

Ohio 4-H Conference



*Greater Columbus Convention
Center*

March 11, 2017



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



Conference Information

Full Time Registration

To register for the 2017 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 10, 2017. No refunds will be available after March 1st. Send cancellation requests in writing to: Allen Auck, State 4-H Office, 2201 Fred Taylor Drive, Columbus, OH 43210.

Educational Programs Registration

- To register for workshops, indicate your first, second, and third choices for each time period on the registration form.
- **Please note that some sessions are for Teens, Adults, or Adults & Teens. For example: if you are an adult, do not sign up for a “Teens” session.**
- All workshops/sessions will be filled on a first-come basis.
- Sessions will last 45 minutes. The workshops numbered 600 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 (age 13 and older) are encouraged to select the “Teen Luncheon”. The Bob Evans Farms 4-H Volunteer Recognition Luncheon 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 – 3:30 p.m.	Workshop C
2:00 p.m.	Session IV
3:00 p.m.	Session V
3:00 p.m.	Silent Auction Closes
4:00 – 5:00 p.m.	Pick up Silent Auction Items

Educational Program Choices

Community Service

Join the State 4-H Fashion Board throughout the day to help construct items for communities in need! These projects require no sewing experience and are great ideas for community service projects that you can do with your members. We will be making puppy/dog chew toys out of recycled clothing (old jeans/towels/etc.) to donate to dog shelters. We will also make fleece tie lap blankets to donate to Nationwide Children's Hospital.

Adults & Teens

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

601 Horse \$ense

Youth with horse projects often do not comprehend the financial and time commitment involved. The cost associated with owning or even leasing a horse can be best demonstrated to youth through hands-on learning stations in much the same fashion as Real Money, Real World, a financial literacy program. Horse \$ense participants visit a series of stations that focus on the individual aspects of horse ownership/leasing. With the knowledge gained, youth will be better informed and will be able to actively engage in conversations with their parents/guardians and make decisions with regards to the commitments associated with horse ownership. Limited to: 55 participants. Presented by: Kathy Booher and Laura Rohlf

Adults & Teens

602 Starting With (Almost) Nothing

Learn how you can do more with less anytime, anywhere. Painless ice-breakers and other opening activities will be shared. Limited to: 55 participants. Presented by: Jim Cain

Adults & Teens

603 10 Minute Science for 10 Club Meetings

Join Dr. Bob for fast paced 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: Robert Horton

Adults & Teens

604 You...In the Green Shirt

Groups of 4-H members, whether in a club or at 4-H camp, need to develop a sense of belonging. The technical term is "developing interpersonal relationships". The key to building interpersonal relationships is to take the time to make others feel genuinely valued. This session will take the Ten Human Relations Commandments and provide a variety of short activities that could be conducted at club meetings, 4-H camp, etc, to help participants feel that they truly belong. Limited to: 55 participants. Presented by: Bonnie Malone & Extension Staff

Adults & Teens

605 Teaming Up: Creating Connections in Your 4-H Club

Teamwork is essential to the success of a 4-H club and an important life skill to teach our members. Volunteers play an important role in creating a team environment in the club setting. In this interactive workshop, volunteers will discuss Tuckman's stages of group development and the role each plays in building an effective 4-H club. Transform your club: 1) by forming a group identity; 2) through storming with conflict management skills; 3) by norming group connectedness, 4) by performing group projects; and 5) by adjourning in a way that makes members want to come back for more. Limited to: 55 participants. Presented by: Jamie McConnell

Adults

606 Being Mindful of Diversity**Adults & Teens**

Diversity is all around us wherever we go. Diversity comes in a variety of forms: income, community, age, ethnic, religion, etc. During this workshop, participants will take part in an interactive activity that will allow them to experience diversity first hand. Following the activity will be an open discussion on how participants can mindfully utilize diversity to achieve success, change, or cohesiveness within a 4-H club, a workplace, school, camp, or any other situation. Limited to: 55 participants. Presented by: Melinda Morrison and members of the Champaign County Leadership Task Force

607 Beef Selection and Show Preparation**Adults & Teens**

We thought we would take a step back this year and go back to basics. In this workshop we will look at and discuss selection tips for beef projects. As well as what, where and how to get the most value for our project. Once we get them home, how can we get the most out of our animal. From feed to hair care to work at home to help gain the most success in the ring. Limited to: 100 participants. Presented by: Tim and Renee Skaggs

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

101 Building Skills for the 21st Century**Adults & Teens**

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. Limited to: 70 participants. Presented by: Nate Arnett

102 What in the World? Addressing World Hunger**Adults & Teens**

Are you concerned about global issues like world hunger? Want to do something, but not sure where to start? According to the UN's World Food Program, 870 million people in the world do not have enough to eat (that's 1 in 8 people). With such staggering statistics, world hunger can seem like an overwhelming topic. In this session 4-H'ers from Adventure Central will share their experience attending the Heifer International Global Village where they learned about the causes and effects of hunger and poverty. In this session, you will be inspired to make a difference in the lives of those in your own community and around the world. Limited to: 55 participants. Presented by: Kim Catchpole

103 Catapulting a Committee**Adults & Teens**

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 catapulting it forward! Limited to: 55 participants. Presented by: Leslie Cooksey and Sue Suttles

- 104 4-H Science Afterschool Adventures** **Adults & Teens**
 Afterschool programs involve a large portion of the youth in our rural county and throughout the state of Ohio. This is a growing trend that can be seen all across the country. This provides cost recovery dollars for the local Extension office and provides the mandated science programming for the afterschool programs. 4-H Afterschool Programs provide an excellent opportunity for students to learn science, math and language skills through hands-on activities. These educational opportunities are not limited to the classroom. Afterschool programming provides opportunities for less formal activities and hands-on learning to take place. Many of these programs can also be used in a camp setting through both summer 4-H camping programs and outdoor education programs for schools and other youth groups. 4-H adult and teen volunteers can learn how they might be able to get involved in afterschool programs or how they might implement interactive science activities into club or camp. Limited to: 70 participants. Presented by: Erin Dailey and Chase Dickens
- 105 It's the 4th H: Teens Take on Health** **Adults & Teens**
 Distracted driving, bullying, junk food, drugs--these are among the many issues that 4-H can help teens learn more about and speak out about in their communities. Experienced 4-H Health Heroes will lead activities to explore what you can do to emphasize the "4th H" as a Healthy Living Advocate. This introductory topic is a required session (first of five) for those who want to become an Ohio 4-H Healthy Living Advocate (Health Hero). To learn more about 4-H Health Heroes go to www.ohio4h.org/healthyliving. Limited to: 55 participants. Presented by: Theresa Ferrari, Carol Smathers, Katie Riemenschneider and 4-H Teen Health Heroes
- 106 Let's Talk Service!** **Adults & Teens**
 Since the beginning in 1902, service has been an important component of 4-H by 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? Lets talk! During this session, teens, parents and 4-H club advisors will share with each other successful service projects. From the discussion, a list of service projects will be compiled for the participants. Besides sharing, participants will be given resources on locating service projects, grants, special community service work days, such as the National Make a Difference Day along with an overview of the Ohio 4-H project book "*Hands to Larger Service.*" So, lets talk service! Limited to: 55 participants. Presented by: Nadine Fogt and Fayette County Teen Leaders
- 107 My Hands, My Community** **Adults & Teens**
 Does your club struggle to come up with Community Service projects? Tired of doing the same things and want to try something new? In this session, we will discuss ways of getting members involved in planning community service that they are passionate about and have fun doing! From start to finish, we will go through the steps from facilitating the brainstorming session to sharing the experience with others in your county or the state. Limited to: 55 participants. Presented by: Laura Fuller
- 108 C.S.I. Camp: Detective Themed Activities & Ideas** **Adults & Teens**
 Looking for creative ideas for camp? Grab your magnifying glass and take a closer look at detective themed activities. We'll bring you up to speed with fun, interactive games and guide you through STEAM experiments relating to forensics, investigation skills, and more! Gather the evidence and solve the camp theme dilemma as you learn how to be a detective extraordinaire! Limited to: 55 participants. Presented by: Phil Goerig and Jill Stechsulte

109 Camp Craft Sampler**Adults & Teens**

Camp type crafts are not just for camp settings. They can also be used in club and family gatherings to bring people together to share creativity and enjoy good conversation. Participants will be presented with options of making friendship bracelets, duct tape crafts and leather stamping items. Limited to: 55 participants. Presented by: Larry Hall

110 Herb Activities for Camp**Adults & Teens**

Learn how to utilize herbs in teaching camp sessions. Participants will walk away with herbal recipes, craft ideas and a new found appreciation for this natural resource. Come learn about their beneficial properties, smells and tastes! These activities will explore the history of using herbs and current ways to incorporate them into everyday life. These are activities are easy to teach and your campers will love. Walk away with new camp resources for your county! Limited to: 55 participants. Presented by: Carol Hamilton

111 FUNtastic 4-H Clubs and Camps...Yours Can Be One!**Adults & Teens**

What's the FUN factor in your 4-H club or at your 4-H camp? Are you looking for ways to make FUN the focus of learning and growing in all that your club or camp does? Go Hog Wild as your FORTUNE for FUN is revealed in the CARDS and your THUMBS reveal the learning that can happen through creatively FUN teaching. Experience first-hand ways to build teamwork, leadership, teach and prepare 4-H'ers for success. Leave with a FUNtastic Bag to put into action in your 4-H program. Limited to: 70 participants. Presented by: Patty House

112 Team Building Activities for Teens & Adults**Adults & Teens**

Learn activities you can use to bring groups of teens and/or adults together to form a functioning team. Examine different learning and leadership styles while experiencing five stages of group process in an interactive session. Gain communication skills essential for an effective team. Limited to: 55 participants. Presented by: Jenna Hoyt

113 What's Next? 4-H After High School**Teens**

This session is designed for high school students who want to learn about all the opportunities to help the 4-H community as a college student. The presenters will focus on ways to volunteer in the county, on the state level, but also the job opportunities available to maintain connections in 4-H. Collegiate 4-H members from OSU will be discussing their involvement and the unique ways they volunteer on a state and local level. Additionally, time will be open in the end to ask questions about the session, but also any questions about the college experience. Limited to: 55 participants. Presented by: Missy Kelleher and Chris Parsons

114 Engineering is Exciting**Adults & Teens**

Whether you have taken a project in this area, or would just like to learn more about these events, this session is for you! This session will provide updates on content and format changes planned for the following state fair events: Engineering Excitement Day, and the Tractor event. Youth will gain a better understanding of what is needed to prepare for state fair judging. Adult club leaders and parents will receive specific details and key contacts regarding these events. Limited to: 100 participants. Presented by: Dewey Mann, Mary Griffith and Amanda Forquer

115 Living History - Join the Adventure**Adults & Teens**

Start a Living History Club or incorporate this fascinaing activity into your established group. Leap back through time to delve into the periods that fascinate you. Adopt a famous personna 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: 80 participants. Presented by: Nicolle Merkel

116 Teen Leadership Council's (TLC) Reaches Out Curriculum Adults & Teens

The Teen Leadership Council (TLC) developed lessons to share with teen audiences throughout the state. In this session, participants will have the opportunity to discover the lessons created and get first hand experiences with one of them. Lessons are geared toward teen audiences, so teen leaders and club advisors should plan to attend to learn more about these lessons on first impressions, parliamentary procedure, public speaking, older youth opportunities, and teambuilding. Limited to: 55 participants. Presented by: Molly Michael, Hannah Epley and 4-H Teen Leadership Council Members

117 The Sweet Life - Sugar in the American Diet Adults & Teens

It's difficult to deny that sugar is delicious, but how do we know if we're consuming too much? Discover where excess sugar may be hiding in your diet. There is a growing problem of obesity and obesity related illnesses in our culture, and excess sugar may be partially to blame. This interactive session helps participants learn how to make healthy choices, read labels, and understand the effects sugar has on the human body. Limited to: 55 participants. Presented by: Cheryl Mickley and Holly Bandy

118 Taking Initiative in Leadership Adults & Teens

The session will utilize the book, *The Dog Poop Initiative* by Kirk Whistler, to explore the importance and role of initiative in leadership roles. In this session participants will discuss initiative and impact of lack of initiative on families, 4-H clubs and in teen leadership programs in a humorous and meaningful way. Limited to: 55 participants. Presented by: Pamela Montgomery

119 Teen Leadership 20 - Version 2.0 Adults & Teens

Join members of the Ohio 4-H Teen Leadership Design Team to explore Teen Leadership 20, Version 2.0...an ALL NEW set of 20-minute leadership lessons! Lessons can be facilitated by teens or adults, and are able to be used with ANY teen audience. All lessons are available online for easy access, and materials/supplies needed to conduct are minimal! Come learn more about this great, new resource that can be used in your county, or anywhere! Limited to: 55 participants. Presented by: Jessica Rockey and Ohio 4-H Teen Leadership Design Team members

120 Sewing Session Swap Adults & Teens

Hancock County 4-H, under the leadership of our 4-H Master Clothing Educator, offers a series of clinics each year to assist members with sewing projects. In the fall, make and take classes are offered. In the spring and early summer the focus of the clinics turns to 4-H projects. We have seen an increase in members taking sewing projects since the clinics were initiated. To keep the program fresh, new session topics are offered every year. We would like to invite participants to bring several copies of their own lessons and ideas to swap. Gaining new ideas and ways to help our new and returning sewers is helpful to club advisers and 4-H Master Clothing Educators. Grab your ideas and come ready to share! Limited to: 50 participants. Presented by: Joyce Schroeder and Cassie Anderson

121 Running the Show Adults & Teens

Ever wonder what happens at other livestock shows outside your county? Having issues with gliding through breeding or market shows for sheep, goats, or any other livestock? This session will cover the who, what, when, where, and why of the behind the scenes of livestock shows. Main points will be the staff needed, positions to fill, procedural steps to follow, physical guidelines for animals in the ring, and what the judge should expect from show administration, parents and exhibitors. Getting through the biggest day of a livestock youth exhibitors summer is what the whole family has come to watch, now lets make it a simple and easy process! Limited to: 55 participants. Presented by: Jacci Smith and Tim Barnes

122 My Dog is Social: I Do Not Know What Is Wrong Today Adults

Many dog owners believe their dog is social, that is until they take him off their property. There are many areas of socialization to consider. Is your dog okay with social issues, with other dogs, a timid dog, a fearful dog, a shy dog, etc. You want your dog to react calmly to sights and sounds in the world. Unsocialized dogs often develop fears and phobias. Fears are stressful, and stress is bad for your dog's health. Socialization takes away fears and stresses so your dog is not only happier, but also healthier. You can socialize your dog to be calm about what is happening in the world around him. Mostly (and this is so important) you want your dog to be trusting. Come learn some techniques and share what/how you help members with socialization. Limited to: 70 participants. Presented by: Penne Smith

123 Cloverbud Mythbusters Adults & Teens

Who are 4-H Cloverbuds? What are the characteristics of 5-8 year olds? Are Cloverbuds really 4-H members? This session will answer your questions related to Cloverbuds and clarify some of the myths surrounding the Ohio 4-H Cloverbud program. Join members of the Ohio 4-H Cloverbud Design Team for this informative and interactive session designed to help you to be a successful Cloverbud volunteer. Limited to: 70 participants. Presented by: Rhonda Williams, Demetria Woods, Scott Scheer and Janine Yeske

124 Learning Leadership through Dramatic Arts Adults & Teens

What do acting and leadership have in common? Participate in hands-on dramatic arts activities that you can teach and lead for your 4-H members. Activities will focus on leadership skills in verbal and non-verbal communications, creativity, confidence and team work. Leave this session with short lessons to lead at your next 4-H meeting. Activities are for all ages including Cloverbuds. Bonus: explore member activities in our 4-H Theatre Arts curriculum on acting, puppetry and stagecraft. Limited to: 55 participants. Presented by: Betty Wingerter

125 Recognition is an Important Part of 4-H Adults

To keep, and then inspire, the interest of youth, 4-H volunteers need to be educated in how to offer special 4-H events and creative ways to motivate members and other volunteers from their club program. 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 motivation activities. Many ideas will be shared through hands-on experience while others will be distributed in written form. Participants will learn how to teach or implement these programs with volunteers and explore methods for impact and evaluation. Limited to: 70 participants. Presented by: Judy Villard Overocker

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

701 Winning 4-H Plan - Next Steps

Adults & Teens

This workshop will take an in depth look into best practices for disability inclusion in 4-H. We will review disability laws and how these laws apply to 4-H. We will also discuss accommodations: What is an accommodation? What questions can and should you ask when a person with a disability requests accommodations? Who is responsible for arranging accommodations? Must all requests for accommodation be granted? How do you accommodate a member who needs a project book or other written material in alternate/accessible format? Although 4-H members are typically in secondary school, disability plans (IEP, 504) may not apply to 4-H. We will review legal and practical differences between school and 4-H, and offer suggestions on how to make expectations and responsibilities clear to club members, parents and volunteers. Limited to: 100 participants. Presented by: Laura Akgerman, Dee Jepsen, Laryssa Hook and Heather Gottke

702 Exploring Ag Careers with Real Money Real World (RMRW)

Teens

Connect financial literacy with a future career choice in agriculture and STEM (science, technology, engineering and math). Through the use of new Ag Career cards to supplement the existing RMRW curriculum, youth will understand the breadth and depth of agriculture careers available to them as well as create a deeper understanding of how agriculture relates directly to everyday lives. By utilizing the current RMRW program, youth will pilot test the Ag Career cards as they participate in a simulation where they make financial and cost-of-living decisions about housing, transportation, food, etc. As participants of this session, youth will learn about how ag careers can meet financial earning goals. Through exposure to potential agricultural careers, youth can investigate their role in addressing 21st century global issues and developing workforce skills. Limited to: 55 participants. Presented by: Leslie Cooksey and Jeanne Gogolski

703 Reflection and Direction

Adults & Teens

It is great to learn skills about dealing with others, but have you taken some time to evaluate yourself? When we assess where we are with our character traits and interaction with others, it helps us to have a direction of what we need to work on. These traits affect our relationships, our school/job/4-H clubs, and how we feel about ourselves. Sign up for this session if you are eager to learn about y-o-u-r strengths and weaknesses. You will leave the session with a fresh understanding of yourself and a personal action plan that will aid you and your future character development. Our goal is to become a person of integrity. Your age doesn't reflect your character so all ages encouraged to attend! Session includes lecture, self-evaluation, and team activities. Limited to: 100 participants. Presented by: Amy Fleshman

704 Milestone Volunteer Recognition

Adults

Ohio 4-H volunteers with 40, 45, 50, 55, 60, 65, and 70 years of service will be honored for reaching these impressive milestones in their 4-H career. Individual recognition of these volunteers will highlight a short program. Photos of each tenure group will follow. Volunteers to be honored will receive an invitation from the State 4-H Office for this workshop. Presented by: Tom Archer and Amanda Forquer

705 The Emerging Bioeconomy

Adults & Teens

Bioproducts are made from renewable, bioresources that are a sustainable alternative to petroleum-based materials. Come learn about the emerging bioeconomy and related career paths! In this workshop adults and teens can participate in hands-on activities to gain an understanding of the biobased feedstocks such as soy and corn, and the many products that can be made from them. Limited to: 55 participants. Presented by: Denny Hall, Shannon Hollis and Christine Balint

706 Weave an Easter Basket of Love**Adults & Teens**

Join us in weaving an Easter Basket of Love, which will be filled with goodies and donated to the Nationwide Children's Hospital in Columbus in time for the Easter holiday. Participants will learn to appreciate the traditional Appalachian craft of basket weaving and engage in a service learning project as they weave a simple jar candle basket. They will learn basket-weaving terms, learn the history of the "Baskets of Love" service project in Adams County, and successfully complete a basket in the 90-minute workshop. No fee to participate; all supplies provided. Limited to 25 participants. Presented by: Kelsea Hamilton, Carolyn Belczyk, Marlene Potts, Kimberly Baker and Molly Bauman

707 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

708 Are We Building "Champion Kids" in the 4-H Program?**Adults & Teens**

When a 4-H member looks back on 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, communications, interpersonal, 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 talk about the definitions of competition/winning, sportsmanship, citizenship and leadership, plus explore ways to make the 4-H member experience more meaningful. Limited to: 80 participants. Presented by: Judy Villard Overocker

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 scholarship 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'. Are YOUth Interview Ready? Limited to: 55 participants. Presented by: Mary Beth Albright and Angie Holmes

202 Effective Camp Counselor Committees**Adults & Teens**

Effective counselor work groups or committees are the difference between a good camp and a fantastic camp. This session will explore the traits of an effective committee, discuss different types of committees used throughout the state, and investigate tools that are helpful when serving on a committee. We will also brainstorm different ways to determine the make up of a committee. A panel of current or past camp counselors will provide insight to their experiences, and tips and tricks to get the most out of a committee during a Q&A portion of this session. Each participant will receive a "committee toolbox" to help them as they plan and train for the 2017 camping season. Limited to: 70 participants. Presented by: Cassie Anderson and Katie Cole

203 Are You a Leader or a Boss?

Adults & Teens

Are you a leader or a boss? What is better being a leader or being a boss? Are you a great leader or a boss? Limited to: 70 participants. Presented by: Brandon Benson

204 "Hey!" or "Hello!" Making the RIGHT First Impression

Teens

"Hey" or "Hello!" What makes the best first impression for an interview? First impressions can either open doors or close a door. 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, and a handshake can make or break you in the first few minutes of meeting someone. You wouldn't wear high heels and a short 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, teens will learn how to make a GREAT lasting impression by using appropriate greetings, clothes, and body language. So is it a "Hey! What's up?" or is it "Hello! How are you today?" greeting? Limited to: 55 participants. Presented by: Nadine Fogt and Fayette County 4-H Teen Leaders

205 Healthy Living Advocacy

Adults & Teens

4-H Health Heroes are teens who want to take action to make their clubs and communities a better place. As an advocate, you can help change the ways others think about and do things, and can influence decision makers. Advocates are armed with the facts and work with others to make things happen. Activities in this session will help you learn about steps you can take to "take on health." You'll hear from experienced teens about what they did as 4-H Health Heroes. This session is a required session (second of five) for those who want to become an Ohio 4-H Healthy Living Advocate (Health Hero). Limited to: 55 participants. Presented by: Theresa Ferrari, Carol Smathers, Katie Riemenschneider and 4-H Teen Health Heroes

206 "No-Prop" or "Minimal Prop" Games

Adults & Teens

Designed for adults, junior leaders, and club recreation leaders, this session will introduce or re-introduce you to ten easily taught games that will build fun, laughter, and friendships in your 4-H club. It is also a good way to encourage "on-time arrivals" because they won't want to miss the fun! Limited to: 55 participants. Presented by: Bill Henderson and Larry Hall

207 Everything's Coming Up Clovers

Adults & Teens

Make your community a better, more beautiful place by using gardening as a community service project. This session will give you the low-down on the tools needed, types of things to grow, and some places that can benefit from the fruits of your labor. Gardening has been proven to promote positive thinking, healthier living and more; making the best, better for your community. Limited to: 55 participants. Presented by: Sue Hogan

208 Ohio 4-H Opportunities for Older 4-H Members

Adults & Teens

So you've been involved in 4-H for a while, and you feel as if you might have 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! 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 youth 4-H'ers, and answer as many questions as we can, during this fast-paced and interactive session. Limited to: 55 participants. Presented by: Molly Michael and Ohio 4-H Teen Leadership Council

209 4-H Animal Sciences Update for 2017**Adults & Teens**

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 and Tony Forshey

210 Successful Marketing Strategies for Your 4-H Project**Adults & Teens**

Learn how to effectively market your project(s) to community organizations, local businesses and county leaders. Learn the importance of speaking to a prospective buyer, how to present your project(s) in an advertising format and how to follow through once your project has been purchased whether at auction or by personal sale. Limited to: 70 participants. Presented by: Michelle Moon and Carroll County Teen Leaders

211 Creative Techniques For Challenging Fabrics**Adults & Teens**

Anytime you work with thick fabrics like fleece, wool, leather, and double knits, bulk is undoubtedly going to be an issue. Knowing the various ways to reduce or eliminate it will produce a cleaner, more professionally sewn garment. In this session we will demonstrate how to bevel seams, make lapped seams, smooth collar points and square corners. Also learn how to properly trim and grade intersecting seams and ways to reduce bulk in seams when interfacing is used and which interfacing to use to sew a beautiful garment or accessory. Limited to: 55 participants. Presented by: Kathleen Moser and Pat Allen

212 Ohio Military Kids 101**Adults & Teens**

Learn about the Ohio Military Kids program and how you can become involved in this program that supports the youth and families of Ohio military service members. This will be an interactive session learning about how The Ohio State University and The Ohio National Guard join efforts in the OMK partnership to provide educational, but fun programs for the military, what it is like to be a "military kid" in Ohio, and how the program has helped military families across the State of Ohio. Limited to: 55 participants. Presented by: Amy Seward, Andrew Seward and Mark Scherer

213 Child Abuse and Neglect Reporting - Policy 1.50**Adults & Teens**

Participants will learn: How to recognize indicators of child abuse and neglect, relevant scenarios to youth in a 4-H program and how to handle those situations, state law that governs child abuse and neglect, Ohio State University procedures of reporting child abuse and neglect, basic understanding of the Children Protective Agency Procedures after reports of abuse and neglect are reported. Participants will also have an opportunity to ask questions or present scenarios. Limited to: 100 participants. Presented by: Lisa Siciliano-Miller and Kirk Bloir

214 Building A Positive Community Within Your 4-H Club**Adults**

This session will help you learn how to create a sense of "we". Members attend club meetings and are registered at the Extension office as club members, but do they feel the connection that makes them part of the "we" in the club? A sense of we creates safety and makes it more likely that a member will risk moving out of his comfort zone to try something new and ultimately to learn. The kids right in front of us often have the most useful information within them. Information that can help us reach and teach them, help us engage them and that can help us have a fantastic year together. The internet is not always the best place to seek club meeting materials -- your colleagues are! We will have time to share and learn about resources others are using. We will practice some ways to stretch members' minds while enriching their social and emotional experiences. Limited to: 70 participants. Presented by: Penne Smith

215 Be an Ambassador for Your 4-H Camp**Teens**

Come learn how to promote your 4-H camp in this interactive and fun session. We all know the best promotional tool for camp is word of mouth. This session will help you make the most of it. When someone is excited and tells you how much fun they have at camp, you want to join them! You will learn how to identify audiences and give an "elevator speech" about 4-H Camp. You will leave with the ability to tell people why camp is such a special place! Limited to: 70 participants. Presented by: Jo Williams, Christy Clary and Canter's Cave 4-H Camp Ambassadors

216 Cloverbud Mythbusters**Adults & Teens**

Who are 4-H Cloverbuds? What are the characteristics of 5-8 year olds? Are Cloverbuds really 4-H members? This session will answer your questions related to Cloverbuds and clarify some of the myths surrounding the Ohio 4-H Cloverbud program. Join members of the Ohio 4-H Cloverbud Design Team for this informative and interactive session designed to help you to be a successful Cloverbud volunteer. Limited to: 70 participants. Presented by: Rhonda Williams, Demetria Woods, Scott Scheer and 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: 70 participants. Presented by: Mary Beth Albright and Tim Tanner

302 Understanding Risk and Protective Factors**Adults & Teens**

We are surrounded with risk and protective factors to our positive development, frequently with little awareness until a significant life experience happens. While increasing protective factors and minimizing risk factors does not guarantee success, research shows that it does make a big difference. The good news is that there are lots of ways to add protective factors and manage risk factors, if you know what to look for and where. This session will focus on identifying risk and protective factors and helping participants strategize how to balance these factors in their life and in the lives of others. Limited to: 70 participants. Presented by: Nate Arnett and Adventure Central Teens

303 State Fair and How to Get There**Teens**

Join us as we successfully learn to navigate the world of state fair. We will learn how to prepare your project for judging, what to wear for project judging, and how to excel at the state fair experience. We will play a few fun games along the way and you will hear some hilarious stories about our State Fair experiences. Limited to: 55 participants. Presented by: Faith Barfield and Deeanna Boss

304 Swine Showmanship Beyond the Resource Book**Adults & Teens**

No matter what breed or the cost of the hog, swine showmanship is where youth can excel without spending a large amount of money. Participants in this session will learn the basics, extra's, and some new things that judges like to see in swine showmanship. We will share our experiences for success, failure, and what we have learned over the years. Our goal is to help club project leaders wishing to help their members or yourself have a successful swine showmanship year. Limited to: 100 participants. Presented by: Becky and Kayla Barker

- 305 Are You Drinking 10 Teaspoons of Sugar? Adults & Teens**
Does your cola pack more calories than a cupcake? Does your coffee contain more sugar than a donut? And 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. Experienced 4-H Health Heroes will engage you in activities to show how much sugar is in typical beverages and help you determine strategies as youth and adult leaders to become Water First for Thirst advocates in your own communities. This session is a required session (third of five) for those who want to become an Ohio 4-H Healthy Advocate (Health Hero). Limited to: 55 participants. Presented by: Carol Smathers, Theresa Ferrari, Katie Riemenschneider and 4-H Health Heroes
- 306 Read a Good Book With Cloverbuds Adults & Teens**
This session will help 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 childrens book. The programs are designed for one and a half hours and, 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
- 307 Dog Bowl - It's More Than a Competition! Adults & Teens**
Sometimes, competitions can be used to strengthen clubs on many levels. In this session, we will discuss how to use the state dog bowl team formation and preparation to enhance members' 4-H experience. Learn how to prepare for the state dog bowl while using the experience to teach sportsmanship, teamwork, leadership, public speaking and most of all, how to have lots of fun while learning how to become responsible dog owners. Limited to: 100 participants. Presented by: Lora Cleary, Patty Hilt, Sarah Coon, Lauren Hitt and Anne Coon
- 308 4-H Teen Camp-History & Tradition Empowering Youth Adults & Teens**
Southern Ohio 4-H Teen Camp offers a unique 4-H camping experience for teens ages 14-18 in which 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. Limited to: 70 participants. Presented by: Erin Dailey, Zayne Warrens, Duston Castle, Kylee Castle and Annalee Warrens
- 309 Resume Writing: Writing Your Way to Your Future Teens**
Have you ever wondered how to take all of your experiences, both in 4-H and in the rest of your life, and turn them into a resume that lands you the job? Whether you're looking for a summer job or applying to colleges, what makes the difference is how effectively you communicate your experiences. In this workshop, we will discuss the importance of crafting your resume and ways to talk about you and what you have done that translate well to potential employers and those who do not have 4-H experience. Limited to: 100 participants. Presented by: Laura Fuller

310 It's a Sing Thing**Adults & Teens**

Music programming through use of songs and motions can liven up club and camp activities. Learn song leading techniques for all ages in this interactive session. A handout of lyrics will be provided and \$10 optional CDs from Buckeye Leadership Workshop will be available for purchase. Limited to: 70 participants. Presented by: Larry Hall

311 And My World: 4-H Around the Globe**Adults & Teens**

Did you know there are 4-H members in over 50 countries around the world? What kind of projects do 4-H members in other countries exhibit? Come experience 4-H from the perspectives of youth in Ghana and Nicaragua, including a virtual visit! Participants will end the workshop by brainstorming ways 4-H members can link hands across geographic boundaries for larger service. Limited to: 100 participants. Presented by: Dustin Homan

312 Are You Ready for the Spotlight?**Adults & Teens**

4-H members, volunteers and families encounter lots of different people at the Fair. What these people see, explore, learn and perceive is a direct reflection on you, your families, the 4-H program, the Fair and agriculture. Make sure that your members red carpet debut magnifies the BEST -- 4-H and Jr. Fair has to offer. Participate in interactive activities to teach your members how to be ready for the spotlight and prepared to put their best foot forward! Limited to: 70 participants. Presented by: Patty House

313 Tooting Your Club Member's Horn**Adults & Teens**

This presentation will show different ideas and methods of representing your club, its members and projects. This can be used at fair, in the community and other venues. This becomes a great way to promote 4-H, club pride and recognize your members which will build their self-esteem. This session will offer theme ideas and examples of what other clubs have done. Limited to: 100 participants. Presented by: Russ Mayer

314 Take 2: 4-H Filmmaking**Adults & Teens**

Are you a film fanatic? Want to learn more about turning the videos you make into a creative 4-H project? Filmmaking involves valuable skills that include communication, problem-solving, critical thinking, workforce development, self-expression and more. Get all the details about how to best use your creative talents, view an award-winning film by a 4-H filmmaker and find out how to be part of Film Fest 4-H, the National 4-H Film Festival. Limited to: 55 participants. Presented by: Sally McClaskey and Emmy Beck-Aden

315 Recipe for Camping Success**Teens**

4-H camp helps youth grow and develop in positive ways. In this hands-on session, camp counselors will learn about key ingredients to help campers have the best experience possible! You can be a driving force in helping campers develop competence, confidence, connection, character and caring by implementing eight essential elements in your camping program! Limited to: 55 participants. Presented by: Jamie McConnell

316 Gender Identity: Can We Meet Our Teen's Needs?**Adults**

Today's terminology can be confusing when addressing our teens gender identity. Learn what it means to be gender non-conforming, transgender, or cisgender. What can we as leaders do to be supportive of our teen's identity development and promote inclusivity among our youth. Participants will take a historical look at the western concept of gender and how that impacts our viewpoint today. Limited to: 100 participants. Presented by: Nicolle Merkel

- 317 Helping Teens Manage Stress With Yoga** **Adults & Teens**
Join us for a fun and interactive yoga session. Yoga combines breathing, controlled postures and mental focus to improve fitness and decrease stress. Yoga for Kids is different in that it is a little sillier, a little louder than traditional yoga. Yoga is inexpensive, requires no special equipment, can be performed almost anywhere and can be adapted for a variety of experience levels. Participants will learn how to manage stress and improve mental focus in a fun, non-competitive environment. Wear comfortable clothing and be prepared to move and have fun! Limited to: 55 participants. Presented by: Kelly Royalty, Rebecca Supinger, Valerie Hearst and Kim Catchpole
- 318 Telescopes** **Adults & Teens**
We will go over the basic use and function of telescopes. Following the light path then using telescopes in actual demonstrations. Limited to: 55 participants. Presented by: Wayne Schlingman and Kelly Denney
- 319 The Healthy Horse** **Adults & Teens**
What is normal for a horse? Attend this session to learn about the healthy horse but more importantly, how to tell if there may be something wrong. Why is that important to know? Get the answers to these questions and more! Learn bio-security practices including preventative strategies, recommended vaccinations, and quarantines. Limited to: 70 participants. Presented by: Elizabeth Share
- 320 Garden Projects: Let's Dig In** **Adults & Teens**
Ready for spring and a great gardening year? This will be an interactive session with tips for growing and showing vegetables and flowers. Learn ways to extend the growing season and plant propagation tips. Enjoy hands on gardening activities that could be used during a club meeting. Limited to: 55 participants. Presented by: Amy, Kira and Erin Barr
- 321 Market Poultry - Selection and Management** **Adults & Teens**
This presentation will cover the market broiler, turkey and duck projects. Subjects covered will include history, terms, breeds, housing and space requirements, feeding and nutrition and how to select the birds to show. Limited to: 55 participants. Presented by: Sandra Smith
- 322 Spring into Leadership with Fuel Up To Play 60** **Adults & Teens**
Fuel Up To Play 60 fosters five areas of practical skill development and skill-building: Leadership, Communication, Program Expertise/Mentors, Making the Case and Interpersonal Skills. Join us as we outline the steps to creating Student Ambassadors in your county. Limited to: 100 participants. Presented by: Jennifer Tagliarino
- 323 Building a High Performing Team** **Adults & Teens**
Today's environment requires us to work as a team in a variety of settings. No matter whether it is a camp counselor team, junior fair board, junior leader officers, 4-H committee, horse committee or any other "team" you participate in a cohesive team is necessary for success. We will explore the roles present on every team and how to determine if your "team" is performing at the level necessary. Cohesive teams can be created with a few low budget team building activities, which are easily adapted for youth and adult audiences. This session will provide customizable resources for team building success. Limited to: 55 participants. Presented by: Travis West

324 Becoming a Communicator, Educator and Leader **Teens**

Are you interested in a career where you will make a difference in the lives of youth, adults, and the community? A career where you can educate youth and communicate to consumers the importance of the agriculture industry in our everyday lives? Students studying at Ohio State have the opportunities to do that through coursework, internships and student experiences. Learn about the majors in the Department of Agricultural Communication, Education, and Leadership at Ohio State and additional opportunities available for students interested in a career in communication, education, and leadership. Limited to: 55 participants. Presented by: Emily Wickham

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

801 4-H Joins the Maker Movement **Adults & Teens**

Learn by doing is at the heart of the 4-H project experience. Its also at the heart of the Maker Movement. A Maker is someone who makes stuff: robots, crafts, furniture, art, or electronic gadgets. Riding the wave of the Maker Movement should be critically important to 4-H because many Maker projects incorporate a variety of STEM projects or link directly to traditional 4-H projects. In addition, the Maker Movement can open the door for new audiences to get involved in our programs. Join us in this session to learn more about the Maker Movement and engage in some hands on Maker fun. Limited to: 55 participants. Presented by: Carolyn Belczyk, Molly Bauman, Kelsea Hamilton, Jace Howard and Madison Siders

802 DIY Teambuilding **Adults & Teens**

Jim Cain shares his collection of do-it-yourself teambuilding ideas and activities. Learn how to use minimal props to create maximum impact in your teaching, training and group facilitation and how to build (and invent) it yourself! Limited to: 55 participants. Presented by: Jim Cain

803 Gee Whizz - 4-H with STEM Pizzazz! **Adults & Teens**

Experience 4-H with STEM Pizzazz for yourself. Tap into your creativity, innovation and problem solving as you have FUN in teams exploring STEM hands-on challenges. Gear up with the tools to facilitate these Gee Whizz activities in 4-H clubs, at camps, during the fair, and at special 4-H events or community partnerships. Leave energized and ready to engage youth in Gee Whizz STEM experiences. Limited to: 70 participants. Presented by: Patty House

804 New Advisors Informational Workshop **Adults**

Are you a new 4-H Advisor and not sure what to expect? My goal for this workshop is to share organizational skills to help make your 4-H year manageable. I will discuss different committees that you could join as well as leaving plenty of time to answer your questions. The best resource we have as advisors are one another! The motto of the 4-H program: To Make the Best Better...begins with YOU! Limited to: 55 participants. Presented by: Crystal McElhany

805 Ohio 4-H Dogs 2017 **Adults & Teens**

Attend this workshop to learn what's new with the Ohio 4-H Dog Program! The Ohio 4-H Dog Advisory Committee members will be available to explain the latest changes and answer questions. You will learn more about Ohio 4-H Dog Expo, AKC Farm Dog Titles, Barn Hunt and Trick Dog Titles. We will be introducing some exciting opportunities for our members and volunteers. Limited to: 100 participants. Presented by: Jennifer Newell, Lucinda Miller and the Ohio 4-H Dog Advisory Committee

806 Quality Assurance Training

Would you like to get your Quality Assurance training taken care of? If you answered yes, this will be the workshop for you. If you participate in this full workshop you will receive your Quality Assurance certification for 2017. Please make sure that your county will allow you to attend a training outside your county to become certified. Certificates will be provided to all participants to be able to take back to their counties for proof. Limited to: 80 participants. Presented by: Andrea Rees and Tara McCoy

807 LGBT & Me!

Adults & Teens

Would you like to learn more about LGBTQ 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: 55 participants. Presented by: Chris Sweet

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

401 Working with People with Disabilities

Adults & Teens

This session will teach youth and adults how to work with people with disabilities and how to help them overcome some situations. Limited to: 70 participants. Presented by: Brandon Benson

402 Read a Good Book With Cloverbuds

Adults & Teens

This session will help 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 childrens book. The programs are designed for one and a half hours and, 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

403 Make Meetings Matter in Minutes

Adults & Teens

Are your club business meetings lasting WAY TO LONG? Do you think you are losing member interest because of meetings that never end? Are they getting engaged the moment they walk in the door? Do they want to come back to the next meeting? This session will focus on 4-H club meeting management. You'll assess your current meeting strategy, learn tips and tricks for keeping business meetings to a minimum, and make a plan to enhance the education and fun value. By the end of the session, you'll be ready to keep members engaged and coming back for more. Limited to: 80 participants. Presented by: Beth Boomershine

404 Dairy Cattle Welfare Assessment

Adults & Teens

The program will review the Farmers Assuring Responsible Management (FARM Program). The FARM Program was created by the National Milk Producers Federation (NMPF), with support from Dairy Management, Inc. (DMI), to demonstrate and provide verification over time that U.S. dairy farmers are committed to providing a high level of animal care and quality assurance. The presentation will cover the areas where dairy cattle welfare is evaluated on a farm. Focus topics are: nutrition, animal health, environment and facilities, and handling. Limited to: 55 participants. Presented by: Steve Boyles

- 405 Blender Bikes: Blending Nutrition and Physical Activity** **Adults & Teens**
 How can you blend nutrition and physical activity? It's easy if you have a blender bike! Ride the 4-H Blender Bike to make a healthy smoothie, hummus, and salsa. Experienced 4-H Health Heroes will engage you in activities to learn how the bike becomes a tool for sharing healthy living messages about what to eat and how to make healthy choices, and even for encouraging schools to add new options to their menus. Learn how you can request to use the bike in your county. Anyone may attend, however, this session is a required session (fourth of five) for those who want to become an Ohio 4-H Healthy Living Advocate (Health Hero). Limited to: 55 participants. Presented by: Carol Smathers, Theresa Ferrari, Katie Riemenschneider, and 4-H Health Heroes
- 406 Managing the Risk of 4-H Club Trips and Overnight Events** **Adults**
 This presentation will prepare 4-H Club Advisors for all 4-H club trips and overnight events. You will learn about the appropriate risk management and health forms to use for these events. You will also learn about Ohio 4-H policies and best practices to best reduce the risk to the club, volunteers, members and families. Limited to: 70 participants. Presented by: Jeff Dick, Hannah Epley and Kirk Bloir
- 407 Not Just Knots** **Adults & Teens**
 In this presentation, members and project helpers get an expert introduction to knot tying directly from the authors of the new project book *Not Just Knots*. See some sample capstone projects too--from basic knot boards to halters, decorated walking sticks, and more. Whether you're just starting out or already have some knot know-how, you can use this presentation to jump start your own knot project or the knot projects of members in your club. Limited to: 55 participants. Presented by: John Dickey, Glenn Dickey and Jane Wright
- 408 Communication Exploration** **Adults & Teens**
 Is your 4-H club having challenges communicating with members and families? Do you need to send a quick reminder to your Camp Counselors or Junior Fair Board? In this informative session, a team of Extension Professionals will share tips, tricks, apps, and ideas to create successful communication with clubs, committees, camp counselors, or other special interest groups within the 4-H community. Limited to: 80 participants. Presented by: Morgan Domokos, Jenna Hoyt and Ashlee Dietz
- 409 Team Building Turned Into Education** **Adults & Teens**
 Learn how to turn icebreakers and team building games into educational learning. Kids learn more while having fun - make learning a game. Limited to: 70 participants. Presented by: Courtney and Jessica Haug
- 410 The Importance of a Good First Impression** **Adults & Teens**
 You never get a second chance to make a great first impression. We've all heard that an interviewer, or a stranger at a work or school related function, will form an impression of you, your character, your personality all within the first 60 seconds of meeting you. 4-H'ers have opportunities unlike their peers where they can, in addition to summer or part-time jobs, also apply and interview for opportunities such as Junior Fair Board, Camp Counselors, scholarships, etc. which gives them additional opportunities to hone their skills at making that positive first impression and creating effective communication. In this session, you'll receive tips for creating positive attitudes which will aid you in making that great first impression whether it be at a 4-H related interview, a college scholarship or a job interview as well as tips and advice for generating good, effective communication during those prime moments. Limited to: 55 participants. Presented by: Kiersten Heckel

- 411 Traditional Playparty Games for 4-H Clubs and Camps** **Adults & Teens**
Designed for Adults and Jr. Leaders who would like to add some basic dance, mixers, opening and closing activities to 4-H camps, or 4-H meetings. This very hands-on session will introduce you to four easy mixers, three closers, and time permitting, just for fun "tweeners". Limited to: 55 participants. Presented by: Bill Henderson and Larry Hall
- 412 Stack Your Deck** **Adults & Teens**
In the Ohio 4-H program, we strive to ensure youth are learning valuable life skills, such as how to introduce oneself, how to properly shake hands, and how to ace an interview. During this session we will highlight the Teen Leadership 20 curriculum, which offers twenty, 20-minute lessons for older 4-H youth. Participants in this session will receive an introduction to the Stack Your Deck cards and will learn how they can be used differently depending on the audience and the setting. Those attending the session will have the opportunity to win their own set of cards for use in their county. Twenty sets will be given out! Come Stack Your Deck with us! Limited to: 55 participants. Presented by: Angie Holmes and Mary Beth Albright
- 413 Preparing Members for Clothing Project Judging** **Adults & Teens**
A successful clothing judging experience requires getting off to the right start. State 4-H Fashion Board members will share tips on guiding members on project selection; knowing specific requirements for various clothing projects; and understanding the 7 Clues to Fashion, which is used on the score sheets for many county judgments and at the Ohio State Fair. This session is geared toward teen or adult leaders in clubs that don't have much experience in clothing projects but have members in their club who need clothing guidance. Limited to: 70 participants. Presented by: Laryssa Hook, State 4-H Fashion Board members and advisors
- 414 Buzzing with Fun** **Adults & Teens**
Join us as we discuss doing a honey bee project with your 4-H group. Honey bees are very important to our environment and in many places are losing population. Find out how we learned about honey bees as our group project last year. Taste snacks made from honey, learn crafts and games we did with the children, and taking the children on a field trip to our local farmer to see and hear about his bee hives. Limited to: 55 participants. Presented by: Angie McQuillen
- 415 Super Heroes Have X-Ray Vision** **Adults & Teens**
4-H Volunteers are Super Heroes! You invest precious time into positive youth development to help educate future leaders. 4-H volunteers are involved with a diverse population that includes youth with special needs. When disabilities are visible it is easy to adjust the way we do things. However, many youth have disabilities that are invisible. These disabilities could include diagnosis such as learning disabilities, autism, and mental health issues. This session will address a parent's perspective of the difficulties a child with hidden disabilities faces, how to empathize with youth that have a hidden disability, ways to create a youth-friendly atmosphere in clubs and at 4-H events, how to complete a 4-H winning plan, and ways to promote self-advocacy skills for youth with hidden disabilities. Limited to: 55 participants. Presented by: Nicole Miller and Amy Kataro

416 Back to Nature**Adults & Teens**

According to the New York Times, people between the ages 8 and 18 spend at least seven and a half hours in front of screens. Studies at the University of Michigan showed that people who spent one hour in nature experienced a 20 percent boost in memory and attention spans. The University of Kansas also found a 50 percent increase in creativity after people spent a few days in nature. On top of this, research links time in nature with stress levels, depression, healing time, and the need for medication. Join us to learn hands-on nature activities that can be used at club meetings, camp or after school programs. Go home with the instructions to replicate what you learn! Limited to: 55 participants. Presented by: Christy, Catie and Andrew Millhouse

417 You've Got "Style" and Know How to "Use It"**Adults & Teens**

You've got "Style"...Leadership style that is... and by the end of this session, you will know how to "Use It". Participants will learn 4 basic leadership styles and behaviors associated with those styles. This session will demonstrate and allow attendees to participate in and recognize when to use certain leadership styles based on the situation. Skills learned in this session can be helpful for club advisors, camp counselors, Jr. Fairboard members and in just about any situation you encounter. Limited to: 55 participants. Presented by: Melinda Morrison and members of the Champaign County Leadership Task Force

418 Staying Healthy With Your Hog**Adults & Teens**

Did you know pigs and people can share diseases? This hands-on workshop will define zoonotic disease and describe the risks they pose. Learn how zoonotic diseases spread and what you can do to prevent disease spread before, during, and after the fair. Leave this session equipped with ideas you can implement at home to prevent zoonotic disease transmission between you and your animals. Limited to: 100 participants. Presented by: Jacqueline Nolting and Andrew Bowman

419 A Horse Project is More Than a Horse Show**Adults & Teens**

Join us as we share the many activities our horse exhibitors enjoy both before and after the fair. Let us explain how we fund-raise and sponsor events that improve horsemanship and create responsible 4-H'ers. From Costume Contests, Versatility Shows, Freestyle Reining, Barnyard Games, to Skillathons, we will explain how we pack lots of fun and learning opportunities into our season! Limited to: 100 participants. Presented by: Sandra Petrie-Forgey, Brenda Waulk, Jennifer Bonzo and Nancy Frogale

420 County 4-H Endowment Ideas Roundtable**Adults**

Does your county have a 4-H endowment, or are you hoping to start one? Does your committee have a great fundraising plan, or do you need some fresh ideas? We encourage you to join us for this roundtable discussion, so that the Ohio 4-H Foundation County Endowments Committee and Development staff can hear from you and share ideas! Limited to: 70 participants. Presented by: Jessica Rockey

421 4-H Overseas: Citizenship & Agriculture - Our Story**Adults & Teens**

In June 2016, six Holmes County youth and their 4-H educator departed for a 9-day hands-on experience engaging in exploration of citizenship, agriculture, and diversity beyond the American scope in England, Ireland, and Wales. This session will explore the origination of the experience, the expectations of the participants, as well as the lessons learned after successfully completing this trip for anyone who would be interested in participating in or duplicating this educational experience. Limited to: 70 participants. Presented by: Hallie Rutt

422 Roll Out Your Welcome Mat!**Adults & Teens**

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

423 New Teaching Resources for the 4-H CARTEENS Program**Adults & Teens**

As a new signature program for OSU Extension, the 4-H CARTEENS program has new resources to share for teen offender and pre-licensed driver classes. The State 4-H CARTEENS Team will lead a practice hands-on learning session with new resources to teach students about driving laws, safety belts, reduced drinking/drugged driving, driving distractions, road signs, speed & stopping distance, checking tire treads and strategies to be safe drivers. Limited to: 55 participants. Presented by: 4-H CARTEENS Team - Judy Villard Overocker, Pam Montgomery, Brenda Sandman-Stover, Kelly Royalty, Allison Cooper and Tom Archer

424 Facilitate, Debrief, Process, and Reflect!?!?!?**Adults & Teens**

My 4-H professional or camp director keeps talking about processing or debriefing when I teach a lesson at camp. I just don't get why these are important and they are not enjoyable for campers so why should I be concerned with learning about them? The art of facilitating and processing an activity doesn't have to be painful for you. Learn how to make it fun for campers and you with some tip and tricks or moving your counselor skills to the next level! You will go away with ideas for energizing the rest of your counselor team. Limited to: 70 participants. Presented by: Travis West

Session 5 - 3:00 - 3:50 p.m.**501 Let's Make a Snack****Adults & Teens**

Are you tired of the same old snack at your club meetings? Do you need some new ideas to get your club excited about refreshments? In this session you will get recipes for some great snacks that are perfect for 4-H club meetings. You will learn how to prepare the snacks, plan for the appropriate number of guests and get some fun presentation ideas. You'll also learn how to teach your members how to make some great snacks. Come hungry! Limited to: 55 participants. Presented by: Kathy Blackford

502 Great Games, Limited Supplies**Teens**

Who's ready to play some great games?! In this session we are going to be playing games that require little to no materials, large and small group games, and games that utilize different spaces. This session will provide participants with games they can pull out of their back pocket whenever needed for different ages and situations. Be prepared to share (we want to learn from you too!) and get up and move! Let's play! Limited to: 55 participants. Presented by: Christy Clary and Phil Goerig

503 Creative Officer Installations**Adults & Teens**

Are you installing your 4-H club officers the same way every year! Candles, reading long paragraphs, and losing members attention! Maybe you never have a club officer installation or never thought of it. This session will give you many new ways and resources to install your officers with lots of creativity and fun while reminding them of their duties as well as importance of their roles. These installations could be used for clubs as well as other groups of all ages. Limited to: 100 participants. Presented by: Darla Clinedinst and Becky Barker

- 504 Strengthening Your 4-H Advisory Council** **Adults**
 This session will discuss the purpose and suggested structure of County 4-H Advisory Committees. You may be amazed at the variety of structures and functions our 88 county 4-H Advisory Committees have. We will be sharing many ideas that you can take back to your county to strengthen and improve your local 4-H Advisory Committee. Your county 4-H program is only as strong as your team is. Come strengthen your knowledge of this key committee! Limited to: 70 participants. Presented by: Jeff Dick
- 505 Action Planning for Healthy Living Advocates** **Adults & Teens**
 How can you put your ideas for making your club or community a better place into action? Experienced 4-H Health Heroes will take you through the steps of creating an action plan by setting a goal and thinking through what it will take to help make your community a healthier place. This session is the final of five required sessions for those who want to become an Ohio 4-H Healthy Living Advocate (Health Hero). Participants must have taken part in sessions 1-4 to attend. Limited to: 55 participants. Presented by: Theresa Ferrari, Carol Smathers, Katie Riemenschneider and 4-H Teen Health Heroes
- 506 4-H Grows at Camp** **Adults & Teens**
 This session will share ideas for marketing and promoting camp to 4-H and non-4-H audiences. Other areas of discussion will include how to make camp financially accessible and lessons learned. Limited to: 100 participants. Presented by: Morgan Domokos, Holly Bandy and Michelle Moon
- 507 Animal & Me...Give Special Needs Youth a Chance to Shine** **Adults & Teens**
 "Animal & Me" started five years ago as a way to provide individuals with special needs the opportunity to show an animal at fair. It has become a wonderful addition to our county fair and has youth and adults involved that never would have had the opportunity otherwise. Come learn how you too can 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. Join us and the other counties who have started their own "Animal & Me." Limited to: 55 participants. Presented by: Angela Holmes
- 508 I Pledge My . . .** **Adults & Teens**
 The fifteenth anniversary of 9/11 illuminated the importance of citizenship within our country and the 4-H program. Clubs often get so busy with 4-H projects and events that little time is devoted to developing citizenship. This session will provide participants with a wide array of short activities designed to help members understand the "what and why" behind the Pledge of Allegiance, the flag of the United States, the 4-H pledge and the 4-H flag. Limited to: 55 participants. Presented by: Bonnie Malone and Melanie Cucco
- 509 Ohio 4-H Opportunities for Older 4-H Members** **Adults & Teens**
 So you've been involved in 4-H for a while, and you feel as if you might have 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! 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 youth 4-H'ers, and answer as many questions as we can, during this fast-paced and interactive session. Limited to: 55 participants. Presented by: Molly Michael and Ohio 4-H Teen Leadership Council
- 510 4-H Master Clothing Educators Meeting** **Adults**
 4-H Master Clothing Educators will be meeting to touch base with each other and their new leader. Limited to: 55 participants. Presented by: Pam Montgomery

- 511 Applying the 4 H's in Everyday Leadership Practices** **Adults & Teens**
Discover how you are a leader everyday. Learn how the 4-H's, head, heart, hands, and health, can challenge, inspire, enable, encourage and lead the way for your leadership development and how to lead others to develop their skills. In this session, you will participate in a team activity and process how you used the 4-H's to achieve a team goal and discover the leadership practices you used during the activity. This session is useful to audiences of all ages. Limited to: 55 participants. Presented by: Melinda Morrison and the Champaign County Leadership Task Force
- 512 Our Junior Fair Board Journey** **Adults & Teens**
In recent years, Holmes County Junior Fair Board numbers were dropping and interest in participating was waning. We all know that Junior Fair Board is a lot of hard work, but participants felt as though it was no longer fun. Through this session we will provide insight into our struggles and how we revamped the experience for our Junior Fair Board Members. We will discuss how we recruit members who are involved in 4-H and FFA, discuss the structure of our monthly meetings, and talk about how we organized the Junior Fair Board Members during the week of the fair including fun breaks to help rejuvenate their energy throughout the week. It is our goal to provide an opportunity to share our successes while providing others an opportunity to share their challenges working with teen leaders to idea share together. Limited to: 70 participants. Presented by: Hallie Rutt and Ella Lorentz
- 513 Market Livestock Selection** **Adults & Teens**
What to look for when selecting a market animal. Species covered will be beef, dairy beef, sheep, swine and meat goats. Evaluating market animals using muscling, frame size and structural correctness in the selection process will be discussed. Limited to: 55 participants. Presented by: Sandra Smith
- 514 Bugs as a Food Source** **Adults & Teens**
Bet you didn't know that we all eat bugs every day. Whether you ingest them willingly or unknowingly, bugs can be a part of your daily intake of food. By 2050, there will be over 9 billion people on the planet. How are we going to feed everyone? Join us to explore these questions and experience bugs as a food source. Limited to: 55 participants. Presented by: Robin Stone, Kirsten Pianka and Cuyahoga County 4-H members
- 515 Cloverbud Investigators** **Adults & Teens**
Looking for fun and exciting activities to do with your Cloverbuds? Check out our Cloverbud Investigators: STEM For Every Season curriculum. This session will walk you through a guided tour of all 12 hands on STEM lessons designed just for Cloverbuds, as we explore each month, season and holiday. You will get to try your hand at some of the lessons during our session and even have a make it take it of your very own! This curriculum is perfect for club, meetings, afterschool presentations or day camps! Limited to: 55 participants. Presented by: Tracy Winters, Tiffany Riehm, Allie Clagg and Josh Winters
- 516 2017 New and Revised Ohio 4-H Curriculum** **Adults & Teens**
Want to know more about this years 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 dogs, club leadership, and solar energy. We're offering a new resource for Cloverbud members too! If you haven't seen Project Central, come and find out what you need to know about rating and commenting on your project experiences. Limited to: 55 participants. Presented by: Jane Wright