into landfills is five times the amount it was 40 years ago. The 2020 State 4-H Fashion Board will talk about clothing choices as it relates to waste. They will provide information on ways you can reduce, reuse and recycle. Limited to 60 participants. Presenters: Laryssa Hook & State 4-H Fashion Board

1004 Rockets Away!**Adults**

Join us for an engaging session about Ohio's 4-H Rockets Away program. Learn how to help club members gain new knowledge and skills through the construction and launching of solid fuel and 2-liter bottle rockets. The session will demonstrate 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 60 participants. Presenters: Mark Ponder

Session 11 - 8:20 - 8:55 p.m.

1101 Tips for Teens Mentoring Cloverbuds**Both**

Children in Ohio's 4-H Cloverbud Program look up to teen members in their community clubs. It is ideal for teens to serve as mentors to younger 4-H'ers in their clubs. The children directly benefit from this relationship as they follow the lead of teen mentors to advance their life skills. Specific skills enhanced by the teen-Cloverbud mentorship include social skills and making decisions. The mentor benefits are bidirectional where teen mentors benefit, too. 4-H teen mentors will increase their leadership skills and abilities in how to educate and guide others. This session is for both teens and adults who are interested or work with Cloverbud children. By attending this session, you will gain practical tips for teens to successfully mentor Cloverbud kids and adults will get advice for strategies to encourage and facilitate teen mentoring. Limited to 80 participants. Presenters: Christy Millhouse, Rebecca Supinger, Bruce Zimmer, & Scott Scheer

1102 Making the Best of a Virtual Cloverbud Meeting**Adults**

Gathering a group of five to eight year olds into a virtual meeting room can be very interesting...sometimes very chaotic! Learning to conduct virtual meetings is making us think outside of the box for ways to engage your Cloverbud members the way we do in person. With a little innovation and creativity, you can keep your Cloverbuds focused and wanting to learn more. We will share some lessons you can easily convert into a virtual format, as well as other ideas to make Cloverbud meetings fun and enjoyable for members, parents and volunteers. Participants will also have the opportunity to share ideas they have successfully used with their Clovebud members during virtual meetings. Limited to 60 participants. Presenters: Michelle Fehr & Lesley Jirles

1103 Fluff Those Feathers!**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. I'll show you where to find reliable poultry resources to help those members make the best better with their poultry experiences. Let's fluff those feathers for a champion time! Limited to 60 participants. Presenter: Betty Wingeter

1104 Recognizing Extraordinary Ohio 4-H Volunteers

On an annual basis, the Ohio 4-H program recognizes the extraordinary accomplishments of adults, youth and community organizations that go above and beyond serving their club, county and community. Learn more about the Ohio 4-H Awards process and how to nominate a deserving member of the 4-H community for Hall of Fame, Friend of 4-H, Innovator, Meritorious Service or Alumni Award. Presenters: Jenna Hoyt and Beth Smith

Session 12 - 7:00 - 7:35 p.m.

1201 Building Your Public Speaking Muscles**Teens**

Do you struggle with speaking up in front of your peers? What about in front of adults? Learning the key components to facing your fears and sharing your thoughts and talents with the world will help you become a leader in your club, community, and world. In this session, we'll learn the basics and do a few quick activities to help build some public speaking muscle memory just like you do in the gym! Limited to 40 participants. Presenter: Katie Wells

1202 4-H Workforce Development and You**Teens**

Employers (and colleges) want people with the skills that you practice regularly through your 4-H experience. Your ability to describe your 4-H experience can make a tremendous difference in your success. In addition, some of the biggest decisions you will make revolve around your career choices and you can only aspire to what you know. The pace of change is so rapid that the jobs of tomorrow, in some cases do not even exist today. In this session you will learn the critical skills that employers are seeking, how to describe your 4-H experience for maximum impact and gain an awareness of in-demand careers and how to find out more. Limited to 100 or more participants. Presenter: Nate Arnett

1203 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 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 or more participants. Presenters: Maddie Allman, Trent Baldwin, Allison Sanders & Sally McClaskey

1204 Teen Diversity Discussion**Teens**

Have you ever considered what influences your view of the world around you? Our attitudes and beliefs are impacted by many things, including the way we were raised, our relationships with others, and the media we consume. Engage with other teens to learn about bias, consider your own biases (we all have them and that's ok!), and identify how bias might be impacting your community. Limited to 100 or more participants. Presenters: Jamie McConnell & Kayla Oberstadt

- 1205 Attitude of Gratitude, Saying Thank You** **Teens**
 This session will dive into the importance of recognizing the power a sincere thank you! Teens will discuss the value of adopting an attitude of gratitude, as well as putting it into practice. Come join us to learn how this important act not only expresses your appreciation, but helps you professionally and personally. Different methods will be discussed, but we ask each participant to bring a card and envelope with an address of someone you would like to thank! Limited to 60 participants. Presenters: Christy Clary & Rachael Fraley
- 1206 Building Leaders in 9 Projects** **Both**
 Are you looking for a project that will guide you through public speaking? Are you a volunteer looking for ways to help your kids become the leaders of tomorrow? In this session we will review the nine projects that 4-H offers to help set the groundwork for creating great leadership. Limited to 40 participants. Presenter: Courtney Haug
- 1207 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 general tips. Good manners are always in style and can benefit you on a date or in an interview. Come dine with us!! Limited to 40 participants. Presenters: Angela Holmes & Mary Beth Albright
- 1208 Stacking Your Deck of Older Youth Opportunities (double session)** **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/international trip opportunities, scholarships and other awards. Explore even more by talking to your local 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 ACING 4-H recordkeeping and applications. Create a FULL HOUSE and build your 4-H resume. Limited to 60 participants. Presenters: Leslie Cooksey & Danielle Combs
- 1209 Handling the Unexpected:Working with Youth Who Have Disabilities** **Teens**
 Are you a teen leader, camp counselor, or Junior. Fair Board member? Knowing what to do in the moment when the unexpected occurs can be difficult. It may seem more complicated when some who has a disability is involved. We will address basic concerns and help you feel more assured to handle the situation. Limited to 40 participants. Presenters: Laryssa Hook, Heather Gottke, Pam Montgomery, & Aubry Shaw
- 1210 The Great Outdoors** **Both**
 Exploring the great outdoors is an invaluable way for kids to learn about our environment, ecosystems, and grow their own healthy lifestyles. This session will demonstrate a variety of techniques (virtual and in person) to learn and teach in an outdoor environment. Participants will learn the benefits of environmental education and how to tap into resources available to them for teaching others or for self-exploration. This session has something for all age groups including nature education kit and lessons great for Cloverbuds, school age, and teens. It will also highlight the State 2021 4-H Forestry Wildlife Conservation Camp to be held at Canter's Cave 4-H Camp in partnership with Hocking College. Participants will have access to the lessons shared and learn how to obtain environmental science kits. Limited to 60 participants. Presenter: Cassie Turner, Travis West, & Tracy Winters,

Session 13 - 7:40 - 8:15 p.m.

- 1301 How to Create Effective Leadership Styles** **Both**
Ever wonder how to bring back leadership into your county? This session will give resources and tools to help get teen leaders involved in their communities and 4-H program. This session will ignite the spark and light the fire you need to build leadership skills with youth. Participants will be given tips on how to start or expand a leadership group in your county. Limited to 60 participants. Presenters: Katie Cole & Seneca County Junior Leadership Members, Seneca County Adult Volunteers
- 1302 Don't Let Others Get the Best of You!** **Teens**
Is "Brassy Brittney" the idea squelcher at 4-H club meetings? Does "Foul Mouth Mike" leave you flabbergasted in the 4-H cabin? Are you looking for a corner to hide every time you see "Hothead Hank" barging into the Junior Fair Board office? Don't let others get the best of YOU! Join us to fill your psyche with positive strategies to take on the most difficult people in your 4-H circles. Learn effective ways to deal with challenging peer, camper, parent and volunteer behaviors. Discover how ATTITUDE and ACTION can resolve even the worst of situations. Have FUN learning how you can always put your best foot forward for positive interactions and customer service as a 4-H teen leader, camp counselor, Junior Fair Board member or club officer. Limited to 40 participants. Presenter: Patty House
- 1303 Creating a Professional First Impression** **Teens**
First impressions are formed within 7 to 17 seconds of meeting someone, but can last a lifetime. A large part of the impression you leave will be based on how you conduct yourself beyond your appearance. In this session, youth will explore the meaning of professionalism and the importance of making a lasting impression on peers, leaders, the community, and employers. Limited to 60 participants. Presenter: Jenna Hoyt
- 1304 4-H Public Speaking - Is it Becoming a Lost Art?** **Both**
One of the basic skills held as tradition in 4-H is public speaking. Why is there a decreasing number of youth participating in county, district and state public speaking contests? Is it because people don't want to learn the skills or are the skills just not focused on, taught and/or emphasized? Participants will learn concrete and creative ideas in getting 4-H volunteers and members to have fun speaking in front of others. Participants will learn how to teach or implement public speaking learning experiences in local club and group situations, plus learn tips for developing great health and safety talks and demonstrations. Don't miss learning how to make public speaking fun, educational and worthwhile for all. Don't let it become a lost art! Limited to 80 participants. Presenter: Judy Villard-Overocker
- 1305 Finding Your Fit** **Both**
Students in the College of Food, Agricultural, and Environmental Sciences are preparing to solve the grand challenges facing our world. With more than 20 hands-on majors, considering the College's diverse options can be overwhelming. During this interactive session, we will explore academic options and many future paths that allow our graduates to sustain life. Limited to 40 participants. Presenter: Hannah Zimmerman

- 1306 Are YOUth Interview Ready for the Virtual World?!!** **Teens**
 Do you have an upcoming interview? Will you be interviewing for a job, scholarships, awards, or older youth opportunities? That interview may look a little different in the virtual world created by the pandemic. Today, more than ever before, it is necessary to have great interview skills. The job market is highly competitive, and scholarship and award selection committees are looking for the best of the best. Many interviews are now likely to take place using a virtual platform. We will explore preparing for an interview and share special considerations for when that interview is virtual. Join us and be ready to ace that interview in-person or online! Limited to 40 participants. Presenters: Mary Beth Albright & Angela Holmes
- 1307 Green & White to Scarlet & Gray** **Teens**
 Your years in 4-H are coming to an end, what is your next step? The CFAES and ATI Student Ambassadors are here to help you navigate your path from high school to college. They will be on screen to chat about their personal experiences from being a 4-H member to being a Buckeye, what made them choose their major, provide some tips and tricks to campus living, and will discuss potential career opportunities on the horizon. Come learn how you can turn your Green and White to Scarlet and Gray! Limited to 100 or more participants. Presenters: Ella Lorentz, Hannah Zimmerman, & Elizabeth Helterbrand
- 1309 What is TLC?** **Both**
 TLC is the Ohio 4-H Teen Leadership Council! Join us in this session where we recreate what TLC is all about. We'll include hands-on and interactive programs that highlight what it means to be a part of this council of 4-H leaders from across the state. Limited to 80 participants. Presenters: Cecilia Mainzer & Ohio 4-H Teen Leadership Council members
- 1310 Let's Start, Talking about Race (double session)** **Both**
 This entry level session will help you be more effective in your work, examine and increase understanding of personal bias and assumptions that limit our ability to connect with others, and practice dialogue about race. You do not need to come with any previous knowledge or understanding. This is an inclusive and open session that serves as a primer for those who are nervous, ready, excited or interested in learning how to talk about race. Participants can expect to see conversations about race as important and powerful. They'll learn to listen to other points of view. They'll engage with content and find comfort in sharing. They'll learn to use kindness and respect in their conversations. And, they'll learn it's okay to be uncomfortable. Participants will develop a deeper understanding of the difference between debate, discussion and dialogue. This knowledge will advance their skills and help foster an environment of life long learning. Limited to 100 or more participants. Presenters: Tony Staubach, Steve Brady, Sally McClaskey, & Gage Smith
- 1311 Careers in Food Science** **Teens**
 Explore the careers you can pursue in food science. Learn about the majors The Ohio State University offers that connects the worlds of science and business to making safe, delicious and abundant food for the world. Limited to 100 or more participants. Presenter: Mary Pohlschneider

Session 14 - 8:20 - 8:55 p.m.

- 1401 The Importance of a Good First Impression** **Both**
You never get a second chance to make a great first impression. An interviewer will form an impression of you within the first 60 seconds of meeting. In this session, learn tips for creating positive attitudes and making that great first impression, whether it's a 4-H related interview, a college scholarship or job interview. Tips and advice for good, effective communication during those prime moments will be shared. Limited to 100 or more participants. Presenter: Kiersten Heckel
- 1402 Above the Line Volunteering** **Both**
"Above the Line behavior is the foundation of success in anything you do" (Meyer, 2015). The most frequent question everyone asks themselves when it comes to leadership is: Where am I? At any moment, leaders are either above or below the line. How do you bring your best when it matters most? It begins with a simple, powerful equation that affects everything we do. We will explore how you can take your volunteering above the line and help you recognize when you fall below the line. Meyer, U. (2015). Above the Line. New York, NY: Penguin Publishing Group. Limited to 60 participants. Presenter: Lydia Flores
- 1403 Expressing Your Message** **Teens**
Verbal and non-verbal communication are equally important when communicating. Our body language, facial expressions, and tone of voice work together to help share the story. What does your facial expression say about you? What does your tone of voice say? Is it saying what you want? Are you reading others correctly? These questions are not only important in our day-to-day communication, but also in an interview setting. Join this session to learn more about expressing your message to help convey what you mean. Be prepared to practice your expressions and guessing others! Limited to 40 participants. Presenter: Christy Clary
- 1404 Stomp The Fear of Public Speaking** **Teens**
Participants within this session will have tips, tricks, and tools necessary to become better public speakers. Through panel discussion, group interaction, and elevator exercises, youth will conquer their pre-conceived fears of what it means to be a public speaker, and in doing so, become confident, well-versed leaders. Public speaking is a valuable tool that benefits everyone. Public speaking is a skill used in all environments from teen leadership to success in the real world to your entire life. Limited to 40 participants. Presenters: Caitlyn Romshak & Katie Cole
- 1405 Growing Champion Kids in 4-H** **Both**
It has always been easy to say that "4-H grows champion kids". However, after attending a workshop by youth development expert Michael Brandwein on "Growing Great Qualities in Kids," it became clear to me and our 4-H leaders, we were growing kids in 4-H that maybe made the top ten in their class. What are the tools and skills to get our 4-H kids in the Champion Kid Final Drive? The goal of this seminar is to teach adult and teen 4-H leaders how we grow Grand Champion kids. We'll identify those champion qualities. We'll learn how we can help kids connect their actions and attitudes to those champion qualities. We'll practice catching kids being good and learn how we can better describe what that good looks like. Let's improve our behavior as 4-H leaders to truly help our 4-H kids be champions! Limited to 60 participants. Presenter: Betty Wingerter

- 1406 College, Career, Community and Beyond** **Teens**
 This session will help teens explore college and career readiness through community involvement and leadership development programs. Participants will learn how to explore potential college and career options to help them make more informed choices for their futures. Limited to 80 participants. Presenters: Jo Williams & Caitly Romshak
- 1407 All About the Ohio State Fair Junior Fair Board** **Teens**
 Are you interested in joining the Ohio State Fair Junior Fair Board? Come to this session presented by the current Junior Fair Board to learn more about our roles on the board and all of the amazing opportunities we have by being involved. Find out why we love being part of the Ohio State Fair, ask questions about the application process, and learn more about our favorite jobs at the fair! Get ready and get excited to see what makes the Ohio State Fair Junior Fair Board different from your county Junior Fair Board! Limited to 80 participants. Presenters: Laura Wood & The Ohio State Fair Junior Fair Board
- 1408 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 these options even exist! Come to TLC's session to learn about all the different opportunities that 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. Presenters: Cecilia Mainzer & Ohio 4-H Teen Leadership Council Members
- 1409 Around the World with Ohio 4-H!** **Both**
 Open your world through Ohio 4-H! Have you always been excited by the idea of traveling to other countries? Do you love meeting and interacting with those from cultures different than your own? Come learn what the Ohio 4-H International Program has to offer! Ohio teens can travel to various countries around the world to live with a host family for one or two months. They can gain the benefits of international travel right here at home, by welcoming a new brother or sister from another country into their home for one month. After hosting or traveling, teens and their families will never be the same! Limited to 100 or more participants. Presenter: Mary Lynn Thalheimer
- 1411 Finding the STEAM in Environmental Education** **Both**
 This presentation will focus on S.T.E.A.M. as it relates to environment education. We will explore various hands-on activities specifically in science(S), technology(T), engineering(E), art(A), and mathematics(M). These lessons will encourage creativity, problem solving, hands-on experimentation, collaboration, and revision. Many educational institutions separate the idea of S.T.E.A.M. and environmental sciences; integrating these S.T.E.A.M. concepts into environmental education can be an effective method for exposing youth to environmental challenges, preparing our youth for the next generation of career opportunities, and reaching new audiences. This workshop will also provide resources and lessons you can take back and do with your club! Limited to 100 or more participants. Presenters: Ashley Hughey & Jenny Strickler