

Ohio 4-H Conference



Columbus Convention Center

March 12, 2016



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



Conference Information

Full Time Registration

To register for the 2016 Ohio 4-H Conference, complete the registration form and return it to your county Extension office by their deadline. The registration fee is \$35 which covers a portion of conference expenses. A parking charge is not included in the registration fee.

Cancellation Policy

Registration fees will be fully refunded if your cancellation is received by February 12, 2016. No refunds will be available after March 1st. Send cancellation requests in writing to: Allen Auck, State 4-H Office, 2201 Fred Taylor Drive, Columbus, OH 43210.

Educational Programs Registration

- To register for workshops, indicate your first, second, and third choices for each time period on the registration form.
- **Please note that some sessions are for Teens Only, Adults Only, or Mixed. For example: if you are an adult, do not sign up for a “Teens Only” session.**
- All workshops will be filled on a first-come basis.
- Sessions will last 45 minutes. The workshops numbered 600 or higher will last 1 hour 30 minutes, either in the morning or afternoon.
- You'll want to wear comfortable walking shoes, since you will have to walk between workshops. All facilities are disabled accessible.

Luncheon Options

On the registration form you must indicate which luncheon you will be attending. All youth are encouraged to select the “Teen Luncheon”. The Bob Evans Farms 4-H Volunteer Recognition Luncheon for the adults highlights the extraordinary accomplishments of volunteers. The teen luncheon recognizes their peers and features a keynote speaker.

4-H Market Place - Silent Auction - Poster Sessions

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

Conference Schedule

(Tentative -- 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 – 3:45 p.m.	Workshop C
2:00 p.m.	Session IV
3:00 p.m.	Session V
3:00 p.m.	Silent Auction Closes
4:00 – 5:00 p.m.	Pick up Silent Auction Items

Educational Program Choices

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

- 601 4-H Cutting Board Challenge** **Mixed**
The 4-H Cutting Board Challenge is a joint project between Allen and Hardin Counties made possible through the Ohio 4-H Foundation. Teams from each county comprised of teen leaders and camp counselors competed to create a main dish and dessert from the mystery ingredients. Before the challenge youth learned about food safety and creating dishes that meet MyPlate guidelines. This workshop will replicate the Challenge on a smaller scale. Participants will learn about common food safety errors, MyPlate guidelines, and work in a team to create a simple dish using the mystery ingredients. All food and equipment will be provided. Limited to: 55 participants. Presented by: Kelly Coble and Amanda Raines
- 602 Weaving an Easter Basket of Love** **Mixed**
It's become a tradition... a tradition of service. This will be the third year that we woven Easter Baskets of Love at the Ohio 4-H Conference. Finished baskets will be filled with Easter goodies (no food or candy) and delivered to Nationwide Children's Hospital in time for the holiday. Participants are welcome to bring basket goodies, and all will learn some basic basket weaving skills as they complete a basket for this project. Limited to: 20 participants. Presented by: Kelsea Hamilton, Molly Bauman, Carolyn Belczyk, Kim Baker, and Marlene Potts
- 603 10 Minute Science for 10 Club Meetings** **Mixed**
Join Dr. Bob for a fast paced session around ten-minute science activities you can do over the course of 10 club meetings. These hands-on activities are guaranteed fun, engaging and easy on the budget. Plus, easy enough for teen leaders and non-science 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: 55 participants. Presented by: Bob Horton
- 604 What? Me? At Risk?** **Mixed**
4-H volunteers (and professionals) attending this session will participate in a discussion of risks inherent in 4-H activities. We will review best practices to understand and reduce risk as well as insurance tools available to share and mitigate those risks. Limited to: 70 participants. Presented by: Jackie Krieger and Robbi Sigler
- 605 Learn a 5-Step Process to Analyze a Complex Issue** **Mixed**
This 5-step process is intended for small teams to use for resolving complex issues that have many components. This facilitated process will not only bring clarity to the situation but will provide the team with a tangible road map to solve the challenges. This model incorporates several organization analysis tools designed by business scholars arranged in a logical sequence. After the facilitator has coached the participants to refine the issue into a clear, concise statement, the group members start the model. They begin by discovering what they can control or influence about their issue; reflect on where they are currently and what they want as an end result; identify their ultimate vision for resolving the issue and the components to be addressed; design the solution with goals and objectives; create an action list for each objective to Go! implement the solution; and create an evaluation plan for monitoring the outcomes. Limited to: 55 participants. Presented by: Myra Wilson and Frank Gibson

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

101 Being a Leader In 4-H

Mixed

As you go on in life you will notice that you are put in many situations where you have to overcome an obstacle. Many times you will have to work with people you don't even know. This will happen often when you become more involved with 4-H. In this session I will help to explain how to better use your strengths and to become a strong leader. Limited to: 55 participants. Presented by: Tara Balsinger

102 Garden Projects: Let's Dig In

Mixed

Ready for spring and a great gardening year? This will be an interactive session with tips for growing and showing vegetables and flowers. Learn how to get a jump start on the growing season. Gain confidence in composting and container gardening. Enjoy hands on gardening activities that could be used during a club meeting. Limited to: 55 participants. Presented by: Amy, Kira and Erin Barr

103 Hot Careers You Don't Know About

Teens

This Hot Careers session is set up in the form of a Jeopardy Game. The game is run through PowerPoint. The primary purpose of the game is to inform 4-H youth about potential careers associated with the majors in the College of Food, Agricultural, and Environmental Sciences at The Ohio State University. Limited to: 55 participants. Presented by: Amy Jo Baughman

104 Taking a 4-H Llama and Alpaca Project

Mixed

Participants will learn about showing llamas and alpacas at your county fair. You will also learn about showmanship, judging, obstacle, pack, and the differences between the two animals. Limited to: 100 participants. Presented by: Jenna, Anngel and Jennel Benson

105 Are You a Leader or a Boss?

Mixed

This session will discuss being a good leader vs being a boss, learn the differences between a boss and a leader, and learn why not all bosses are good leaders and what it means to be a good leader. Limited to: 70 participants. Presented by: Brandon Benson

106 The Affect of Disposition on Economic Returns of Cattle

Mixed

Participants will discover how cattle disposition alters feedlot returns. Cattle disposition is impacted by heredity and also by how we handle cattle. The results are differences in marbling, carcass weight, feed efficiency and health. How cattle are able to walk also alters feedlot performance. This session will cover some common lameness issues and how management can be used to reduce these locomotion issues. Limited to: 55 participants. Presented by: Steve Boyles

107 Golden Ticket to Adventure

Mixed

Get your 4-H Golden Ticket to Adventure! Come and explore with Adventure Central, an unique and nationally recognized center-based 4-H out of school program that serves a non-traditional audience in West Dayton, Ohio. Explore and discuss how to involve non-traditional youth in 4-H programming. In your wildest dreams you cannot imagine the marvelous ADVENTURES that await you! Limited to: 55 participants. Presented by: Angela Collie

108 Roll Out Your Welcome Mat!**Mixed**

The anticipation of your first campers arriving at camp is an exciting yet anxious moment for camp counselors. How do you prepare for this moment and what do you do when they get there? This session will share with you helpful tips on how to prepare camp counselors to welcome their campers to camp. Additionally, learn more about cabin kits and the fun things you can stuff in them to excite your campers for a week of camp! Limited to: 55 participants. Presented by: Leslie Cooksey

109 Preparing Cloverbuds to Become 4-H'ers**Adults**

4-H Cloverbuds are 5-8 year olds who develop social skills through group games, hands-on interactive activities and discussions. As an advisor for a club with 12-14 Cloverbuds each year, our challenge is to find activities that are as engaging to a 5 year old as they are to an 8 year old. Through the use of 4-H flash cards, Extension kits, field trips, community service, Cloverbud Advisor materials, and beginner 4-H books, we've been able to help our 4-H Cloverbuds gain confidence and knowledge as they learn about the world around them and prepare to become full-fledged 4-H'er's. Come explore some of the fun ways we've been able make them feel a part of their 4-H group while still being able to offer them a separate age-appropriate experience. Limited to: 55 participants. Presented by: Lisa Dael and Brittany Mendez

110 When is it a Level 10?**Teens**

Lot's of stressful things happen in your every day life as a teen, as a 4-H'er, as a camp counselor. Attend this session to learn how to figure out what is level 10 bad and what isn't! Not only will you learn how to help keep things in perspective for yourself and others, but how to handle stressful situations so that you come out on top! We will discuss both proactive and reactive options. Limited to: 55 participants. Presented by: Katie Feldhues

111 4-H Healthy Living Advocates Meeting

For current Healthy Living Advocates only. Limited to: 20 participants. Presented by: Theresa Ferrari, Carol Smathers, Brad Hoffman, and Kalyan Swihart

112 WOW! or WHOA! What Impression Do You Make?**Teens**

First impressions can either open the door or close the door to success. What kind of impression do you make at that first meeting? Is the outfit you have on when you leave in the morning the right stuff to wear? Clothes, hair, jewelry, and outward appearance can make you a success when you walk into an interview. First impressions are important in today's world. You wouldn't wear high heels and a mini skirt to play basketball in, so you wouldn't want to wear baggy sweatpants, an old t-shirt, and sneakers to a job interview, right? First impressions can turn into a lasting impression. With interactive group discussions and demonstrations, teen participants will learn how to get the "Wow" factor in the first minute of an interview by using appropriate greetings, clothes, and body language. Limited to: 55 participants. Presented by: Nadine Fogt and Fayette County Teen Leaders

113 Camp Crafts Create Lasting Memories**Mixed**

Doing camp crafts can be fun, relaxing, and rewarding. In addition, they can be transferred to other settings in your life. Participants will experience the arts of weaving friendship bracelets and leather stamping. Other crafts will be on display, with take-home printed instructions. Join Larry as you get crafty! Limited to: 55 participants. Presented by: Larry Hall

- 114 HELP! A Member Wants to Sew, But I Don't! What Do I Do?** **Adults**
 As advisors we are expected to know a lot about many project areas but clothing is the one that scares advisors the most because of the very specialized skills needed. During this session we will discuss how to help guide your budding fashion designers to save both your sanity and theirs. We will be discussing where to get help for your 4-H'ers and their parents and what is expected in the projects. Limited to: 100 participants. Presented by: Daphne Hedgecock
- 115 4-H Filmmaking: The Sequel!** **Mixed**
 Spielberg started making movies as a teen; how about you? You'll hear from 4-H members who produced award-winning films for the national 4-H film festival, then screen some great short films created by 4-H'ers from around the country. If you're into videos, animation, screenwriting or directing, you'll find out how you can perfect your filmmaking skills by participating in the 4-H Film Project Day. Your video can even be the basis of a self-determined project. Details about participating in FilmFest 4-H in Kansas City this summer will also be provided. Limited to: 100 participants. Presented by: Sally McClaskey
- 116 Become a Peace Corps Volunteer** **Mixed**
 The U.S. Peace Corps sends skilled Americans abroad to tackle the most pressing needs of people around the world, at the request of the developing country. Agricultural and Environmental skills are needed to develop sustainable solutions over a 2 year service time. The Peace Corps began in 1961, and has sent over 220,000 volunteers to serve in 140 countries worldwide. We currently have approximately 7,000 volunteers serving in about 60 countries. As a volunteer, your expenses are fully covered from airfare and monthly stipends to medical and safety. Come and learn how you can become a Peace Corps Volunteer - one of the most rewarding and challenging experiences you'll ever have. Limited to: 100 participants. Presented by: Gail Messick
- 117 Adding a Youth Flavor to Local Foods** **Teens**
 Passionate about local foods? Unsure of how to get involved? Come to learn how youth from across Ohio took action and spread awareness about local foods. You will learn about how they got involved and you will participate in some of the activities to spread awareness about local foods. Limited to: 55 participants. Presented by: Molly Michael and Hannah Epley
- 118 4-H Animal Sciences Update for 2016** **Mixed**
 Attend this session to learn the latest information regarding 4-H livestock and poultry from the Ohio Department of Agriculture (ODA), including any updates pertaining to exhibition. Also, learn what's new with 4-H Animal Sciences programs and projects, youth quality assurance, and Ohio State Fair Junior Fair livestock events. Limited to: 80 participants. Presented by: Lucinda Miller, Nancy Snook, Dr. Tony Forshey (ODA), and Cindy Bodie (ODA)
- 119 A Horse Project is More Than a Horse Show** **Mixed**
 Learn how to plan activities for your horse exhibitors that include more than a horse show. Let us share ideas for Barnyard Games, Free-style Riding, Wild West Wednesday, Skillathon and Versatility. We offer tips for fundraising and conducting clinics as well. Listen as Gallia County's 4-H Youth Horse Committee helps you plan a successful, safe, and meaningful experience for your equestrian youth! Limited to: 70 participants. Presented by: Sandra Petrie-Forgey, Jennifer Bonzo, Phil Bonzo, and Brenda Waulk

- 120 Implementing Innovative Community Service Projects** **Mixed**
 Community service is a vital component of the 4-H program. Participants will learn how to guide youth directed learning, develop community partnerships and make an impact in their communities. 4-H members will share success stories of innovative projects they have implemented in their communities. Limited to: 70 participants. Presented by: Kelly Royalty and Margaret Jenkins
- 121 4-H and Solar Energy** **Mixed**
 We have developed a new workbook that explores Solar Energy. This workbook will be available next summer for 4-H clubs to use with their members. There are many hands-on activities that explore how we get energy from the sun and the properties of light. We will bring some of the activities and present the current state of the workbook. Limited to: 55 participants. Presented by: Wayne Schlingman, Kelly Denney and Dillon Sanders
- 122 Ohio Military Kids and You** **Mixed**
 Representatives from the Ohio National Guard Child and Youth Program, Ohio Military Kids and OMK Camp Counselors will share with you their experience working with Military Kids and Families. Hear firsthand from both Military and 4-H'ers how they interact and benefit by bringing these two groups together. In this interactive session, learn about Ohio Military Kids and how you, and or, your 4-H Club can volunteer for this wonderful program and encourage military families to join 4-H. Volunteer opportunities range from one day events to week long residential camps that are spread out through the state. Limited to: 55 participants. Presented by: Amy Seward, Andrew Seward, Theresa Ferrari, Candie Glover and Ohio Military Kids Camp Counselors
- 123 Policy 1.50 All You Need To Know** **Mixed**
 This presentation will explain the 1.50 policy, define child abuse and neglect, assist participants in recognizing the indicators of child abuse and neglect, and what the do and don't of reporting are. Presenters will take time to discuss scenarios where child abuse and neglect may be a concern. Participants are welcome to bring scenarios to discuss and receive feedback on. The objectives of this class are to educate participants on the 1.50 policy, recognize child abuse and neglect, and be equipped with skills/knowledge on how to deal with situations that may arise once a concern of child abuse or neglect have been reported. This class will fulfill the 1.50 policy and is appropriate for new and experienced advisors as well as camp counselors. Limited to: 55 participants. Presented by: Lisa Siciliano-Miller and Kirk Bloir
- 124 Public Speaking 101** **Mixed**
 Many of you know me as the beef guy but I also broadcast high school football and basketball games on the radio. I even do a weekly television segment on channel 10 in Columbus Ohio. It is here I have learned to communicate with others not only publicly but in day to day activities as well. I want to help you be able to speak in front of others and avoid some common mistakes that will help you feel more comfortable public speaking. Limited to: 80 participants. Presented by: Tim Skaggs
- 125 Surviving a Zombie Apocalypse 4-H Style** **Mixed**
 Are you struggling to promote 4-H in non-traditional settings? Join us for a fun - interactive approach to marketing 4-H and learn how 4-H programming can protect you from those dreaded zombies. Remember, zombies eat those who are not prepared!! Limited to: 55 participants. Presented by: Robin Stone and Kirsten Pianka, and Cuyahoga County 4-H Teens

126 Interview Skills: How Can I Do Better?**Mixed**

People talk so much about how public speaking and presentation skills are so important for scholarships, college interviews and jobs, but I am not ready for all that. How can I learn and practice these skills now so I will be ready for those really big interviews down the road? Participants in this session will learn some basic public speaking skills, then learn how to use these skills for county 4-H events (i.e., King and Queen contests, camp counseling, Junior Fair Board, Junior Leaders, fashion board, 4-H CARTEENS). Good skills take practice. Participants will develop a plan of activities, goals and accomplishments to get where they want in their public speaking skill development. Advisors will benefit from this session with tools to help teen club members. Limited to: 80 participants. Presented by: Judy Villard Overocker

127 Time and Life Management: The 4-H Way!**Adults**

Are you stressed out about everything and anything? Does your life lack direction and focus? Are you trying to get more done with less time and less people? Well, "Time and Life Management: The 4-H Way!" will help you learn about yourself, your habits and skills and will challenge you to become more effective and efficient in everything you do. Develop a Time and Life Action Plan that will help you make important changes. Use your take-home "De-Stress Kit" to have FUN and enjoy life "The 4-H Way!" Limited to: 55 participants. Presented by: Janet Wasko Myers and Kathy Green

128 Leather, Faux Fur, Suede, Silk and Satin, Oh My !!**Mixed**

Do you love the idea of using faux fur, leather, suede, silks and satins or other hard to handle fabrics for your next sewing project, but don't know where to begin? When is a flat felled seam used or a hairline or encased seam needed? How do I handle the bulk and nap of the heavy fabrics to prevent wobbly seams or prevent the fabrics from "walking"? How do I handle soft fabrics like chiffon and crepe or sheer fabrics like organza and silk organza? Come join us as we demonstrate how to cut and sew and successfully work these types of fabrics. Limited to: 55 participants. Presented by: Kathleen Moser and Pat Allen

Workshop B - 10:00 - 11:30 a.m.
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701 State Junior Fair Board Interviews**Teens**

This workshop is for selected candidates to complete the interview process to serve as a 4-H Representative on the Ohio State Fair Junior Fair Board. Limited to: 55 participants. Presented by: Jessica Rockey

702 Water First for Thirst**Mixed**

Does your coffee have more sugar than a donut? Does your soda pack more calories than a cupcake? Perhaps your sweet tea isn't so sweet for you after all? Sugar-sweetened beverages (SSBs) are the biggest source of added sugars in our diets. Marketers target youth with media messages, but teens are speaking up for their health and standing up for water. The session will include startling facts, advertising campaign strategies, and visual displays about SSB marketing and consumption, along with taste testing opportunities. We'll look at exciting efforts of teens in Ohio and across the country to decrease sugary beverage consumption. Experienced 4-H Water First for Thirst Teen Leaders will help lead interactive games and activities to show how much sugar is in typical beverages and help participants determine strategies they can use as youth and adults leaders to become "Water First for Thirst" advocates in their own communities. Limited to: 55 participants. Presented by: Carol Smathers, Theresa Ferrari, Shawn Hite and 4-H Healthy Living Advocates

703 Quality Assurance Training – GPP’s 7, 8 and 9

Mixed

This Quality Assurance session will focus on the Good Production Practices 7, 8 and 9 that are highlighted for 2016. Participants will look at various production practices, learn to practice good environmental stewardship and see what it takes to maintain proper workplace safety. The session will also focus on the care and handling principles that youth and adults working with animal projects should be familiar with. This 90 minute workshop will satisfy State QA training standards. Limited to: 70 participants. Presented by: Nancy Snook

704 Discovering Your Real Colors

Mixed

Real Colors® is a hands-on interactive workshop for participants to see the world from a new perspective. Participants will gain an understanding of the four personality types common to all people- Gold, Green, Blue and Orange. Using the personality instrument, you will identify your primary color and recognize common characteristics of all of the colors. The personality instrument will help you understand human behavior, uncover motivators, and improve communication and relationships. Come discover your Real Colors® and have fun doing it! Limited to: 30 participants. Presented by: Rebecca Supinger and Kelly Royalty

705 4-H Dogs 2016

Mixed

Attend this workshop to learn what's new with the Ohio 4-H Dog Program! Many changes have been made to our program, schedule, and rules. The Ohio 4-H Dog Advisory Committee members will be available to explain the changes and answer questions. We will be introducing some exciting opportunities for our members and volunteers. Limited to: 70 participants. Presented by: Jennifer Newell, Lucinda Miller and the Ohio 4-H Dog Advisory Committee

706 Milestone Volunteer Reception

Ohio 4-H volunteers with 40, 45, 50, 55 and 60 years of service will be honored for their achievements. A short program with individual recognition and photos will follow. Volunteers will receive an invitation from the State 4-H office for this workshop.

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

201 Are YOUth Interview Ready?

Teens

Do you have a job interview coming up or will you be interviewing for scholarships, awards, or older youth opportunities? Today, more than ever before, it is necessary to have great interview skills. The job market is highly competitive, and scholarships and award selection committees are looking for the best of the best. Participants will explore preparing for an interview, including the proper handshake, dressing for success and creating their own professional "pitch". Limited to: 55 participants. Presented by: Mary Beth Albright and Angie Holmes

202 Working with a Disability

Mixed

Volunteers and youth will learn to work and live with people with a disability. We'll do hands-on activities to explore what it feels like to have a physical or mental disability, and discuss ways to provide adaptations or accommodations to help meet the needs of our 4-H participants who have disabilities. Limited to: 55 participants. Presented by: Brandon Benson and Laryssa Hook

203 Science Spotlight**Mixed**

Looking for easy activities to do with your 4-H club without spending a lot of money or time in preparation? Want to increase your members' STEM knowledge and have fun at the same time? In this session you will learn many simple, inexpensive and fun science-related activities to do with your group. They are also great when you need a "filler" at a meeting because the speaker is late or another activity didn't take as long as planned. Every participant will go home with a packet of materials that can be put to use immediately. Be prepared to have some science fun! Limited to: 55 participants. Presented by: Kathy Blackford

204 Trucking Cattle**Mixed**

Two years of hard work can be undone by poor handling during the last ride. Transportation is not the first part the beef and dairy business that may come to mind. However, transportation is very important to both. For many in the general public, their only exposure to livestock production occurs when they see animals being transported on roadways. The session will review proper hauling techniques and how to evaluate cattle hauling procedures. These techniques can apply to other species of livestock. Limited to: 55 participants. Presented by: Steve Boyles

205 Getting and Keeping Campers' Attention**Teens**

"If you can hear my voice clap once!" How many times have you heard or used this yourself to get a group of campers attention? Throughout camp, there are a dozen times a day when we need to get campers attention to share important information. How we do this can be just as important because what we say can set the tone for camp. In this session we are going to discuss some creative ways of getting campers attention, and then what to do once you have it! Limited to: 80 participants. Presented by: Christy Clary

206 Making the Shift from Camper to Counselor**Teens**

In making the transition from camper to counselor, it is often difficult to find your way and determine what exactly your new role involves. This session will help participants to discover how this transition can go smoothly and understand the responsibilities associated with being a 4-H camp counselor. Session participants will: identify the necessary attributes of a 4-H camp counselor and how those differ from that of a 4-H Camper; learn to think of their camp counselor role as a job and understand the responsibilities associated with that job; and recognize how the skills they utilize as a camp counselor will help prepare them for future careers and leadership positions. Limited to: 55 participants. Presented by: Erin Dailey

207 Sewing with Young Kids**Adults**

Sewing with younger children can be rewarding and a challenge at the same time. Learn tips for creating a fun, safe learning environment and teaching basic sewing skills to beginning sewers. Limited to: 55 participants. Presented by: Judith Driscoll and Dianne Galloway

208 Let's Talk! Get Your Service On!**Mixed**

Since the beginning of 4-H in 1902, service has been an important component of 4-H, engaging young people in civic duties, learning leadership skills, communication skills, and team work. Often the most challenging part of service can be coming up with new service ideas. Is that you? Let's talk! During this session, teens, parents and 4-H club advisors will share with each other successful service projects. From the group's discussion, a list of service projects will be compiled for the participants. Besides sharing great service ideas, participants will receive resources on locating other service projects on-line, grants and special community service work days, such as the National Make a Difference Day and National Youth Service Day. So, let's talk! Get your service on! Limited to: 55 participants. Presented by: Nadine Fogt and Fayette County 4-H Teen Leadership Council

209 4-H Shooting Sports**Mixed**

4-H Shooting Sports continues to attract more youth and adults to 4-H. Join us for the latest information on shooting sports projects and activities for youth and adults. Whether you are starting a club or are leading an established shooting sports group, we'd like to share with you and answer your questions. Limited to: 80 participants. Presented by: Larry Harris

210 Micro Buckeye Leadership Workshop**Mixed**

Experience the essence of Buckeye Leadership Workshop (March 30 - April 3, 2016), walking away with program ideas for clubs, camps, groups and other activities. Includes songs, dances, make-it-take-it crafts and ready-to-use program ideas. Leave with a packet containing instructions, music and an "early bird" discount voucher for a BLW experience. Visit www.buckeyeleadership.org/ for more information on BLW. BLW CDs will be available at \$10 each for those who wish to purchase them. Limited to: 30 participants. Presented by: Bill Henderson, Larry Hall, Chuck Wurth, Christy Leeds, and Katie Feldhues

211 Welcome to Ohio 4-H! Now What?**Adults**

You've completed New Volunteer Orientation and want to help your club grow. What comes next and where do you start? This session will highlight the dynamic communication and club management resources and opportunities available to 4-H volunteers. Teams will also identify tips and tricks to getting off to a good start and ways to utilize older youth leaders and officers. Limited to: 55 participants. Presented by: Jenna Hoyt and Alisha Faudie

212 Ignite the Leader in You!**Teens**

Do you have a "leadership spark" in you that needs to be ignited? According to Jim Kouzes and Barry Posner, authors of *The Student Leadership Challenge*, "In today's world, there are countless opportunities to make a difference. More than ever there is a need for people of all ages, from all backgrounds, with all types of life experience to seize those opportunities that lead to greatness. More than ever there is a need for leaders to inspire us to dream, to participate, and to persevere." Learn how to develop leadership skills that can be utilized in high school, college and beyond. Find out what the Five Exemplary Practices of Leadership are all about. Kouzes and Posner state, "Leadership is everyone's business". Make it your business and attend this session. Learn about leadership skills that will serve you well, now and in the future. Limited to: 55 participants. Presented by: Anne Johnson

213 4-H Project College**Adults**

Trying to think of a way to generate interest in a particular project or project area? Learn how to develop a 4-H Project College. 4-H Project College is a series of 4-5 weekly sessions that take a group of youth participants through learning activities in a particular project. At the end of the series, participants will have completed much of their project book and are well on the way to being prepared for county level project judging/evaluation day. Learn how to create this concept in your 4-H program. Limited to: 55 participants. Presented by: Jane Keyser

214 We're Done Early, What do I do Until the Parents Come?**Mixed**

Despite your best plans, sometimes a meeting or event ends earlier than scheduled. You need to be prepared to keep your members constructively occupied until their parent's arrive to pick them up. Having a few activities ready to go can change that time period from a risk management nightmare into a team building opportunity. Join us to participate in some simple, no props, activities that could be easily led by advisors or older members. You will take home an activities booklet to keep with your 4-H materials and pull out when the need arises. Limited to: 55 participants. Presented by: Bonnie Malone

- 215 Borlaug 101: Research, Write and Make a Difference!** **Mixed**
Use your talents as a teen leader to become an Ohio Borlaug Scholar and find solutions to help end global hunger. Join a 2015 Borlaug Scholar and 4-H member to learn how to research a world food issue and create your presentation. You'll travel to Columbus in April to participate in the Ohio Youth Institute (OYI), present your findings and engage in hands-on activities with OSU experts. Selected Borlaug Scholars and their mentors receive an expense-paid trip to the Global Youth Institute in Iowa with students and experts from around the world. In addition, OYI participants will be eligible for a scholarship from the College of Food, Agricultural and Environmental Sciences upon acceptance into OSU. Dr. Norman Borlaug is credited with saving a billion people from starvation through his ag research. Come learn how your research can make a difference, too! Limited to: 75 participants. Presented by: Sally McClaskey, Jane Wright, and Kira Barr
- 216 New 4-H Advisors: Let's Get Organized and Have an Awesome Year** **Adults**
This session will be for new advisors. Helpful hints on how to get your 4-H year organized. Participants will learn tricks to running a smooth meeting from beginning to end! Come with your list of questions and together we will make the best better! Limited to: 70 participants. Presented by: Crystal McElhaney
- 217 Ohio 4-H Opportunities for Older 4-H Members** **Mixed**
So you've been around 4-H for a while, and you feel as though you've done it all. Club meetings, advanced projects, maybe some county things here and there, but it feels like the same-old-same-old. NOT SO FAST, my friends! Don't miss out on the best that Ohio 4-H has to offer to its high school-age members. We'll describe the many opportunities available to older 4-H'ers, and answer as many questions as we can, during this fast-paced and interactive session. Limited to: 70 participants. Presented by: Emma Newell and The Ohio 4-H Teen Advisory Council
- 218 Influenza A Viruses in Exhibition Swine** **Teens**
Hands-on activities and informational session to learn ways to prevent the spread of influenza A viruses between pigs and people at agricultural fairs. All livestock exhibitors are welcome to learn more about zoonotic diseases and the risks they pose to animal and human health. Limited to: 80 participants. Presented by: Jacqueline Nolting
- 219 Designing Animal Skillathons** **Mixed**
This session will help 4-H Extension personnel and volunteers learn how to implement an effective, efficient Skillathon Program at the county level. Many counties mandate participation in skillathons to ensure project book completion and for entry in the county fair. Does it ever feel like you run out of topics for Skillathon, using the same curriculum in the same way year after year? Tired of trying to keep track of all the different species in animal Skillathons and differing scoring methods? In this session, participants will learn how to make their animal Skillathons run smoothly, implement uniformity in scoring across species, the breadth and depth of content that can be utilized, how to differentiate Skillathons based on age of the participants, and how to utilize volunteers in order to design and run Skillathons. Limited to: 55 participants. Presented by: Elizabeth Share

220 Policy 1.50 All You Need to Know

Mixed

This presentation will explain the 1.50 policy, define child abuse and neglect, assist participants in recognizing the indicators of child abuse and neglect, and what the do and don't of reporting are. Presenters will take time to discuss scenarios where child abuse and neglect may be a concern. Participants are welcome to bring scenarios to discuss and receive feedback on. The objectives of this class are to educate participants on the 1.50 policy, recognize child abuse and neglect, and be equipped with skills/knowledge on how to deal with situations that may arise once a concern of child abuse or neglect have been reported. This class will fulfill the 1.50 policy and is appropriate for new and experienced advisors as well as camp counselors. Limited to: 55 participants. Presented by: Lisa Siciliano-Miller and Kirk Bloir

221 State Fair Creative Arts Days

Mixed

We will review the projects and expectations that go along with coming to the State Fair in the area of Creative Arts. This session will include a review of the general and specific requirements associated with *Scrapbooking, Get Started in Art, My Favorite Things, and Cake Decorating* projects. The judging process and the hands-on activities will also be shared. Limited to: 70 participants. Presented by: Tammie Strawser

222 Community Leadership - A Rewarding Career Choice

Teens

Are you interested in a career where you will make a difference in the lives of youth, adults, and the community every day? At Ohio State, students majoring in Community Leadership have the opportunity to do just that. Learn about the Community Leadership major, internship and career opportunities available to students who want to pursue a career in leadership, community education, and the Extension field. Limited to: 55 participants. Presented by: Emily Wickham

223 Cloverbud Resources "Petting Zoo"

Mixed

Interested in learning more about the resources available to Cloverbud volunteers? Visit the "petting zoo" offered by members of the Pre-Adolescent/Cloverbud Design Team. The petting zoo will give you a hands-on opportunity to explore a variety of resources (Curriculum, Clover Cubes, Choose and Tell, Cloverbud Kits, plus much more) and to learn how to obtain them for use in your club. Find out how to make your Cloverbud meetings more exciting and engaging for your Cloverbud 4-H members. Limited to: 70 participants. Presented by: Rhonda Williams, Candie Glover, Mary Longo, Brittany Mendez, Scott Scheer, Demetria Woods and Bruce Zimmer

229 Fitness Program at the County Fair

Mixed

The Jefferson County Fair offered a successful new program for 4-H members and adults in 2015. Using the 4 "H's", participants took part in fitness activities each day of the fair. Beads were used as incentives for the program and over 50 individuals took part, each earning an average of 10-15 beads. Activities included morning fitness walks, a drinking water challenge, a scavenger hunt, and a thank you walk, in which walkers gave thank you charms to 4-H advisors and fair board members. The event was so successful, it will be repeated in 2016 with new activities and challenges. Limited to: 100 participants. Presented by: Janine Yeske

Session 3 - 11:00 - 11:45 a.m.

301 He Said, She Said

Teens

"He Said/She Said" is an interactive session where participants get to discuss the successes and pitfalls of dating. Through group discussion, we uncover the things that make dates go well and not so well and arrive at some ways to better understand one another and improve communication. Limited to: 55 participants. Presented by: Mary Beth Albright and Tim Tanner

302 Skill Building for the 21st Century

Adults

It should come as no surprise that 4-H does an outstanding job of preparing young people to be our leaders of tomorrow. What sometimes gets missed when we talk about leadership demonstrated by our 4-H members is that these are also the skills that employers need in the workforce. Problem solving, responsibility, initiative, and teamwork are all easily related to the typical 4-H experience, yet many of our youth are limiting themselves when they search for a job and they do not describe how these vital skills relate to their 4-H experience. Adults and advisors have a great opportunity to influence our 4-H members and help them make this connection with the world of work. Participants in this session will learn about the 21st century skills that employers are seeking and discuss how the 4-H program develops these skills through real life experiences with its members. Participants will leave with an understanding of how to better support the workforce success of the youth that they work with and how to more intentionally connect the skills for success in the workforce with what 4-H has been doing for over 100 years. Limited to: 70 participants. Presented by: Nate Arnett, Kim Catchpole and Angela Collie

303 Practice Makes Perfect Parliamentary Procedure

Mixed

In this session, participants will practice parliamentary procedure as they use it in preparing a snack. It's an activity that can be used at a local club meeting to help members learn the basics of this important process. Parliamentary procedure is a systematic and democratic way to develop policies and carry out action in a group. Parliamentary procedure has four main objectives: to discuss only one item at a time, to show courtesy to everyone, to abide by the rule of the majority, and to respect the rights of the minority. Although many 4-H clubs are small and informal, it is a "best practice" to use basic parliamentary procedure when making club decisions. Appropriate and proper use of the basics will help meetings run more smoothly, prepare members for future roles on community or government boards and committees, and provide every member with a voice in making current club decisions. Limited to: 70 participants. Presented by: Carolyn Belczyk

304 Slim Down in 20: 4-H Club Meetings on a Diet!

Mixed

Are your club business meetings lasting WAY TO LONG? Do you think you are losing member interest because of meetings that never end? This session focuses on 4-H club meeting management. Learn tips and tricks for keeping business meetings to a minimum and enhancing the educational and fun value to keep members engaged and coming back for more. Limited to: 55 participants. Presented by: Beth Boomershine

305 The 4-H Urban Immersion Project - Washington DC

Mixed

Today's youth are growing up in a rapidly changing world where there are many differences in race, language, culture, and much more without traveling to another country. Research shows that those who can effectively understand and work with others who are different have a greater chance of success in the workforce and in life. This interactive session helps participants identify and challenge biases and assumptions while also featuring a new and exciting 4-H opportunity called "The Urban Immersion Project". In the fall of 2015, 4-H youth had the opportunity to see a different side of Washington DC beyond the government buildings, museums, and tourist attractions and a 4-day service learning experience. Youth volunteered at various service sites throughout the city and worked with the homeless and learned first-hand about poverty and its effects. Along with doing good deeds of service, youth had the opportunity to experience different cultures and different foods while living in the urban center of the city. Limited to: 55 participants. Presented by: Steve Brady

306 Spread the Word to End the Word

Mixed

"Sticks and stones may break my bones, but words will never hurt me." If only that were true! Words do hurt, and unfortunately sometimes people use words carelessly, not thinking of what it means and who else it could impact. Spread the Word to End the Word is the Special Olympics campaign to get individuals to pledge to stop using the R-Word. The R-word is the word 'retard(ed)' and is offensive and derogatory and reinforces painful stereotypes of people with intellectual disabilities. The Brown County Junior Leaders have made this pledge and have led their own campaign to get others to do so also. Join us to learn more about our campaign "Spread the Word to End the Word", and how you can join us in helping to create more accepting attitudes and communities for all people. Are you ready to make RESPECT the new R-Word? Limited to: 80 participants. Presented by: Christy Clary and Members of the Brown County 4-H Junior Leaders

307 Navigating 4-H Dog Projects

Mixed

Choosing the correct dog project for your 4-H members can make all the difference in creating a rewarding project experience and enhancing the bond between a child and their dog. In this session, we will explore the different dog projects, discuss choosing the right dog for the right project and explore taking your project to the next level. Limited to: 80 participants. Presented by: Lora Cleary, Amanda Morgan, Sarah Coon, Annie Coon, Patty Hitt, Rachelle Hitt, Lauren Hitt, Sara Deakin, Callie Caoua, and Carlie Caoua

308 Outerwear for Anywhere

Mixed

The *Outerwear for Anywhere* project will be available this spring. Come and learn some special techniques for creating an outerwear garment and ask questions to get your projects started. Limited to: 55 participants. Presented by: Judith Driscoll and Dianne Galloway

309 Amp Up Your Club Meetings

Mixed

This session will offer 10 great ideas for how to make your club meetings more organized, fun, and interactive! Find ways to amp up the energy, productivity, and participation at your club meetings. This is a great session for club officers, parents, and advisors. Limited to: 55 participants. Presented by: Katie Feldhues and Amanda Raines

310 Let's Talk! Get Your Service On!

Mixed

Since the beginning of 4-H in 1902, service has been an important component of 4-H, engaging young people in civic duties, learning leadership skills, communication skills, and team work. Often the most challenging part of service can be coming up with new service ideas. Is that you? Let's talk! During this session, teens, parents and 4-H club advisors will share with each other successful service projects. From the group's discussion, a list of service projects will be compiled for the participants. Besides sharing great service ideas, participants will receive resources on locating other service projects on-line, grants and special community service work days, such as the National Make a Difference Day and National Youth Service Day. So, let's talk! Get your service on! Limited to: 55 participants. Presented by: Nadine Fogt and Fayette County 4-H Teen Leadership Council

311 Creating a SMASHing 4-H Club

Mixed

Teen drivers remain one of Ohio's most at-risk groups when it comes to becoming involved in a traffic crash. Many Ohio counties have great CARTEENS programs where teens facilitate lessons on the importance of safe driving to juvenile traffic offenders but what about INSIDE their schools before a traffic offense occurs? That's where SMASH comes in! SMASH stands for Students Making a Safer Highway. In Trumbull County, each school district's superintendent or principal chooses 2-3 students (Juniors & Seniors) to participate in SMASH where they are assisted by 4-H, Ohio State Highway Patrol & law enforcement officers in implementing and facilitating

two presentations within their schools each year. SMASH operates as a non-traditional 4-H club with monthly meetings, a treasury and club officers with their entire focus is on traffic safety! Interested in learning more? Let us help you set up your own SMASH 4-H club! Limited to: 100 participants. Presented by: Kiersten Heckel and Lieutenant Brian T. Holt, Ohio State Highway Patrol

- 312 Animal & Me...Give Individuals With Special Needs a Chance to Shine** **Mixed**
"Animal and Me" started four years ago as a way to provide youth with special needs the opportunity to show an animal at the fair. It has become a wonderful addition to our county fair and has gotten youth and adults involved that never would have had the opportunity otherwise. Come learn how you too could start this event in your county. It is a simple concept that pairs a 4-H member with an animal project with an individual with special needs, which merits big impact. We will share the model and tools we use to execute this great event. Limited to: 55 participants. Presented by: Angie Holmes
- 313 Welcome to Ohio 4-H! Now What?** **Adults**
You've completed New Volunteer Orientation and want to help your club grow. What comes next and where do you start? This session will highlight the dynamic communication and club management resources and opportunities available to 4-H volunteers. Teams will also identify tips and tricks to getting off to a good start and ways to utilize older youth leaders and officers. Limited to: 55 participants. Presented by: Jenna Hoyt and Alisha Faudie
- 314 Reducing the Risks in 4-H Equine Projects** **Mixed**
Falls from horses are the causes of four of the the top 5 injuries in 4-H according to American Income Life. How can we improve the safety of the equine experience for our youth? Learn to become more mindful of the inherent risks of being around horses and how to minimize those risks AND teach your 4-H'ers the same. Limited to: 70 participants. Presented by: Jackie Krieger
- 315 Approach Conflict With Confidence** **Mixed**
One of the most challenging components of being a leader is dealing with conflict. It is something that can be difficult for a lot of people and for most it does not come naturally. We experience conflict every day whether we know it or not. Through this session, I hope to identify the variety of forms that conflict can take while also giving you the tools necessary for initiating a conversation with the goal of obtaining conflict resolution. Limited to: 55 participants. Presented by: Hallie Mast Rutt
- 316 What's Age Got to Do With It?** **Teens**
Understanding campers is an important responsibility of camp counselors. Considering "ages and stages" of youth development can clue you in to why campers act the way they do, how to plan camp activities that will keep them engaged, and how to handle problems that arise. Take a look at the physical, social, emotional and intellectual characteristics of campers in different age groups and how it relates to being a great camp counselor! Limited to: 55 participants. Presented by: Jamie McConnell
- 317 Living History- Join the Adventure** **Mixed**
Start a Living History Club or incorporate this fascinating activity into your established group. Leap back through time to delve into the periods that fascinate you. Time travel 200 years to colonial America or 50 years to the first space flight. Adopt a famous persona or portray common folk. Add to the experience a favorite craft, music, or children's game. Explore with us the possibilities of this evolving project. Limited to: 50 participants. Presented by: Nicolle and Skyler Merkel

318 Using and Managing Social Media

Mixed

What are the benefits and risks of social media and how do I use social media effectively? This session will address the risks and benefits of social media, ways to maintain your digital reputation and explore the issues of using social media as a teen volunteer working with other youth or as an adult working with youth. Limited to: 55 participants. Presented by: Pamela Montgomery and Amy Grove

319 Volunteers - Step to Success

Adults

Volunteers are essential to the 4-H program. Being a 4-H volunteer is more than knowing the 4-H pledge or holding a club meeting. In this session, volunteers will be introduced to the "Ohio 4-H Volunteer Handbook". You will be guided through the different sections explaining how to use this easy to follow on-line tool. Everything you need to know to have a successful 4-H volunteer career is yours in one location. Limited to: 100 participants. Presented by: Melinda Morrison and Elizabeth Miller

320 Building Healthy Finances into 4-H Project Work

Adults

Discover creative ways to introduce important elements of Healthy Finances and Financial Literacy into 4-H project work. Some projects provide a natural opportunity: expense records in livestock projects, for example. Textile or woodworking projects offer possibilities for creative integration of sound money discussion and understanding. Limited to: 55 participants. Presented by: Robbi Sigler

321 Beef Pasture to Plate

Mixed

As beef producers it's our job to give the absolute best product to the consumer as possible. In this session we will discuss how we as producers can manage our cattle to ensure consumers have the best possible experience whether they receive our products in a restaurant or grocery store. Limited to: 80 participants. Presented by: Tim and Renee Skaggs

322 STEM4U

Mixed

Instructors will cover some basic concepts to get counselors started in helping to teach STEM classes in a camp setting. The instructors will engage the participants by walking through multiple introductory and hands on STEM activities. Following questions and answers the group will be divided into small groups and work together to complete additional activities. At the conclusion of this presentation, participants will receive lesson plans they can use to implement SET/STEM activities into their camping program. Limited to: 55 participants. Presented by: Jill Stechschulte and Laura Rohlf

323 Channeling Your Inner Pig

Mixed

Personalities play a BIG role in life, and can make or break a group. Understanding personalities is important in making sure all members feel engaged and involved and in helping groups to work well together. This session will help you understand more about yourself, the way you work and those around you. Limited to: 55 participants. Presented by: Michelle Stumbo, Rachael Fraley, and Tracy Winters

324 Go Global With Ohio 4-H

Mixed

Today's youth and families find it increasingly important to develop international ties and cross-cultural communication skills to live productively in a global society. 4-H International Programs have a proven track record of helping people develop individual and family strengths. In this session, participants will learn about 4-H international hosting and traveling opportunities and gain ideas and materials to use with 4-H'ers and families throughout the year. Limited to: 75 participants. Presented by: Mary Lynn Thalheimer and Clara Selle

325 Don't Bully Me to Death!

Adults

Do bullies have control and power over their victims? Are organizations at times complacent about bullying issues which are taking place? Unfortunately, the answer might be a most emphatic and disturbing...YES! Learn about bullying in relationship to the following topics: definitions; power and control; a complex issue; direct and indirect bullying; verbal aggression and cyber bullying; and racism and homophobia. Become knowledgeable about the truths and myths of bullying so that you will be able to recognize bullying episodes. Engage your participants in Interactive Discussion Scenarios. Use your take-home "Anti-Bullying Tool Kit" to send the message that "Bullying will never be tolerated" and "4-H STANDS UP!" against bullying. Limited to: 55 participants. Presented by: Janet Wasko Myers and Kathy Green

326 All About Rabbit Projects!

Mixed

Are you looking for hands-on activities to engage your rabbit project members? Would you like to learn more about rabbit related opportunities and activities beyond the local level? Then this session is for you! Join us to find out how to help your 4-H members get the most out of their rabbit project experience, while also having fun! Limited to: 70 participants. Presented by: Bridget Weigly-Moore and Travis West

327 4-H Food and Nutrition Projects

Mixed

Good things are happening in Ohio 4-H Food and Nutrition projects! Join members of the Ohio 4-H Food and Nutrition Curriculum Team and the Ohio State Fair 4-H Food and Nutrition Judging Committee as they share updates/changes in nutrition projects, as well as what to expect at state fair food and nutrition project judging in 2016. Limited to: 100 participants. Presented by: Rhonda Williams, Mary Longo, and Peggy Kelly

328 Swine Selection, Care, and Showmanship

Mixed

We will be discussing the selection of young prospect pigs based on certain traits and characteristics, and learning basic terminology when evaluating swine. Also, we will be discussing care and management practices throughout a market hog project. Additionally showmanship techniques and practices will be discussed. Limited to: 60 participants. Presented by: Brock Wilt

329 Mighty Magnets

Mixed

In this interactive session, participants will use literature and science to explore the exciting world of magnets. Designed for volunteers working with children in grades K-2, participants will learn fun, safe, engaging experiments that will bring magnet concepts to life. Limited to: 55 participants. Presented by: Demetria Woods

Workshop C - 2:00 - 3:45 p.m.

801 Sharpen Your Interview Skills

Mixed

Going for a scholarship interview, applying for junior fairboard, or seeking employment? Employers and selection committees are picky. Knowing the types and phases of interviewing gives you an edge to success. This workshop will share the do's and don'ts to successful interviewing as well as the types of interviews you may see. Participants will learn the basics and have the opportunity to put it into action with a hands-on mock interview. Limited to: 55 participants. Presented by: Shawn Ochs and Cassie (Turner) Anderson

802 Sphero Engineering Challenge**Mixed**

The Sphero Engineering Challenge will introduce participants to Sphero 2.0 robotics. Sphero is a robot that looks like a ball and is programmed through your mobile device. With over 20 apps, Sphero introduces users to coding, game programming, virtual reality, problem solving, and more. In this workshop, participants will use several apps to learn how Sphero can be used in the classroom or 4-H club. After becoming familiar with these robots, participants will complete a STEM challenge. Participants will work as a group to design and build a Sphero chariot, modeled after several historical chariot designs. The group will program their Sphero chariot to run a course and race other teams. Will your chariot stand up to the test and beat the other Spheros? Find out at the Sphero Engineering Challenge! Limited to: 55 participants. Presented by: Amanda Raines and Mark Light

803 Stay Calm and Teach On! Teaching Skills for Teens**Teens**

Teens play an important role in teaching at 4-H camps and in their clubs. Just like any other skill, good teaching takes knowledge and lots of practice. This session will help teens “make the best better” by learning to be more effective teachers. Through years of research we have learned that there are some key things teachers can do to make the learning experience more fun and engaging. How important is enthusiasm when teaching 4-H members? In what ways can you show enthusiasm in your teaching? What are some ways to add variety to your lesson and keep younger members’ attention? Through presentation and hands-on activities participants will learn about characteristics of effective teaching, demonstrate ways to incorporate ideas, and take a home a list of tips to improve their teaching skills. Limited to: 55 participants. Presented by: Mary Rodriguez, Kelly Henderson and Kaitlyn Murray

804 Beef Selection and Showmanship**Mixed**

We are back again this year to expand our talk about cattle selection and to explore all aspects of becoming a good showman. Limited to: 80 participants. Presented by: Tim and Renee Skaggs

805 Quality Assurance Training – GPP’s 7, 8 and 9**Mixed**

This Quality Assurance session will focus on the Good Production Practices 7, 8 and 9 that are highlighted for 2016. Participants will look at various production practices, learn to practice good environmental stewardship and see what it takes to maintain proper workplace safety. The workshop will also focus on the care and handling principles that youth and adults working with animal projects should be familiar with. This 90 minute workshop will satisfy State QA training standards. Limited to: 70 participants. Presented by: Nancy Snook

806 Couch Potatoes or Jumping Beans**Mixed**

Is your club raising couch potatoes or jumping beans? What does it mean when we say “I pledge my health to better living”? In other words, how is your club promoting the 4th H? Our 4-H Healthy Living Advocates will lead you through some activities that will energize and inspire you to take on healthy. We’ll share easy to use, low-budget activities and resources that can be used in meetings. But there’s more to health than just activities...we’ll talk about how you can take on health in your community too. Limited to: 55 participants. Presented by: Theresa Ferrari, Carol Smathers, Shawna Hite and 4-H Healthy Living Advocates

807 “Egg”-citing Opportunities for 4-H Poultry Members**Mixed**

In this workshop, we’ll “bowl” you over with “egg”-citing opportunities for 4-H poultry project members. Learn hands-on about the Ohio 4-H Avian Bowl and the Ohio State Fair Poultry Skillathon Contest. Even better, learn how to conduct these events in your county or 4-H club program. We’ll explore a bit about 4-H poultry judging, too. An update on Ohio 4-H poultry projects will be provided. Handouts will include contact information and resources to conduct these events, as well as who to contact for help and questions on Ohio 4-H poultry projects and programs. Let’s “flock” together “to

make the best better” for our 4-H poultry kids! Limited to: 55 participants. Presented by: Betty Wingerter, Lucinda Miller, Mary Neviska, Mike Stichler, Clell Agler, and Michael Cressman

808 Empowering Youth: Students Agents of Change

Mixed

Join us in a high energy, interactive and engaging workshop where we elevate student voices and empower youth to improve nutrition and physical activity in their schools and communities with Fuel Up To Play 60 (FUTP60). Fuel Up to Play 60 is the nation's largest in-school health and wellness program, created by the National Dairy Council and National Football League in collaboration with the U.S. Department of Agriculture. This free program offers funding opportunities for schools and an online Playbook full of school-tested action strategies to improve healthy eating and physical activity at schools and beyond. FUTP60 Student Ambassadors will demonstrate the Plays they activated and the resources they used as well as share best practices, learnings and insights which enabled them to make changes in their environments. Limited to: 80 participants. Presented by: Jennifer Tagliarino

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

401 All About Sheep!

Mixed

Interested in taking a sheep project or just want more information? In this session we will talk about the different techniques to raising a successful project. We will go over not only the market lamb project but also carcass lamb and breeding lamb projects. Come and enjoy fun activities and a presentation on sheep! Limited to: 55 participants. Presented by: Tara Balsinger

402 Sew Much Fun!

Mixed

A sewing workshop for beginners is a great way to open the door to "Sew Much Fun"! If you are 4-H Volunteer or a Teen Fashion Board Member, learn the basics of what to include in your workshop as well as tips and techniques to share with 4-H members. Limited to: 55 participants. Presented by: Christie Becker

403 I Am a Role Model

Mixed

Teens in 4-H are often seen as role models to younger members. What does being a role model mean? In this session we will examine how teens can focus on what it takes to be a good role model for others. We will explore how we interact with others, from table manners and telephone etiquette to good grammar and a positive social media presence. We will also take a look at several ethical questions that can be applied to club work, competition and fair exhibition to see what a truly outstanding 4-H'er would do in these situations. Participants will leave with a better idea of who they truly are and who they can become. Limited to: 55 participants. Presented by: Natalee and Kathy Blackford

404 Finding Your Voice

Teens

Do you get sweaty palms just thinking about speaking in front of a crowd? You're not alone! Public speaking is the top fear for more than 40% of Americans. It can limit some of our finest young leaders from reaching their full potential in school, work and beyond. What's holding you back from becoming comfortable speaking in front of a crowd? Authors of the 4-H project book, *Finding Your Voice: Public Speaking Made Easy*, will guide you through activities designed to get you started on your journey toward overcoming your fear of public speaking. Limited to: 80 participants. Presented by: Kim Catchpole and Tim Tanner

405 Keep Calm and Camp On**Mixed**

Camp can be the happiest place on earth, it can also be one of the most tiring and stressful. From rain and being off schedule, to the homesick camper, the one who refuses to eat and the ones who refuse to take showers, being a camp counselor can be demanding and stressful. In this session, participants will practice recognizing the stressful situations of camp, how to minimize them, and how to maximize their down time to relax and recharge, while still keeping track of their campers. Limited to: 80 participants. Presented by: Christy Clary

406 Roll Out Your Welcome Mat!**Mixed**

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 to camp. Additionally, learn more about cabin kits and the fun things you can stuff in them to excite your campers for a week of camp! Limited to: 55 participants. Presented by: Leslie Cooksey

407 Food Science Fun for Camp, Clubs and More!**Mixed**

Food Science offers many fun ways to explore Science, Technology, Engineering and Math. This session will demonstrate fun, hands-on, food science activities that can be utilized at camp, as a club activity, through afterschool programs and other settings. Participants will explore foods through sensory experiments and activities. They will have the opportunity to taste samples and identify the basic taste categories. Session participants will take away fun and educational activities that are easy to replicate. Limited to: 80 participants. Presented by: Erin Dailey and Jo Williams

408 Funding 4-H Outside the Box**Adults**

Want to learn how 4-H alumni and local supporters can help you raise funds for your local 4-H program? This session will provide detailed information on how local 4-H alumni and supporters started their own non-profit organization to raise funds for the Muskingum County 4-H Program and 4-H Endowment Fund. In its first year, the committee was able to donate over \$10,000 to the 4-H program and endowment fund. Youth are constantly asked to participate in fundraisers for their 4-H club, school, sport, etc. This fundraising idea leaves the fundraising responsibility to the adults! Limited to: 70 participants. Presented by: Michelle Fehr, Jared Dosch and Stacey Russell

409 My Hands to Larger Service: Backpacks for Those in Need**Mixed**

After recognizing a growing homeless population in Perry and surrounding counties, one local 4-H Junior Leader wanted to help. Upon researching service ideas, recruiting a team to assist, and receiving a 'My Hands to Larger Service Mini-Grant' from the Ohio 4-H Foundation, the Junior Leader planned, led, and completed a successful community service project. This project could be replicated in YOUR community! Check out this session to see how this project happened – what we did, what worked, and what we learned! Limited to: 55 participants. Presented by: Josh Flickinger and Perry Co. 4-H Junior Leaders

410 4-H Shooting Sports**Mixed**

4-H Shooting Sports continues to attract more youth and adults to 4-H. Join us for the latest information on shooting sports projects and activities for youth and adults. Whether you are starting a club or are leading an established shooting sports group, we'd like to share with you and answer your questions. Limited to: 80 participants. Presented by: Larry Harris

- 411 Member Interaction - How to Keep it New and Fun** **Mixed**
 How do you introduce new members into your club? How do you get your members to interact with each other? How do you get your members to learn something new, keep their attention and have fun? Our goal is to introduce new members with old and make sure old members are still involved with each other. This session will provide different games and hands on activities to make meetings fun, interactive and educational. Limited to: 80 participants. Presented by: Courtney and Jessica Haug
- 412 American Playparty Games: Mixers, Movement, and Fun** **Mixed**
 American Playparty Games came from a time when dancing was something that just should not be done. So they called it "Games" and did it. As a Recreation Leader, is a handy tool to have in your "Leadership Bag-of-Tricks." No equipment needed. Can be done almost anywhere. Good for use with kids from 9 to 90. It is a great way to introduce people in a group to each other: a great way to start a program. And best of all, it all happens in an atmosphere of FUN! Come experience the FUN! Limited to: 55 participants. Presented by: Bill Henderson
- 413 4-H Project College** **Adults**
 Trying to think of a way to generate interest in a particular project or project area? Learn how to develop a 4-H Project College. 4-H Project College is a series of 4-5 weekly sessions that take a group of youth participants through learning activities in a particular project. At the end of the series, participants will have completed much of their project book and are well on the way to being prepared for county level project judging/evaluation day. Learn how to create this concept in your program. Limited to: 55 participants. Presented by: Jane Keyser
- 414 Cloverbud Basics** **Adults**
 "Why can't my second grader show a lamb at the fair?" "My child won't be in kindergarten until next year, but is very mature and wants to join 4-H." All 4-H advisors, and especially Cloverbud advisors, need to understand the "why" of the Ohio 4-H Cloverbud Program to answer these and other questions. This session will cover the basics of Cloverbuds for new volunteers. It will also provide a review for experienced advisors and allow them to share their experiences with beginning Cloverbud advisors. Limited to: 80 participants. Presented by: Bonnie Malone
- 415 Pygmy Goats** **Mixed**
 Pygmy Goats can often get lost in the shuffle among the other breeds of goats. Explore the world of these smaller goats including their history, health, and the uses for the breed. Topics such as Pygmy Goat care, preparing the animal for show, and showmanship skills will also be discussed. These social animals can be an excellent project for a young 4-H'er, or a great addition to a variety of herds of different species. I will also be happy to provide time to discuss myths and facts about the species. Limited to: 55 participants. Presented by: Hallie Mast Rutt
- 416 Parliamentary Procedure for 4-H Meetings** **Mixed**
 One of the Eight Essential Elements of Positive Youth Development is providing an inclusive environment for 4-H members, creating a sense of belonging and encouraging them to voice their opinion and develop life skills such as leadership, decision-making, and teamwork. 4-H clubs provide forums for members to experience this type of atmosphere and develop these skills. However, club meetings can be chaotic and unproductive, especially when it comes to making group decisions. Parliamentary procedure is essentially the proper way to run a meeting in the most effective manner, keeping the group focused, and allowing each member to voice an opinion. This session will focus on the basic rules of parliamentary procedure, including putting together a meeting agenda, the roles of the officers, and the steps of a motion. The Fayette County 4-H teens will conduct a mock meeting as a demonstration. Limited to: 70 participants. Presented by: Courtney Michael and Fayette County 4-H Teens

417 Don't Forget to Say Thank You!**Mixed**

The completion of a successful year in 4-H requires the help of many different people – club advisors, project helpers, award and trip sponsors, resource donors, livestock buyers and more! It's important to say thank you to 4-H supporters so they continue to give – and they love to hear about the experiences of 4-H members they've helped! Bring local ideas to our roundtable discussion on how to help members show their appreciation. Limited to: 70 participants. Presented by: Jessica Rockey and Jamie McConnell

418 Teen Leadership: 20 Minutes at a Time**Mixed**

4-H teens and club leaders – come to this session to collect 20-minute leadership lessons to teach within your 4-H club or other youth groups! Topics will include communication skills, etiquette, who you are as a leader, interview skills, stress management, time management, youth in governance, and much, much more. Learn to be a better leader – 20 minutes at a time! These lessons can be used with teen leadership groups or in your club meetings, whether you have 20-minutes or 2-hours to fill! Lessons are designed so that they can be teen- or adult-led. Check out this session to learn more, and get the chance for a hands-on sampling of these lessons! Limited to: 70 participants. Presented by: Nate Arnett, Morgan Domokos, Kathy Bruuynis, Mary Beth Albright and Doug Foxx

419 Making The Grade: Evaluating 4-H Member Project Work**Adults**

From project book requirements, to project evaluation, to assigning grades or awards for 4-H projects ... county 4-H programs differ start to finish in these three areas. How do your county 4-H'ers make the grade? Tried and true, re-purposed and "new to you" methods and ideas for 4-H project evaluation will be explored in this session along with methods of assigning "grades" for 4-H projects. Attendees will be provided a resource packet of evaluation methods/forms, alternatives for assigning "grades" and ideas on award selections for 4-H projects used throughout Ohio 4-H. Limited to: 55 participants. Presented by: Laura Rohlf, Jenny Morlock and Kathy Booher

420 Ohio Military Kids and You**Mixed**

Representatives from the Ohio National Guard Child and Youth Program, Ohio Military Kids and OMK Camp Counselors will share with you their experience working with Military Kids and Families. Hear firsthand from both Military and 4-H'ers how they interact and benefit by bringing these two groups together. In this interactive session, learn about Ohio Military Kids and how you, and or, your 4-H Club can volunteer for this wonderful program and encourage military families to join 4-H. Volunteer opportunities range from one day event(s) to week long residential camps that are spread out through the State of Ohio. Limited to: 55 participants. Presented by: Amy Seward, Andrew Seward, Theresa Ferrari, Candie Glover and Ohio Military Kids Camp Counselors

421 Teen Awards & Recognition: You're Time in the Spotlight!**Mixed**

This session will provide club advisors, parents and teens with a much needed resource. Through participation in this session, you will be better prepared to tackle the Ohio All-In-One Achievement Record form process. Participants will become familiar with the opportunities that are available through this application process as well as how to complete the application form. Each 4-H club has outstanding teens that are deserving of award and trip recognition, but navigating the form can be a challenge. Attending this session will provide you with the basic "know how" to get started on the path to recognition. Find out how you can make it happen, and you too can claim your time in the spotlight! Limited to: 70 participants. Presented by: Joy Sharp and Lisa McCutcheon

422 Policy 1.50 All You Need to Know**Mixed**

This presentation will explain the 1.50 policy, define child abuse and neglect, assist participants in recognizing the indicators of child abuse and neglect, and what the do and don't of reporting are. Presenters will take time to discuss scenarios where child abuse and neglect may be a concern. Participants are welcome to bring scenarios to discuss and receive feedback on. The objectives of this class are to educate participants on the 1.50 policy, recognize child abuse and neglect, and be equipped with skills/knowledge on how to deal with situations that may arise once a concern of child abuse or neglect have been reported. This class will fulfill the 1.50 policy and is appropriate for new and experienced advisors as well as camp counselors. Limited to: 55 participants. Presented by: Lisa Siciliano-Miller and Kirk Bloir

423 It's Time to Make Learning Fun Again...Even for Advisors**Adults**

Fun and games are a regular part of young peoples' lives, no matter what their grade level. They play games throughout the day on their computers, the internet, and their cell phones. Besides in school, 4-H club meetings might be one of the few places they don't play games. Today's youth have grown up using different technology than their advisors grew up with. They are used to thinking on multiple tracks at once, but have little patience with linear reasoning or delayed gratification. Using games, not necessarily video games, for teaching is one way to shift to a more appropriate learning format. Make learning more fun, and students will be more motivated. Come to this session to learn how to incorporate play/games into your meetings in an educational way. Limited to: 70 participants. Presented by: Penne Smith

424 LGBT and Me!**Mixed**

Would you like to learn more about LGBT people and how to help support them in your club? Come join us for LGBT and Me! and explore gender and sexuality in a safe space. Jump into the discussion with active LGBT 4-H youth and advisors and share your experience! Limited to: 80 participants. Presented by: Chris Sweet, Jodi Solomon, Ilana Solomon, and Rose Solomon

425 4-H CARTEENS on the Move!**Mixed**

The 4-H CARTEENS Program in Ohio is a National Program of Distinction, but more importantly, it's a teens teaching teens program that helps to reduce injury and save lives. If your county doesn't have 4-H CARTEENS, learn how to start the program. Get a first-hand look at the latest research report on the impact this program is making in Ohio. The state team will also share an update, review some of the latest programming, funding sources, and teaching tools for teen instructors and adult coordinators. Input from participants will be taken to identify future 4-H CARTEENS projects for all counties involved with the program. Each current 4-H CARTEENS county that attends will get a "tool" to take home! Limited to: 70 participants. Presented by: Judy Villard Overocker, Pam Montgomery, Brenda Sandman-Stover, and Kelly Royalty

426 4-H Marketing a Spooktacular Good Time**Mixed**

How are you reaching the underserved in your county? In 2014 Gallia County had approximately 5,175 children between the ages of 5-18; of these 923 were enrolled in a 4-H club; leaving over 4,000 potential children missing out on 4-H! We needed a way to introduce 4-H to these potential 4-H families and the idea of a "4-H Spooktacular" was born! This family friendly Halloween trick or treat event that highlighted 4-H opportunities was a perfect way to reach young families and encourage them to join 4-H for the upcoming 4-H season. 4-H Clubs were challenged to select a project area as their theme, decorate an area (booth, vehicle, barn etc.) at our fairgrounds and come up with a fun activity or game to interact with the trick or treaters! Checkout our "Spooktacular" session to see how you to think outside the box when it comes to 4-H marketing! Limited to: 70 participants. Presented by: Tracy Winters, Tiffany Riehm and Gallia County Teen Leaders

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

501 Read a Good Book with Cloverbuds

Mixed

This session will help 4-H junior leaders and volunteers learn how to implement a Cloverbud Literacy Program in their counties. Cloverbud Reading Adventures is a program that includes games, crafts, snacks and read-alouds that are all focused around a particular children's book. The programs are designed for one and a half hours. At the end of every session, each child is able to pick out one book to take home to keep. In this session you will learn how to plan an activity like this in your county including how to recruit helpers/group leaders, how to advertise the program, how to choose books and themes, ways to pay for it and how to plan the crafts, games, snacks and activities to do each meeting. Several pre-planned programs will be shared including all of the materials needed to replicate the program easily. Limited to: 55 participants. Presented by: Kathy Blackford

502 FAMILY-A-FAIR

Mixed

Do you think your fair is the best in the state? Are there families in your county that have never gotten to come to fair? Would you like to give them the opportunity to experience your fair? It can be done with a little work and ingenuity. You can share your fair with neighbors who don't know the excitement the fun and tastes of fair. We will share Geauga County's success in 2015. We were able to reach out to the community and bring families to fair. We were able to invite 33 families that otherwise would not have been able to come to fair, some had never been and were so excited to get to experience the sights, sounds and flavors. Limited to: 80 participants. Presented by: Ryann Chapman, Jan Jackam and Kim Dobay

503 Catch the Camping Bug: It's Contagious

Mixed

What is so great about going to 4-H camp that keeps many kids coming back year after year? Why should teenage 4-H'ers spend all that time planning camp and going to training meetings when they could be working or doing their 4-H projects? Many people wonder but those of us who have been to camp know what is so great about 4-H camp. So how can we encourage more youth to take advantage of this wonderful opportunity? Is there something about camping that helps 4-H members grow and develop while having fun? This interactive session will share information with 4-H camp counselors, potential camp counselors, parents, 4-H volunteers, and others about the benefits of participating in 4-H camping programs. Ideas will also be generated to promote camp and motivate youth to attend. Participants will be involved in fun activities that will help them improve their own camping programs and get excited about the upcoming camping season. Limited to: 55 participants. Presented by: Erin Dailey and Kathy Bruynis

504 It's a Sing Thing

Mixed

It's a Sing Thing! Music programming through use of singing (with or without motions) can add to many types of events. Learn how to use simple songs and movement to engage groups while having fun. The ability to sing well is not a prerequisite. Buckeye Leadership Workshop CD's containing some of the songs presented will be available for purchase (\$10 each). Limited to: 80 participants. Presented by: Larry Hall

505 Approach Conflict With Confidence

Mixed

One of the most challenging components of being a leader is dealing with conflict. It is something that can be difficult for a lot of people and for most it does not come naturally. We experience conflict every day whether we know it or not. Through this session, I hope to identify the variety of forms that conflict can take while also giving you the tools necessary for initiating a conversation with the goal of obtaining conflict resolution. Limited to: 55 participants. Presented by: Hallie Mast Rutt

506 Breaking the Ice**Mixed**

Are you looking for simple ways to spice up your meetings. Join Preble County teen volunteers to learn quick and easy ideas for meeting warm up activities. Participants will have the opportunity to participate in activities that can easily work for 4-H club, camp counselor, junior fair board or other meetings. Presenters will provide an instruction hand out for the activities. Limited to: 55 participants. Presented by: Christy and Catie Millhouse, Katelyn Niehaus, Arica Hamilton and Hunter Owens

507 Go Nuts for Service!**Mixed**

Now here is a service project that will "grow" on you. Adventure Central teens and staff have engaged in a multi-year reforestation project where they have been growing and propagating native trees and shrubs to plant in a local park. Along the way they partnered with a group of university students to broaden and share the experience. Learn about the reforestation program and process, challenges and successes, as well as how you might implement a similar effort in a woods near you. You'll go nuts for this session! Limited to: 70 participants. Presented by: Anthony Mitchell, Nate Arnett, Kim Catchpole, and Angela Collie

508 Using and Managing Social Media**Mixed**

What are the benefits and risk of social media and how do I use social media effectively? This session will address the risks and benefits of social media, ways to maintain your digital reputation and explore the issue of use of social media as a teen volunteer working with other youth or as an adult working with youth. Limited to: 55 participants. Presented by: Pamela Montgomery and Amy Grove

509 Master Clothing Educator Meeting**Adults**

This is an opportunity for the Master Clothing Educators to meet and discuss program planning activities for the upcoming year. Limited to: 70 participants. Presented by: Kathleen Moser

510 Ohio 4-H Opportunities for Older 4-H Members**Mixed**

So you've been around 4-H for a while, and you feel as though you've done it all. Club meetings, advanced projects, maybe some county things here and there, but it feels like the same-old-same-old. NOT SO FAST, my friends! Don't miss out on the best that Ohio 4-H has to offer to its high school-age members. We'll describe the many opportunities available to older 4-H'ers, and answer as many questions as we can, during this fast-paced and interactive session. Limited to: 70 participants. Presented by: Emma Newell and The Ohio 4-H Teen Advisory Council

511 Teen Leadership: 20 Minutes at a Time**Mixed**

4-H teens and club leaders – attend this session to collect 20-minute leadership lessons to teach within your 4-H club or other youth groups! Topics will include communication skills, etiquette, who you are as a leader, interview skills, stress management, time management, youth in governance, and much, much more. Learn to be a better leader – 20 minutes at a time! These lessons can be used with teen leadership groups or in your club meetings, whether you have 20-minutes or 2-hours to fill! Lessons are designed so that they can be teen- or adult-led. Check out this session to learn more, and get the chance for a hands-on sampling of these lessons! Limited to: 70 participants. Presented by: Jessica Rockey, Christy Clary, Jo Williams, Cassie Anderson and Nadine Fogt

512 My Dog is Sick and I Do Not Know What to Ask**Mixed**

You're listening as your vet is describing the diagnosis and various treatment options, your concern is escalating into full-blown anxiety. You're actually not hearing much at all because all of your brainpower is hard at work keeping the tears at bay. When your vet comes up for air and asks if you have any questions, you don a fake half-smile and shake your head to say, "No," when what's screaming inside your head are, "Questions! I don't know enough to have a clue as to what questions I should ask!" Your vet may think that they just provided you with a whole bunch of useful information, but all you heard is your dog is sick. It's tough to ask meaningful questions when you've just been handed news that leaves you emotionally "unglued." In this session you will learn important questions to ask your veterinarian and how to ask them. Limited to: 70 participants. Presented by: Penne Smith

513 I'm Going to State Fair!**Mixed**

I've qualified to have my non-livestock project judged at the Ohio State Fair! Now what? We have participated successfully in many state fair judgments and now we help to coordinate some of them. We want to show you how to make your great project even better to compete at State Fair. We will talk about judging criteria, how to dress, how to present yourself and your project, what you should bring with you, and much more. Question and answer time will be provided. Limited to: 70 participants. Presented by: Tammie Strawser, Ashlea DeChant and Natalie Amick

514 Channeling Your Inner Pig**Mixed**

Personalities play a BIG role in life, and can make or break a group. Understanding personalities is important in making sure all members feel engaged and involved and in helping groups to work well together. This class will help you understand more about yourself, the way you work and those around you. Limited to: 55 participants. Presented by: Michelle Stumbo, Rachael Fraley, and Tracy Winters

515 2016 New and Revised Curriculum**Mixed**

Want to know more about this year's changes to the Ohio 4-H project book lineup? Join us for a brief review of each new and revised publication. You'll hear about projects on poultry, clothing, food and nutrition, robotics, knotting, creative arts, natural resources, and more. See a demonstration of Project Central too! Limited to: 55 participants. Presented by: Jane Wright

516 Fitness Program at the County Fair**Mixed**

The Jefferson County Fair offered a successful new program for 4-H members and adults in 2015. Using the 4 "H's", participants took part in fitness activities each day of the fair. Beads were used as incentives for the program and over 50 individuals took part, each earning an average of 10-15 beads. Activities included morning fitness walks, a drinking water challenge, a scavenger hunt, and a thank you walk, in which walkers gave thank you charms to 4-H advisors and fair board members. The event was so successful, it will be repeated in 2016 with new activities and challenges. Limited to: 80 participants. Presented by: Janine Yeske