



Sailing to New Destinations with 4-H

Ohio 4-H Teen Conference
February 16, 2008
Columbus Convention Center



Conference Information

Full Time Registration

To register for the 2008 Conference, complete the Conference registration form found with this registration booklet and return it to your county Extension office. The registration fee is \$25. Registration fees cover all program costs and the luncheon. Parking privileges are not included in the registration fee.

Cancellation Policy

Registration fees will be refunded if your cancellation is received by 5:00 p.m. on February 7, 2008. No refunds will be available after February 7. Send cancellation requests in writing to: Allen Auck, State 4-H Office, 2201 Fred Taylor Drive, Columbus OH 43210.

Educational Programs Registration

To register for sessions, indicate your first, second and third choices for each time period on the registration form. You will need to return the registration form to your county Extension office by the deadline established by your 4-H Educator. All workshops will be filled on a first-come basis. Most sessions will last 60 minutes. All facilities are fully accessible.

Community Service Activity -- Bags of Hope

Master Clothing Educators and State 4-H Fashion Board members are requesting contributions of fabric, webbing or grosgrain ribbon, and toiletries for Bags of Hope. This year's service project will involve conference participants with little or no sewing experience as well as experienced sewers in using the sewing machines to make great looking tote bags. The bags will then be filled with toiletries and children's items and donated to battered women's shelters in central Ohio. Participants are invited to bring new toiletries (small child-safe toys, soap, shampoo, conditioner, combs, deoderant, toothbrushes, toothpaste, dental floss, cotton swabs, etc.) Participants will also receive instructions for organizing similar service projects in their own communities.

4-H Share Fair

You'll want to remember this year's conference by visiting the 4-H Share Fair. The 4-H Display Center will feature educational displays, and promotional materials. Does your county have a cool 4-H Teen Activity or program that you would like to tell other 4-H teens about? If so, contact Betty Wingerter (wingerter.1@osu.edu) to reserve display space. We'll provide the table – you provide the display and handouts.

Conference Schedule

(Tentative)

8:00 a.m.	Registration Desk Open
	Team Building & Ice Breakers
8:45 a.m.	Posters & Exhibits Open
9:00 a.m.	Session I
10:15 a.m.	Session II
11:30 a.m.	Session III
12:30 p.m.	Marie Strouse, Speaker, Luncheon
2:00 p.m.	Session IV
3:15 p.m.	Session V

Educational Program Choices

Session 1 - 9:00 - 10:00 a.m.

101 Hot Careers You Don't Know About

You know what you like, why not make a career out of it? When most people think of careers they might like to pursue they only think about the most common jobs or what they have seen on TV. Find out how to think about what you want to do "when you grow up" in a different way. Presented by: Jill Tyson and College Ambassadors

102 Careers in Social Work

If you are considering a career in Social Work, you won't want to miss this session! Participants in this session will learn about career opportunities in Social Work. Students will also learn about the undergraduate program in the College of Social Work at The Ohio State University. Presented by: Andre'a Severson

103 Is a Career in Extension for You? Pursuing a Degree in Extension Education at OSU

This workshop will provide participants with materials to take with them about the Extension Education option and how to apply for admission to the Agricultural and Extension Education major. Hear from faculty and students who will answer your questions and share helpful advice. Presented by: Scott Scheer, Theresa Ferrari, Amy Hershberger, Jeff King, and Kristi Lekies

104 Fashion Trends

Join Norma Pitts, the State 4-H Fashion Board, and Fashion Group International members for a look at fashion trends for the coming year, and tips for updating your wardrobe. Presented by: Norma Pitts and Fashion Group International

105 Skin Care and Make Up

4-H Alumna Carol List and fellow Mary Kay consultants will be sharing tips for skin care and proper techniques for applying make-up in this session. Learn how you can make the most of your features by selecting the skin care products and cosmetics that best complement your skin tone and facial structure for both everyday activities and special occasions. Presented by: Carol List

106 Promoting 4-H in Your Community

Participants in this session will discuss ideas for promoting 4-H in your community through community service projects, 4-H Day, contests (public speaking and demonstrations), and 4-H projects. The State 4-H Ambassadors will share ideas for starting out with showing how 4-H projects have such a variety of categories, not just animals. They will also review other contests and trips in which you may want to take part, and share tips for getting other people involved. Presented by: Brianna Burgett, Katherine Klenner, Adam Schelling, Emily Riggins, Hannah Clark, Leesa Corken, and Alex McGruin

107 Boot Scootin' School: Techniques for Teaching Line Dancing

Slip on your dancing shoes and come learn how to effectively teach line dances. It is all about making the learning curve a positive experience and we'll show you how that can be accomplished. Experienced and inexperienced line dancers welcome. Come join members of Collegiate 4-H as we get warmed up for Plowboy Prom! Presented by: Collegiate 4-H members

108 Opportunities for Youth in Animal Science

This session is designed to showcase youth opportunities offered through the 4-H Animal Science program area. 4-H members will have the opportunity to interact with coaches for various state judging teams, event/clinic organizers in program areas, and how to register for events that are in the animal based program area. Presented by: Paul Kuber, Masa Doig and Jeanne Osborne

109 Hands on Activities for Junior Leader Programs

Great new ideas for Junior Leader activities - you can come experience them first hand! Learn how to put on a "Get-to-Know-You Fondue Mixer," a "Food Drive Scavenger Hunt," an "Etiquette Dinner," make "Greeting Cards for Meals on Wheels," a "Community Easter Egg Hunt" and other exciting activities! Get some great ideas for mixers, outings, fundraisers, service projects, and trips! Share activities from your county during our "Fast and Furious Brainstorming" time. This hands-on session will be a great opportunity to experience and learn new activities to take home for local Junior Leader programs. Presented by: Kate Gross, Jessica Rockey, and Beth Boomershine

110 Telling My 4-H Story via the State 4-H Achievement Awards

Many 4-H members dream about competing for one of the State 4-H Achievement Awards, but others know little about these awards or how to apply for them. During this workshop, participants will learn about the various recognition opportunities, selection procedures and criteria, how to secure and complete an Ohio 4-H Achievement Record and tips for making the achievement awards form look competitive. Criteria to be covered includes: writing a personal 4-H story, collecting story telling photos, 4-H project work and participation, recognition and honors, leadership, community service/citizenship and non-4-H experiences. This will be a hands on work session. Information on these forms is also a great start for scholarship and other awards applications. Presented by: Judy Villard

111 "The Mad Scientist Returns"

Kids love things that explode, change form, or sizzle with excitement. Come visit this session and learn how to integrate activities like these that are hands-on into your 4-H camp program. This will add pizzazz and excitement to any 4-H camp program. Participants will learn hands-on applications that demonstrate the basic concepts of biotechnology, chemical reactions, and scientific inquiry. Curriculum from this session will make a great camp class! Presented by: Ron Sanderson

112 Theme Building

From Flying Super Heroes to Swimming Under the Sea and Camping on Survivor Island to Mapping Your Way through the Rain Forest... this Theme Building Class is for every Camp Counselor that is looking for a way to "expand their horizons" – literally! Participants will be able to develop a perfect 4-H Camp using few hand outs and a whole lot of imagination! Presented by: Laura Schaller

114 Staying Safe Around Potentially Dangerous People

Would you know what to do if you encountered someone who was "off their rocker" or otherwise seemed dangerous? In this session participants will learn how to recognize dangerous individuals and situations, and learn practical techniques for handling dangerous situations and avoiding personal injury. Presented by: Dave Fermier

115 Microwaveable Science

Join me for some really fun, hands-on activities that can be done with microwave ovens. Participants will create plasma energy from grapes, make a light show using music CD's, light a light bulb in water, create foam blobs from soap, make a soft peasant cheese and much more. These activities are ideal for 4-H club meetings, rainy day activities at 4-H camp, Jr Fair activity tents, or other events where kids and science get together. Presented by: Bob Horton

118 Bags of Hope

All Teen Conference participants are invited to join in sewing small and medium bags during this session to be filled with toiletries and children items for battered women's shelters. Master Clothing Educators and State 4-H Fashion Board Members will be on hand to help those with little or no sewing experience as well as experienced sewers to use the sewing machines to make great-looking tote bags. Participants will receive suggestions for organizing similar a service project in your community. Presented by: Trish Pottinger, Mary Roediger, Ruth Ann Jamison, Diane Sommers, Bobbie Gallagher, Beth Wenner, and April Swinehart

Session 2 - 10:15 - 11:15 a.m.

201 Get Ready! Here Comes College!

Applying to college can be complicated. You have a lot of decisions to make and need a plan. Come to this session to learn how to figure out what college is right for you and what major might be interesting. Come to learn how to make the best of your college experience. Presented by: Jill Tyson and College Ambassadors

202 Careers in Social Work

If you are considering a career in Social Work, you won't want to miss this session! Participants in this session will learn about career opportunities in Social Work. You will also learn about the undergraduate program in the College of Social Work at The Ohio State University. Presented by: Andre'a Severson

203 Explore Engineering at The Ohio State University

If you are considering a career in engineering, you won't want to miss this session! Representatives of the OSU College of Engineering will review career opportunities available to you in engineering, what you can expect in the College of Engineering admission process, and tips for success as a student in engineering, and eventually as a professional engineer. Presented by: Lisa Barclay

204 Sewing Machine Savvy

Sewing machines and sergers will do much more than most of us realize. Participants in this session will learn how to use all those attachments and presser feet that come with sewing machines and sergers, as well as tips and techniques for making the most of your sewing equipment. Presented by: Sue Hart

205 Skin Care and Make Up

4-H Alumna Carol List and fellow Mary Kay consultants will be sharing tips for skin care and proper techniques for applying make-up in this session. Learn how you can make the most of your features by selecting the skin care products and cosmetics that best complement your skin tone and facial structure for both everyday activities and special occasions. Presented by: Carol List

206 Racing Into the Winner's Circle with Community Service

Are you ready for the race of your lifetime to make your community a better place? If you are, then fasten your seatbelts, start your engine, and head to the Winner's Circle! This interactive session will feature "Zoom-zoom-zoom" with participants working together to reach the finish line to make their community better. Participants will receive a community service notebook with ideas, web resources, along with scholarship websites. Make your service project a winner for everyone! Presented by: Nadine Fogt, Kyle Amore, John Seaton, and Garrison Fogt

207 Making The Best Better: Preparing Youth for the Future!

Employers say many young workers lack key skills necessary for success, and need better abilities in communication, leadership, teamwork, and problem solving. Of course, 4-H'ers can develop these skills through 4-H experiences. But we don't always do a good job in telling prospective employers how our 4-H experiences translate into skills they want to hire. Join us to learn how to design your 4-H experiences to better prepare for your desired future! Presented by: Tricia Callahan, Graham Cochran, Kathy Cox, Workforce Prep Team Members and Teens

208 4-H Has Gone To The Dogs!

At last – a new Dog Resource Handbook, and Dog Project and Record Book! If you are taking a 4-H dog project, join us in this session to learn how to use the new 4-H dog books to help you achieve your dog project goals. Participants will also learn what's new this year in the Ohio 4-H Dog Program, including State Fair shows, activities, and awards. Presented by: Lucinda Miller

209 Music Programming through the use of Singing (with or without motions)

Music programming through the 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 is not a prerequisite. Presented by: Larry Hall

210 Champion Projects vs. Champion Kids: What Kind of 4-H Experience Are You Having?

When you review your participation in 4-H, will you remember how you grew toward being a well-rounded "champion kid" or were you led toward always having "champion projects"? Were you provided opportunities to enhance your skills in leadership, communication skills, interpersonal skills, good sportsmanship, citizenship and decision making, plus building your self-esteem? Or, were you more often worried about 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. Learning experiences will be emphasized by open group discussion. Presented by: Judy Villard

211 How To Win!

State fair judges and 4-H award winners will share tips for doing your best and accomplishing your goals when you compete. Presented by: Kathy Cox

212 Organizing 4-H Beef Sheep & Swine Boards

Participants in this session will meet the members and advisors of Coshocton County's 4-H Beef, Sheep & Swine Board, and learn about the exciting new approaches they are using in planning and conducting their county's animal science quality assurance sessions. Participants will also experience some of the quality assurance activities to teach to other livestock members back home. Presented by: Sarah Jane Lindsey and Coshocton County Beef, Sheep & Swine Teen Board

213 Real Colors

Participants in this session will use the Real Colors Personality Profile to identify your personality type (Blue, Gold, Green or Orange). Learn how to apply Real Colors into more effective communication skills and better relationships. This workshop will teach you how to: Discover your own personal strength, Recognize the strengths of others, Communicate and interact more effectively with others, Understand, appreciate and value the viewpoints of others and Apply the power of Real Colors in your personal life. Presented by: Lisa Bradley and Regina Kuhn

214 Self Defense

Would you know what to do if someone tried to attack you? In this session, participants will learn simple and effective self-defense techniques that may someday save your life. The session will be conducted by OSU Police Officers. Presented by: Don Cornwell

215 Microwaveable Science

Join me for some really fun, hands-on activities that can be done with microwave ovens. Participants will create plasma energy from grapes, make a light show using music CD's, light a light bulb in water, create foam blobs from soap, make a soft peasant cheese and much more. These activities are ideal for 4-H club meetings, rainy day activities at 4-H camp, Jr Fair activity tents, or other events where kids and science get together. Presented by: Bob Horton

216 Ohio 4-H Publications: What Works and What Doesn't

How are topics for Ohio 4-H publications selected? With your help! Come to this session to learn about the project development process, to share your joy and frustrations with current projects, and to have a voice in future selections. Curriculum manager Jane Wright describes the new Ohio 4-H publication process and leads a discussion about what works and what doesn't based on YOUR experiences. This is an opportunity to make a direct contribution to the success of future 4-H'ers! Presented by: Jane Wright

218 Bags of Hope

All Teen Conference participants are invited to join in sewing small and medium bags during this session to be filled with toiletries and children items for battered women's shelters. Master Clothing Educators and State 4-H Fashion Board Members will be on hand to help those with little or no sewing experience as well as experienced sewers to use the sewing machines to make great-looking tote bags. Participants will receive suggestions for organizing similar a service project in your community. Presented by: Trish Pottinger, Mary Roediger, Ruth Ann Jamison, Diane Sommers, Bobbie Gallagher, Beth Wenner, and April Swinehart

219 Embellish With Style

Learn how to take simple graphic designs seen in current trends and transform them into wearable art, gifts, and much more! Presented by: Kathryn Coursen and Karen Bryan

Session 3 - 11:30 a.m. - 12:15 p.m.
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301 Study Abroad 101

Do you like to travel? Why not earn college credit, enjoy traveling and experience the culture of another country while in college? Come learn about what studying abroad is all about and how you can take advantage of the opportunities as an undergraduate student. Presented by: Jill Tyson and College Ambassadors

302 Each One Teach One-Essentials of Leadership

What are your leadership strengths? Want to improve your listening skills? What's involved in building a better team? How can you motivate a team? Learn the answers in this 'learn by doing' leadership session. You will have these lessons to take home and teach others in 4-H Club, camp counselor trainings and Jr. Fair Board meeting and school groups you are a part of. Come prepared to share one of your favorite lessons, too. Leadership skills can be learned. Attend this session and see for yourself! Presented by: Betty Wingerter and Montgomery County 4-H Teen Leaders

303 Explore Engineering at The Ohio State University

If you are considering a career in engineering, you won't want to miss this session! Representatives of the OSU College of Engineering will review career opportunities available to you in engineering, what you can expect in the College of Engineering admission process, and tips for success as a student in engineering, and eventually as a professional engineer. Presented by: Lisa Barclay

304 Sewing Machine Savvy

Sewing machines and sergers will do much more than most of us realize. Participants in this session will learn how to use all those attachments and presser feet that come with sewing machines and sergers, as well as tips and techniques for making the most of your sewing equipment. Presented by: Sue Hart

305 Planning a Picture Perfect Prom

Oh, my! Prom is only a few weeks away. How will you choose your dress or tux, accessories, and shoes? In this session we'll see what's "in" and what's "out" for this year's prom season, and learn & practice etiquette tips for making your prom night truly "special". Presented by: Pat Allen and Pam Gilmore

306 Don't say "No Tech" in Your County - Become "Techno-savvy"

This session will show participants how they can use social networking, like Facebook and MySpace to promote 4-H in their county and connect teens through online communication. We will explore and share examples that can be used for teen leadership groups, Junior Fairboard, and camp counselors. Technology is how teens are communicating, so let's start using it in 4-H as a communication tool. Presented by: Mark Light

307 Connecting with the Community

Participants to this session will get ideas on how to turn community service projects to community service learning and how to develop partnerships to help this happen. Participants will leave with suggestions and ideas to help take their 4-H Community Service Program from just going through the motions to making connections. Presented by: Laura Jane Murphy and Lawrence County Teen Leaders

308 It's Raining Cats and Frogs

What do cats and frogs have in common? Come to this session and find out about the small animal 4-H projects, including reptiles and amphibians. Whether furry or slimy, taking small animals in 4-H are great ways to learn about these cuddly (and not-so-cuddly) critters. In this session you will have the opportunity to experience hissing cockroaches, handle snakes, pet a hedge hog, and learn how these pets can make your life happier and healthier. Presented by: Jim Frasure and Lucinda Miller

309 Buckeye Leadership Workshop-What's in it for Me?

Buckeye Leadership Workshop is scheduled for March 26-30. This is the 64th year for this leadership event with participants ranging in age from 16 (and a HS sophomore) through workshopppers in their eighties from several states and foreign countries. Buckeye Leadership Workshop CDs containing some of their popular songs will be available for purchase if desired. Access their website at <http://www.buckeyeleadership.com>. Presented by: Larry Hall and BLW committee members

310 Careers in Optometry

Find out about an exciting career in one of the nations fastest growing professions – optometry! A representative from The Ohio State University College of Optometry will provide information about the profession, admission into optometry school, and tips to become a more competitive applicant. Presented by: Justin Griest

312 Wrap up a Box of Fun

Looking for easy activities to do with a group of young people but don't have a lot of money or preparation time? In this session you will learn many simple, inexpensive and fun activities to do with children. All of the activities can fit in a cardboard box for easy carrying to your club meetings and gatherings. You'll go home from this seminar with several items for your box and lots of ideas for other games that you can add to the box in the future. Presented by: Kathy and Nella Blackford

313 He Said, She Said

"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. Presented by: Mary Beth Albright

314 Make a Mini-Scrapbook!

Come to this hands-on session and create your own mini-scrapbook, learn some scrapbooking basics and fun tips, and see how this project can be adapted to your own club meetings. If you can, bring three small items (no more than 3" square) to use in the scrapbook you create! (If you don't have items available, you can add them later.) Presented by: Barbara Carder and Ginger Johnson

315 No Teen Left Indoors

Getting involved in this workshop will give you a reason to venture into the unknown, the world outside. You may be surprised by the mental, emotional, and physical outcomes that may come about by allowing yourself to take a "time out" from doing the same old thing. We'll share ideas like Sensory Bingo, Plug into Nature, Dig into the Unexplained, and Take the Outdoor Career Challenge. You can also expand your horizons & comfort level with community through easy yet exciting service learning opportunities. The session will offer examples of a variety of projects which make use of the time, talents, enthusiasm, and creativity of teens. So get up and get moving for an hour of creativity and fun, and discover the world beyond! Presented by: Greg Siek and Robin Stone

316 River of Burnout

Are you in over your head in the river? Do you enjoy every bend in the river? Are you too afraid to get off the bank? Come to this session if you feel burned out or want to avoid that burned out feeling. As everyone shares their experiences and feelings, you are sure to learn how to dive of the bank and swim in the pool of contentment. Presented by: Laura Walker

318 Bags of Hope

All Teen Conference participants are invited to join in sewing small and medium bags during this session to be filled with toiletries and children items for battered women's shelters. Master Clothing Educators and State 4-H Fashion Board Members will be on hand to help those with little or no sewing experience as well as experienced sewers to use the sewing machines to make great-looking tote bags. Participants are invited but not required to bring new toiletries to fill the bags with items needed by those in local women's shelters (small child-safe toys, soap, shampoo, conditioner, combs, deoderant, toothbrushes, toothpaste, dental floss, cotton swabs, etc.) Participants will receive suggestions for organizing similar a service project in your community. Presented by: Trish Pottinger, Mary Roediger, Ruth Ann Jamison, Diane Sommers, Bobbie Gallagher, Beth Wenner, and April Swinehart

319 Embellish With Style

Learn how to take simple graphic designs seen in current trends and transform them into wearable art, gifts, and much more! Presented by: Kathryn Coursen and Karen Bryan

Session 4 - 2:00 - 3:00 p.m.

401 You're Hired! State 4-H Staff for an Hour!

Participating in this session will provide you with the opportunity to be on the state 4-H staff for an hour! Participants will engage in hands-on activities, small and large group discussion, and role-playing exercises to help chart the future of the Ohio 4-H program. Through an active role play scenario, participants will randomly select a position in the state 4-H office (i.e., state 4-H leader, 4-H specialist, program assistant, support staff, etc.). Each individual will then "act out" their position as they provide input into the future of the Ohio 4-H youth development program. More specifically, participants will be asked to (1) prioritize key issues that affect youth that 4-H can impact; (2) decide how funds will be allocated to support programs; and (3) identify strategies to promote programs to encourage youth involvement. Presented by: Ryan Schmiesing and Vicki Schwartz

402 Back to Nature!

Butterflies, birds and bark – oh my! Let's get back to nature. It doesn't matter if you live in the city or in the country, nature is all around you. In this seminar, learn and do short nature activities and lessons that you can teach kids ages 5-12 at your 4-H Club meetings, 4-H camp, with after school 4-H programs or on your own. Find out about good places to get more lessons and where to find or make supplies to teach and explore nature activities. Discover tips to help you live gently with the earth and each other. Presented by: Betty Wingerter, Jason Curlis, 4-H Camp Graham Exec. Dir. And Montgomery County 4-H Camp Counselors

404 Sewing for Techies (New technology in sewing)

Sewing today is faster, easier and fun with technology. This session will highlight the latest equipment as it applies to home sewing. Computers, sewing machines, sergers, embroidery machines, hemmers, pressing equipment, pattern drafting and notions all enhance and simplify the sewing process. Presented by: Kathryn Coursen and Barb Cummings

405 Making Your Everyday Wardrobe Work For You

Who doesn't want to look "like a million" - whether dressed up or just for everyday? We will explore techniques you can use when selecting an outfit for your casual wardrobe, learn where to shop, how to select garments that will "mix & match", what colors look best on you, just what is an "age appropriate" outfit, and tie it all together with the 7 Clues for a Total Casual Great Look for You! Presented by: Londa Burkett, Wendy Lorenz, Ann Morgan, and Louise Harding

406 Saving Face in My Space: Online Social Network Issues

Do you have a FaceBook or MySpace account? Both? Is your site private (accessed only by those approved)? Do you add friends that you have never met before? Have you posted anything you wouldn't want your parent, teacher, or a future employer to see? Did you know that your online posts can last forever? Did you know some universities check online profiles prior to admitting students? And, did you realize that you can be liable for posting certain things? This seminar will help you gain a deeper understanding of the Internet and your online activity... including how to avoid embarrassment and potential liability. We'll also show you new research on what current college students are saying about online life on campus. So tune in and attend! Presented by: Brian Raison, Annie Davis, Nadine Fogt, and Mark Light

407 Get Ready, Get Set, Work!

To help teens prepare for getting jobs or further education, the Lawrence County Teen Leaders embarked on a year long program "Get Ready, Get Set, Work!" In this session we will go through some of the activities the teens participated in to hone their marketable skills to make them shining candidates for higher education or work. Teens will also learn to highlight strengths and work on weaknesses. Be prepared to roll up your sleeves, hit your mark and run your race during this session. Presented by: Laura Jane Murphy and Lawrence County Teen Leaders

408 Make it And Take it Sausage

This will be an interactive session in which participants will have the opportunity to learn about the art and science of food production from animal based products. Participants will make sausage in groups, with a list of standard ingredients. Sausage artists will have the opportunity to try a pre-made sausage formulation similar to the end product that they will be making. The participants will discuss the principles behind product development, food safety and how companies determine whether a product meets consumer demand. Presented by: Paul Kuber, Masa Doig and Jeanne Osborne

409 Building an Operation: Military Kids (OMK) Team in Your County

Operation: Military Kids is a partnership between 4-H, the Ohio National Guard and other organizations working to support military personnel. Since 2005, Ohio has organized various events supporting military youth and their families affected by deployment. Discover how county 4-H volunteers can utilize their time and talents toward this worthwhile cause. Presented by: Larry Hall, Amy McElhane, Bernie Douglas, and other members of the OMK team.

410 Am I getting the Most I Can Out of 4-H?

People join 4-H for a variety of reasons..... Meeting new friends, the club experience, working with others, the variety of projects and competition. But as a teen in the 4-H program, could you be gaining more from being a 4-H member? Are you stretching your limits, experiencing a variety of programs/contests, challenging yourself in public speaking and intermingling with other 4-H members in your county or in a broader perspective? This session will highlight some of the leadership, awards, scholarship, citizenship (community service) and public speaking opportunities for you to consider. Could 4-H be more for you than it is now? Come to this session, share with others and learn from others' experiences. While you may be your best now..... Your best could be better in the future through 4-H. Presented by: Judy Villard

411 Club Self Assessments

"To Make the Best Better" is a motto we should apply to our 4-H club meetings as well as to our own project work. This workshop will demonstrate fun and engaging ways to involve members in identifying both the best things about their club and those things that could use improvement. Officers, youth leaders, and adult advisors can then use the information provided by the assessment as they plan "better" meetings and activities designed to meet the needs and interests of today's 4-H members. Presented by: Carolyn Belczyk

412 Science Activities to do at 4-H Camp or Anywhere

Are you a 4-H Camp Counselor? Do you work with younger members in your 4-H club? Would you like some new ideas to make learning fun? If so, this workshop is for you! We will explore lots of science topics by using hands-on activities and games. You will be able to use these lessons at camp and in your club meetings. Participants will go home with a notebook of ideas for implementing the activities and the knowledge of how to come up with other lessons of their own. Come prepared to have fun! Presented by: Kathy Blackford

413 What's Your Color?

Have you ever had to work with someone who seemed to see everything from a different angle than you? Although it can be frustrating, having those different view points can be very helpful to a team. How do you work with someone whose personality is so different from yours? Come explore your own "personality color," and learn how to reduce frustrations when working with others. These skills will help you as a camp counselor, junior leader, junior fair board member, or even with your family at home. Participants will take a fun personality quiz and participate in group discussion. Presented by: Gwen Soule and Lesley Payne

414 "Around the World with Ohio 4-H

Did you know that you can invite the world into your living room by hosting an international exchangee through Ohio 4-H? Did you know that you can travel to other countries and live with a host family through Ohio 4-H? Come learn about the many opportunities available to you! Learn about other cultures, other ideas, other languages and other ways of life! Presented by: Mary Lynn Thalheimer

415 Noodle-Ballooz!

Foam water noodles aren't just for fun in the water! Participants in this session will engage in numerous games from "50 Ways to Use Your Noodle" and "50 More Ways to Use Your Noodle" by Sam Sikes and Chris Cavert using foam water noodles. (Don't worry—no water is required!) These games can be utilized for mixers at camp, club meetings, group functions, and much more! This session require energy and enthusiasm, so make sure to bring it with you! Presented by: Hannah Kohler and Fairfield County Junior Leaders

416 Maximizing Recognition Opportunities for 4-H Accomplishments

This session will introduce members to recognition opportunities beyond the 4-H program. Hancock County has recently had Jefferson Award winners, Prudential Spirit of America finalists, Points of Lights Foundation winners and Congressional Medal Awardees. Five teens were selected as State Achievement winners in 2007. We would like to share information regarding these awards and tips for completing forms and applications. Presented by: Susan Russell, Andrea Mitchell, and Matt McDaniel

418 Bags of Hope

All Teen Conference participants are invited to join in sewing small and medium bags during this session to be filled with toiletries and children items for battered women's shelters. Master Clothing Educators and State 4-H Fashion Board Members will be on hand to help those with little or no sewing experience as well as experienced sewers to use the sewing machines to make great-looking tote bags. Participants will receive suggestions for organizing similar a service project in your community. Presented by: Trish Pottinger, Mary Roediger, Ruth Ann Jamison, Diane Sommers, Bobbie Gallagher, Beth Wenner, and April Swinehart

419 State 4-H Fashion Board Selection Interviews

2008 Ohio 4-H Fashion Board Candidates who have been invited for interviews will be participating in a series of activities with current Fashion Board members, advisors, and master clothing educators during this session. If you are your county's Fashion Board nominee, please sign up for this session.

Session 5 - 3:15 - 4:15 p.m.

501 Your 4-H Experience: Making it Work For You in The Real World

Are you looking for a summer job, applying for a scholarship, or competing for an internship? Do you know how to communicate your 4-H experiences for the "Real World"? Join us at making your 4-H Experiences work for you. Participants in this session will have an opportunity to share experiences in 4-H with the group, learn how to complete a job application or resume that best communicates his or her 4-H career, and have an opportunity to practice interviewing and utilizing their 4-H knowledge in the talk. This is a hands-on session in which participants will leave with a started resume. Presented by: Cassie Turner and Tracy Winters

502 College 101: Strategies for 1st Year Success

Hey juniors and seniors! Are you ready to go to college? (Of course!!) But have you thought about the fact that you'll be a FRESHMAN again? College success can be enhanced with a little planning and thinking before heading off to school. "College 101" gets your brain thinking about how to navigate that first year successfully. This seminar includes advice directly from current college students via "on the street" video interviews. Main topics include: Choosing College Classes; Know Thy Professors; Note Taking; Study Tips; Time Management; New Social Scene; Safety on Campus and more. Presented by: Brian Raison

503 21st Century Skills

Is a rewarding job in your future? To find out, join Adventure Central teens and staff as they share what skills employers are seeking in 21st century professionals. Participate in games and discussions to learn how you can improve your personal skill set to find your dream job. You won't want to miss it! Presented by: Nina Grout and Teen leaders from Adventure Central

504 Sewing for Techies (new technology in sewing)

Sewing today is faster, easier and fun with technology. This session will highlight the latest equipment as it applies to home sewing. Computers, sewing machines, sergers, embroidery machines, hemmers, pressing equipment, pattern drafting and notions all enhance and simplify the sewing process. Presented by: Kathy Grondin and Barb Cummings

506 What Not to Wear!

What do you look like when you leave your house? Clothes, hair, jewelry, and outward appearance can make the difference between success and failure no matter where you are going. With interactive group discussions and demonstrations, participants will learn how to put their best foot forward in the first five seconds of meeting someone new by using appropriate greetings, clothes, and body language. Presented by: Nadine Fogt, Kyle Amore, John Seaton, and Amy Frost

507 Going to the Goats!

The goat industry is an exciting and growing industry in the United States. 4-H members can participate in a dairy goat production, meat goat production, market goat, fiber goat production, pygmy goat production or utility (harness and pack) goat project. What are all these different areas and what fun activities and events can your 4-H program do with goats? In this fast paced session, we will show some of the exciting events and activities you can do when you Go to the Goats! Participants need to come prepared to get dirty and ready for some kidding around! Suggestions and ideas for more resources will be provided. Presented by: Laura Jane Murphy, Kaitlin Huddle, and Kayla Skaggs

508 Make it And Take it Sausage

This will be an interactive session in which participants will have the opportunity to learn about the art and science of food production from animal based products. Participants will make sausage in groups, with a list of standard ingredients. Sausage artists will have the opportunity to try a pre-made sausage formulation similar to the end product that they will be making. The participants will discuss the principles behind product development, food safety and how companies determine whether a product meets consumer demand. Presented by: Paul Kuber, Masa Doig and Jeanne Osborne

510 101 Ways to do Camp

Portage County 4-H camp staff will begin with a panel presentation of what makes our county camping program unique. This will be followed with a question and answer session open to all session participants. We will then conclude with a round table discussion where participants can share in small groups about what makes their particular county camps unique to them. Presented by: Ed Werner and Portage County 4-H Camp Staff

511 How Can We Get Campers to Behave Without Completely Losing it Ourselves?

Have you ever had campers who didn't follow the rules? This workshop will focus on positive behavior management techniques. Participants will discuss how to reward positive behaviors, and what to do when camper behavior doesn't meet expectations. Presented by: Carolyn Belczyk

513 First Impressions and Flash Judgments

Today's youth are growing up in an exciting time - an age of diversity. Those who effectively understand and work with others who are different have a greater chance of success in the workforce and in life. Participants in this session will identify and challenge biases and assumptions about people who are different through several activities from the fun and non-threatening "Flash Judgments" curriculum. In the process, you will will develop helpful strategies to address real life issues around issues of prejudice and negative judgments. Presented by: Steve Brady

514 Around the World with Ohio 4-H

Did you know that you can invite the world into your living room by hosting an international exchangee through Ohio 4-H? Did you know that you can travel to other countries and live with a host family through Ohio 4-H? Come learn about the many opportunities available to you! Learn about other cultures, other ideas, other languages and other ways of life! Presented by: Mary Lynn Thalheimer

515 Making Parliamentary Procedure Work for Your Club

Used correctly, parliamentary procedure is an important tool for successful club meetings. This session will present the fundamentals of parliamentary procedure and help you learn the skills to use this tool effectively, regardless of the size of your club. Presented by: Janice Hanna and Stephen Heppe

516 Shoebox of Fun

This session will provide ideas for games to do at 4-H camp in cabins, at club meetings, and at other small group functions. Attendees will learn the fundamentals of recreational education and how to facilitate games in a fun, safe, and educational manner. Attendees will be engaged in hands-on learning and will actually lead quick recreational activities with the group. Attendees will also receive a booklet of handy games as well as a list of supplies for their "shoebox of fun" Presented by: Melinda Morrison

518 Bags of Hope

All Teen Conference participants are invited to join in sewing small and medium bags during this session to be filled with toiletries and children items for battered women's shelters. Master Clothing Educators and State 4-H Fashion Board Members will be on hand to help those with little or no sewing experience as well as experienced sewers to use the sewing machines to make great-looking tote bags. Participants will receive suggestions for organizing similar a service project in your community. Presented by: Trish Pottinger, Mary Roediger, Ruth Ann Jamison, Diane Sommers, Bobbie Gallagher, Beth Wenner, and April Swinehart

519 State 4-H Fashion Board Selection Interviews

2008 Ohio 4-H Fashion Board Candidates who have been invited for interviews will be participating in a series of activities with current Fashion Board members, advisors, and master clothing educators during this session. If you are your county's Fashion Board nominee, please sign up for this session.

520 Ohio 4-H Teen Council Meeting

Members of the 2007-2008 Teen Council should sign up for this session to meet with Vicki Schwartz and Ryan Schmiesing, Interim Co-State 4-H Leaders.