



*Columbus Convention Center
March 13, 2010*



Conference Information

Full Time Registration

To register for the 2010 Conference, complete the Conference registration form found with this registration booklet and return it to your county Extension office. The registration fee is \$30 which covers a portion of conference expenses. A parking charge is not included in the registration fee.

Cancellation Policy

Registration fees will be refunded if your cancellation is received by March 1, 2010. No refunds will be available after March 1. Send cancellation requests in writing to: Allen Auck, State 4-H Office, 2201 Fred Taylor Drive, Columbus OH 43210.

Educational Programs Registration

To register for workshops, indicate your first, second and third choices for each time period on the registration form. All workshops will be filled on a first-come basis. Most sessions will last 50 minutes. The workshops numbered 600 or higher cover two sessions, 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.

4-H Market Place - Silent Auction - Poster Sessions

Find OVC 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 a door prize drawing. Cash or checks will be accepted for payment. Proceeds from the Silent Auction will benefit future Volunteer Conferences.

Community Service Activity

The committee is collecting items that can be placed in "ditty bags" for donating to Veteran's Hospitals. Travel sizes of shampoo, deodorant, toothpaste, soap and tooth brushes are welcomed.

Conference Schedule

(Tentative)

8:00 a.m.	Registration Desk Open 4-H Market Place Open
9:00 a.m.	Session I
9:00 a.m. – 10:55 a.m.	Workshop A
10:10 a.m. – 12:10 p.m.	Workshop B
10:10 a.m.	Session II
11:20 a.m.	Session III
12:15 p.m.	Bob Evans Farms 4-H Recognition Luncheon
2:10 -- 4:10 p.m.	Workshop C
2:10 p.m.	Session IV
3:20 p.m.	Silent Auction Closes
3:20 p.m.	Session V
4:00 - 5:00 p.m.	Pick up Silent Auction Items

Educational Program Choices

999 Visit 4-H Market Place/Silent Auction

Use this number to schedule time to visit the 4-H Market Place or Silent Auction.

Workshop A - 9:00 - 10:55 a.m.

600 Join the Wellness Challenge

Wellness is an essential quality to have for all ages. The wellness challenge incorporates all aspects of a healthy lifestyle including ones physical, emotional, spiritual, and mental health. It is also designed to focus on healthy food alternatives to accommodate everyone's schedule. Participants in this workshop will gain a better understanding of what it means to be "well" and make it a way of life not only for themselves but for people in their clubs and community. Limited to 70 participants. Presented by: Kim Catchpole, Ashley Krogel, Rebecca Olinsky, and D'Amber Million

601 Rabbit Breed ID - It's in the De'tails

Want to make your kids competitive in Rabbit Breed ID or want to have a Breed ID competition in your area? This session will teach you what you need to know to compete in such a contest the first half of the session and will guide you through running such a competition the second half. Lisa has guided winning youth at national competitions for the past 4 years and runs multiple Breed ID competitions throughout the state each year. This session is for all ages, whether you are competing yourself or are trying to run a competition in your area. The winning is in the de'tails! Limited to 50 participants. Presented by: Lisa Hoffmann

602 Making the Best 4-H Clubs Even Better

"To Make the Best Better" is a motto we should apply to our 4-H club meetings as well as to our project work. This workshop will demonstrate fun and engaging ways to involve members in identifying the best things about their clubs 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. Limited to 40 participants. Presented by: Carolyn L Belczyk

603 Flash Judgments and First Impressions

Whether we admit it or not, we often treat people differently based on our assumptions and biases. That behavior often translates into showing people acceptance, indifference, or avoidance. In this workshop, participants will participate in several exercises from the "Flash Judgments" curriculum, a program designed to help examine basic assumptions and biases toward all people. Limited to 55 participants. Presented by: Steve Brady and Minnie Taylor

604 GOT TREES? Why Trees Matter

GOT TREES? Why Trees Matter, is a tree awareness program that involves young people in hands-on urban forest management techniques. Content areas include the environmental, economic, and social benefits of urban trees, tree identification, and the basics of establishing an urban tree inventory. Along the way 4-H Advisors and members will work closely with Master Gardeners, learning proper data collection skills and the use of an electronic data collection and management tool. Bring your coats and hats!!! First part of session will be presentation then move out doors to apply what we learned on the street scape, with new PDA iTrees technology. Learn basic GIS and GPS knowledge. Limited to 25 participants. Presented by: David Crawford, David Goerig, and Dr. Maureen Austin

Session 1 - 9:00 - 9:50 a.m.

100 **Role of 4-H Committees**

4-H youth and advisors serving on a 4-H advisory committee play a key role in program planning, fundraising, and recruitment efforts. This session will provide basic principles related to the functioning of effective committees, and how they can work with Extension professionals to provide balanced 4-H educational opportunities in their county. Limited to 55 participants. Presented by: Vicki Schwartz and Julie Dalzell

101 **GOT Service?**

Running on empty when it comes to new ideas for community service in your 4-H club? Need a fill-up? Then take a service pit-stop to learn about new creative community service projects. Service and 4-H builds strong kids by engaging them in civic duties, learning leadership skills, communication skills, and team work. Participants will be given resources on where to find service projects on-line, grants and special community service work days, such as the National Make A Difference Day and National Youth Service Day. Got kids? Got Service? Yes...you do! Limited to 55 participants. Presented by: Nadine Fogt

102 **Making Sale Day Special for Buyers**

Local businesses and individuals are vital to a successful Jr. Livestock Sale. Learn what you can do to entice buyers to support your junior livestock sale, help make your buyers feel appreciated and market your market animal. Ideas will be shared from Ohio Counties to help your Jr. Fairboard, Sr. Fairboard and Sale Committee have a banner year. Limited to 70 participants. Presented by: Bruce Zimmer and Nancy Snook

103 **Jr. Leadership at Its Best**

This session will give participants ideas for utilizing Jr. Leaders in their local clubs. A great way to retain teen membership in the club is to provide opportunities for leadership and responsibility. Come ready to share ideas that have been used in your county and be prepared to be a mentor to your teens as they provide leadership in your clubs. Limited to 40 participants. Presented by: Susan Russell

104 **Six Ways to Help Your Club Member Be Successful**

This session will offer ideas for volunteers to help their club members be successful as individuals and to be successful as part of a club. The emphasis will be on techniques for building life skill development as a part of club work. Guarantee: each volunteer will gain at least one good idea to utilize with their club this year. Limited to 55 participants. Presented by: Christy Leeds

105 **Equine Body Condition Scoring**

Although a veterinarian should always be a 4-H member's choice for animal health issues, knowing how to determine the body condition score of your horse can help you monitor his weight, can alert you to potential health problems, and can assist you in determining nutritional requirements. This hands-on session will describe the body condition scoring system and demonstrate how you can determine your horse's body condition score. Limited to 35 participants. Presented by: Janice Hanna

- 106 Double Dog Dare You -- Helpful Hints for New 4-H Dog Advisors**
 "There is so much to learn, it's overwhelming!" is one comment made by many beginning 4-H dog advisors. During this session, new (and not so new) advisors will receive information to make their jobs as 4-H dog advisors easier and more rewarding, while learning how to keep their members engaged and excited about dog 4-H. Limited to 100 participants. Presented by: Susan Breech, State 4-H Dog Advisory Committee and Lucinda Miller
- 107 Self-Determined Projects: How to Make Them Work for You**
 Not sure about the guidelines for completing self-determined projects? Frustrated by the unique state fair schedule? With this up-close-and-personal look at the Self-Determined Project Guide, idea starters, and state fair guidelines, you'll be able to help 4-H members complete projects of their own design. A well-done self-determined project is youth-directed learning at its best! To learn more, join in this discussion. Limited to 50 participants. Presented by: Jane Wright and Bob Horton
- 108 Operation Military Kids**
 Come to this session to learn about community service opportunities that your clubs can take part in to reach the military youth and families in your own backyard. 4-H volunteers and members who are looking for new community service opportunities can get involved with Operation: Military Kids (OMK). This session will provide an overview of military youth and families in Ohio and will review highlights of the existing statewide and regional OMK activities you can get involved in. This work is fun, rewarding, and meets a real community need. Find out how you can get your members involved by attending this session. Limited to 50 participants. Presented by: Theresa Ferrari
- 109 Delightful + Exhausting = Great 4-H Camp**
 4-H Camp can be an amazing experience if it is designed to keep youth ACTIVE. Come learn several strategies that will keep your camp moving and your youth smiling. Beneficial for would-be-counselors, volunteers, and staff members. Limited to 100 participants. Presented by: Tim Tanner
- 110 Ideas on Marketing Your Counties 4-H Program**
 Is your county interested in new and fun ways to get youth involved in the 4-H program? Ashtabula County 4-H has recently come-up with several social activities that have helped to raise our county 4-H enrollment numbers. Come and learn about our activities and share your county's activities with others. Limited to 55 participants. Presented by: Becky Holmes and Ashtabula County 4-H Committee
- 111 JFit2StayFit**
 2009 marked the first year for the JFit program in Jefferson County. Each month, families were invited to take part in fitness activities- fun fitness activities. We have been dancing, skating, and hiking our way to better health. The program has been very successful and would be easy to copy in other counties. There will be an update about the Healthy Living National Task Force. Limited to 80 participants. Presented by: Janine Yeske
- 112 Super Science Fun for Cloverbuds**
 Participants attending this workshop must be interested in having fun. We will utilize the Cloverbud curriculum and other age-appropriate materials to explore water, plant, air, and animal science. Materials featured in this workshop are great for use in a club setting and school enrichment programs. Limited to 60 participants. Presented by: Demetria Woods

113 4-H Group Projects - Fun for your Club!

All 4-H'ers take individual projects. Why not have your club take a club project this year? Many of Ohio's projects work well for clubs to do as a group. In this session, you will learn which projects are best for this, how to have your group choose a project, how to adapt the project to work for the whole group, and how to evaluate the project upon completion. These projects are a great way for your group members to learn teamwork, cooperation, and they can really help add educational activities to your meetings. We'll share guidelines for evaluation and some unique self-determined club projects, too. Limited to 40 participants. Presented by: Kathy Tackett

114 It's in the Bag: Smart Shopping for Kids

Youth have more disposable income than ever before, so smart shopping just makes sense! Learn how to make consumer education come alive for youth through hands-on activities that can be implemented in the classroom, afterschool, or in a club setting. Shoppers learn how to comparison shop, read food labels, count back change, and plan a budget. Savvy shopping? It's in the bag! Limited to 40 participants. Presented by: Beth Bridgeman, LuAnn Duncan, Cora French-Robinson, Larry Hall, Sally McClaskey, Erin Simpson-Sloan, and Judy Villard-Overocker

115 Tension is a Good Thing - When It's Surface Tension

How can a paper clip float on water? Why is chocolate milk mix quick? Find out this and more, as we learn about surface tension of liquids through a series of hands-on activities. Science does not have to be scary, it can be fun! Limited to 40 participants. Presented by: Bonnie Malone and Rita Daniels

Workshop B - 10:05 a.m. - 12:00 p.m.

700 Quality Assurance Training for Instructor Status

This workshop is designed to certify Extension Educators, Vocational Agriculture Educators, County Agricultural Society members, and volunteers to instructor status meeting the requirements for Quality Assurance in Ohio. The requirements listed on the ODA web-site as a component of the Livestock Exposition Reform Law have not changed in recent years, but the structure in Extension clearly has. With this in mind, this is an opportunity to certify a large group of instructors that will be eligible to teach Quality Assurance under the direction of a county coordinator. Training will begin with how to use the curriculum that was introduced in 2006. We talk about preferred GPP's to teach for 2010, activities that work with this GPP's as well as how to teach in a few different formats (club, county, cross county and species specific programming). The second half of the session will focus on the PQA plus program and certification so that instructors will be valid for two years. Once you are finished you will receive a certificate indicating your certification. During the program there will be time to discuss questions that you will have and the new changes to the Quality Assurance curriculum. Limited to 100 participants. Presented by: Paul S. Kuber

701 4-H Dogs 2010

During the first part of this session, participants will learn what's new with the Ohio 4-H Dog Program and the Ohio State Fair Dog Show. Rule changes and best practices will be discussed. Learn more about Rally, Agility, and Canine Freestyle during the second half of this session. Limited to 100 participants. Presented by: Pattie Stover, State 4-H Dog Advisory Committee and Lucinda Miller

702 Don't Mock It - Know the Risks

Presenters will share a valuable teaching tool to develop Volunteer Camping Staff understanding of the potential risks with seemingly “no brainer” decisions. Participants in the session will view part of a “Mock Trail” to gain a feel for the experience. An effective timeline for implementation and ways to overcome challenges experienced in doing the program in a variety of settings will be shared. A CD containing the timeline and Mock Trial will be distributed. Limited to 45 participants. Presented by: Brenda Young, Ann Golden and Kathy Booher

703 Extreme Makeovers of Community Service Projects

Take an ordinary community service project, tear it down to its foundation, and rebuild it into an extraordinary service project that exceeds expectations using experiential learning as the power tool and youth as the head contractor! “X” factor participants will explore experiential learning and youth-adult partnerships as it pertains to community service. Examples of ordinary, but traditional, service projects will be expanded onto become exciting projects that will exceed community expectations. Participants will receive a “tool box” with an easy five-step process for implementing exceptional community service projects by engaging youth in the learning process. If you are ready to do a makeover, grab your hammer for some extreme fun! Limited to 45 participants. Presented by: Nadine Fogt and Fayette County 4-H Junior Leaders

704 4-H Teen Awards & Recognition: Making It Happen!

This session will provide club advisors and parents with a much needed resource. Through participation in this session, adults will find themselves better prepared to assist youth in applying for recognition through the Ohio All-In-One Achievement Record form process. With the help of the presenters, participants will become familiar with the opportunities that are available through this application process as well as how to assist teens in completing the application form. Each 4-H club has outstanding teens that are deserving of such recognition, but do their parents and club advisors know enough to support them throughout the process? In many cases the answer is no. Attending this session will provide you with the basic “know how” to make your teens successful in seeking recognition. Find out how you can make it happen! Limited to 70 participants. Presented by: Lisa D. McCutcheon and Joy Sharp

705 Make Learning More Fun

Do you wish that you could get 4-H'ers to learn more? Participate more? Do you wonder why they don't do better at interview judging or skillathons? Do 4-H'ers think that your club is boring? Do you have trouble controlling the 4-H'ers behavior? Do you wish that you could do a better job of teaching club members? Would you like to positively influence youth to make good decisions about 4-H projects, club business, or how they interact with other 4-H'ers? This session will focus on one of the essential elements of 4-H Youth Development, engagement in learning. The presenter will provide multiple opportunities for participants to understand and apply the experiential learning model to any situation where they work with youth. Engaging youth in experiential learning activities can have many positive outcomes for members, advisors, and the club as a whole. Limited to 55 participants. Presented by: Niki Nestor McNeely

Session 2 - 10:05 - 10:55 a.m.

- 200 Procedures for Handling 4-H Monies**
Knowing the procedures for handling 4-H monies is crucial for those serving on 4-H Advisory committees, to assure they follow OSU Business Office and State 4-H Office procedures. Limited to 40 participants. Presented by: Christine F. Olinsky and Tom Archer
- 201 Living History: Join the Adventure**
Start a Living History club or incorporate this fascinating activity into your established group. Possibilities are tremendous. Time travel 200 years to colonial America or 50 years to the first space flight. Adopt a famous persona or portray common folk. Include a favorite craft or cooking or music or children's games...Explore the possibilities with Two Hearts, a 1790's frontiersman, and Bright Moon, a Shawnee trader. Limited to 55 participants. Presented by: Debbie Endsley, Nicolle and Caitlyn Merkel
- 202 Eliminating Risk: Pipe Dream and Wrong-Minded**
There are a number of strategies for reducing risk at 4-H youth events, but the complete elimination of risk is impossible and alienates youth from participating. Come experience a healthy, interactive debate on risk vs. reward--training you to identify the best course of action in several common 4-H settings. Ideas for managing risks in your 4-H activities will be shared. Limited to 100 participants. Presented by: Tim Tanner and Vicki Schwartz
- 203 Backing Up Our Recreation Leaders**
We've all had those meetings when our recreation leaders had nothing planned. Maybe no one wants to play what has been planned. Attend this session if you want to put fun back into your meeting nights. You will gain ideas that will help you equip your recreation leaders to be better leaders. Be prepared to have a good time at this session. Limited to 55 participants. Presented by: Susan Russell
- 204 Going Beyond Communications 101**
Good communication skills and practices by 4-H volunteers can make the difference in a successful 4-H program. If 4-H volunteers can identify good ways to deal with others in both positive and sensitive situations, their likelihood for success increases. Through hands-on activities and learning from each other, participants will "practice" ways to deal with people in all types of situations. Good communication will become a tool to foster 4-H program growth and make programs/activities run smoother. Limited to 70 participants. Presented by: Judy Villard Overocker and Jennifer Eckenwiler
- 207 New Officer Materials: Check Them Out!**
Did you know that Ohio 4-H has revised their officer materials? This session will explore the current officer materials website and generate some ideas for how they can be utilized in a variety of settings. We will also dialogue about additional resources that are being developed and ideas for resources that are needed or would be helpful for volunteers and youth. So bring your ideas and learn how you can use these new interactive and redesigned materials for youth officers. Limited to 55 participants. Presented by: Travis West and Officer Materials Action Team
- 209 Camp Counselor Sampler**
Camp Counselors have the opportunity to learn, teach, plan, guide and build their skills as they perform their duties in a camp setting. They also prepare themselves for the future. Participants will be given a taste of what counseling can do for them. Limited to 55 participants. Presented by: Larry Hall and Hannah Kohler

- 210 Ethical Dilemmas and Your Role as a 4-H Leader**
 Ethics in today's world continues to get a lot of attention. This session will begin with creating an understanding of the basis for strong ethical leadership within today's 4-H program. In addition, 4-H Leaders (adults and youth) will be introduced to strategies that will help them more effectively deal with those ethical dilemmas encountered in 4-H leadership roles. The strategies can also be taught within local 4-H clubs. Participants will definitely add value to their current capacities to create a highly ethical 4-H environment. Limited to 40 participants. Presented by: Jeff King
- 212 New and Revised 4-H Curriculum for 2010**
 This overview of new and revised Ohio 4-H projects will help guide your 4-H members in selecting projects for the coming year. Take an up-close-and-personal look at materials on babysitting, beekeeping, cake decorating (not a project), flower gardening, food and nutrition (three new titles!), and rifle. Participants also are encouraged to share and discuss their ideas for new curriculum. Limited to 55 participants. Presented by: Jane Wright

<p>Session 3 - 11:10 - 12:00 p.m.</p>
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- 300 4-H Advisory Committee's Constitution & By-Laws**
 In these times of changes for EERA 4-H Youth Development programming, 4-H Advisory Committees need to have a Constitution and By-Laws that are the foundation for their work. Using Parliamentary Procedure during meetings will eliminate some issues that have arisen in the past at meetings. Limited to 60 participants. Presented by: James L. Jordan
- 301 Living History: Continue the Adventure**
 Whether you are a beginner or veteran, come share your ideas and successes for 4-H Living History activities. Ideas for second year members and beyond. Exchange dates of interest or organize a multi-county Living History event. Share resource ideas and people. Limited to 55 participants. Presented by: Debbie Endsley, Nicolle and Caitlyn Merkel
- 302 A Hole in One! Fun Ways to Grow Your Endowment!**
 After several years of unsuccessful fundraising efforts for the Perry County 4-H Endowment, we have finally hit a "Hole in One!" Learn about organizing a successful golf outing to raise funds (for your endowment, your club, or your county program). For the past 2 years, the Perry Co. 4-H Committee has conducted a golf outing, each time earning a larger profit. Time will also be allotted for sharing and brainstorming other fundraising ideas. Limited to 50 participants. Presented by: Jessica Rockey, Michelle Wright and LeAnn Forgrave

- 303 Challenge, Opportunity & Respect**
4-H'ers want advisors who provide challenge, opportunity and respect. Every 4-H club is a group of people with various backgrounds, ages, and social differences. It is the advisor's task to serve as facilitator or group leader. In this session we will discuss how to create a feeling of belonging. Everyone in your 4-H club can develop a common area of interest and learn to support one another. Ideas will be provided on three basic kinds of help. 1) Stimulating Ideas: Your 4-H meetings should offer an occasion to expand member thinking, be intellectually challenged, and gain new information and new insights. 2) Practical Help: The 4-H Club offers occasions to learn new methods of communicating, practice old and new skills, solve problems, and receive instruction on coping skills. 3) Sense of Support: The 4-H club provides a place where one can feel less alone, where discouragements can be shared, successes appreciated, and where confidence and energy are renewed. Limited to 55 participants. Presented by: Penne Smith
- 304 Building Assets in Youth**
Catching kids being good is a powerful tool in developing confident youth. A variety of methods will be used to show how volunteers can build assets in youth, which, in turn, not only builds self-esteem, but self-confidence. It's more than giving compliments. It's letting members take on leadership roles and responsibilities and helping 4-H members grow personally from their 4-H experience. Limited to 55 participants. Presented by: Marlene Troike and Julie Dalzell
- 306 Go Global with Ohio 4-H!**
Go Global With Ohio 4-H! Today's youth and families find it increasingly important to develop international and cross-cultural ties to live productively in a global society. 4-H International Programs have a proven track record of helping people develop individual and family strengths. In this session, participants will learn about the multitude of 4-H international opportunities and resources, hear first-hand from families and participants about their participation with hosting or traveling, and gain ideas and materials to use with 4-H'ers and families throughout the year. Limited to 45 participants. Presented by: Mary Lynn Thalheimer
- 307 Am I the 4-H Volunteer I Really Want to Be?**
While a quick refresher on the roles and responsibilities of a 4-H volunteer will open this session, the focus will be an interactive session where volunteers will get re-charged, revved up and ready to serve their 4-H members. Limited to 70 participants. Presented by: Judy Villard Overocker, Jeff King, and Jackie Krieger
- 308 S.E.T. Ideas for You! (Science, Engineering & Technology)**
This session will show you new resources that can be used in both school and club settings to teach science skills in ways that are fun, hands-on, and educational. Limited to 55 participants. Presented by: Ed Werner and Sally McClaskey
- 309 Risky Business**
Camp Counselors face different scenarios and challenges involving programming, campers, other counselors, and staff members daily. If you have ever wondered ways to meet and exceed these challenges, attend this interactive workshop! Make sure to bring your creative minds with you, as you will be asked to 'think outside the box' in working to solve these 'risky' situations. Limited to 55 participants. Presented by: Hannah Kohler
- 310 Positive & Appropriate Discipline for 4-H Meetings**
Johnny won't sit still, Sarah keeps talking and Ben just hit Mike ... what is a volunteer to do? This session will focus on behavior management techniques for use at 4-H meetings and activities. Understanding characteristics of youth, why they misbehave, and how to handle various situations will be explored. Limited to 80 participants. Presented by: Nancy Snook

311 Junior Master Gardener -

This session will offer tips and techniques on how to incorporate the Junior Master Gardener Program into your county. Each participant will walk away with new activities and ways to get youth interested in “digging in the dirt” all while teaching them the importance of volunteering in their communities. Come learn about Junior Master Gardener in a fun participatory way! Limited to 35 participants. Presented by: Cindy Burskey and Amy Stone

312 Enhancing Your 4-H Cloverbud Program

Would you like to expand your current Cloverbud member opportunities beyond your community club but aren't sure how? This session will give you the tools needed to enhance Cloverbud opportunities in your county. Topics of discussion include Cloverbud Camp, Cloverbud activities at the fair and promoting and growing your 4-H Cloverbud membership. Limited to 70 participants. Presented by: Rhonda Williams

313 All About Rabbits!

This session will provide an overview of opportunities available within the 4-H rabbit program, as well as ideas for hands-on activities for 4-H rabbit project members and volunteers. Limited to 55 participants. Presented by: Bridget Weigly and Don Howard

314 Get a Head Start in Nutrition

Get ideas on sharing nutrition and physical activities with preschoolers or Cloverbuds. You will use a lesson plan to teach a nutrition lesson. Lessons are take and go. You will receive snack recipes and a physical activity incentive to engage preschoolers or Cloverbuds. Curriculum includes 14 lessons encouraging fruit, vegetable, whole grains and low-fat dairy consumption with physical activity in each lesson. Impacts from pre and post surveys of Head Start parents completed showed a 42% increase in consumption of fruits, 29% increase in consumption of vegetables, 29% increase in breakfast eating and 29% increase in physical activity. Limited to 40 participants. Presented by: Pat Brinkman and Hannah Peterson

315 4-H Members Have What Employees Want, But Do They Know It?

Participants in this session will learn about the 21st century skills that employers are seeking and discuss how the 4-H program develops these skills through real life experiences with its members. Participants in this session will leave with an understanding of how to better support the workforce success of the youth that they work with and how to more intentionally connect the skills for success in the workforce with what 4-H has been doing for over 100 years. Limited to 70 participants. Presented by: Nate Arnett, Theresa Ferrari, Gwen Soule, Tracy Winters, and Tonya Bowman

Workshop C - 2:10 - 4:10 p.m.

800 The Four Colors of Improving Communication

Communication is the foundation of any well functioning committee, club, or board. Have you ever thought maybe the miscommunication that happens within group settings comes from how the message was communicated, not what was communicated? This workshop will explore how communication happens, the barriers that exist and how our individual personality fits into the picture. A shortened Real Colors® workshop will help volunteers learn their ‘color’ and better understand their own personality type as well as other personality types. A group discussion will help us learn the best ways to communicate with all four color types. There will be a fee of \$6.50 for Real Colors Assessment Tool. Limited to 45 participants. Presented by: Julia Woodruff

801 Teaching College Access in Local Clubs

Ohio ranks 38th in the nation for students completing post secondary education. The Team of Extension Educators and the OSU Office of Economic Education will be providing hands-on materials for volunteers and older teens to teach college access. The participants will be engaged in hands-on learning that helps them identify the steps needed to obtain post secondary education. Materials will be provided for Cloverbuds in addition to lessons for local club advisors from simple roll call activities to actual lesson plans. This program is a part of the OSU Cares grant pilot with Ohio State University Extension Brown County. The materials can be used in a club setting, county trainings or in a camp setting. Materials will be for all age levels. Limited to 55 participants. Presented by: Rebecca J. Cropper, Scott Scheer, Connie Goble, Lucinda Miller and Laura Kraus

802 Making Posters with Pizzazz!

4-H'ers use posters for many things – as visual aids for demonstrations, as project displays for sharing what they have learned and for publicizing important events. In this workshop you will learn how to help your 4-H'ers make nice-looking, informative, easy-to-read posters that enhance their presentations. Come prepared to participate as everyone will try out several new techniques in the art of poster-making. Take home a booklet of hints and ideas that can be put to use immediately. Limited to 45 participants. Presented by: Kathy Tackett

Session 4 - 2:10 - 3:00 p.m.

400 Strengthening 4-H with Volunteers

Strengthening 4-H with volunteers is a major component of a successful county program. This interactive program shares how volunteers can improve their county 4-H program by knowing all the components necessary to complete the task of always "Making the Best Better." Participants will have the opportunity to share ideas that work in their county as well as learn new ideas. Limited to 45 participants. Presented by: Melinda Morrison

401 Ohio 4-H Shooting Sports/Shooting Education Camps

Who, What, When, and Where of the Ohio 4-H Shooting Sports Program, and The Who, What, When, and Where of the Ohio 4-H Shooting Education Camps. How can we help you? Limited to 55 participants. Presented by: Larry and Anita Harris

402 Strengthening Your 4-H Club

Need ideas for making your club even better than it is? Do the members and advisors all make efforts to include everyone? Are your meetings fun, interesting, and engaging? If you surveyed the club members, would they say that they are making decisions for the club? Does everyone get treated the same or do some members get picked on? Are there any club programs that relate to careers? Do you include the essential elements of positive youth development in your club? Learn a variety of ideas and methods to strengthen and improve your club by using strategies that intentionally incorporate the essential elements. Limited to 45 participants. Presented by: Niki Nestor McNeely

403 Are you a "VIP" Volunteer?

Do you like working with 4-H teen leaders? Preschoolers? Want to learn and give back to your local community? Come to this informative session on how you can get involved in the University/Community Model VIP Vision in Preschoolers FREE screening program. Learn how to become a certified lay screener on one of three instruments and organize your community to build awareness and increase the number of preschool aged children who have their vision screened. The program is a classic example of mobilizing community adult and teen volunteers to meet a

community need. Don't miss out on your chance to be a VERY Important Person and a Vision in Preschoolers Program volunteer in your community! Limited to 55 participants. Presented by: Jackie Krieger, Heather Neikirk and VIP Volunteer Coordinators

404 Youth Recognition Program

Recognizing youth for their accomplishments is important to foster positive self-esteem. The Tiffin Kiwanis Club selected the Seneca County 4-H program and 4-H youth as a service project. They proposed planning a "Grade A Banquet" with a purpose of recognizing all 4-H members who had earned an 'A' on one or more projects. Huron and Seneca Counties are the only two counties who held this special recognition event. During this session, detailed plans and a timeline for implementing a "Grade A Banquet" will be shared. Limited to 45 participants. Presented by: Ann Golden and Bonnie Malone

405 Animal Sciences and ODA update

This session will update attendees on the 4-H Food Animal Project Area, as well as the Ohio Department of Agriculture (ODA) livestock tampering rules, a brief recap of ODA's investigation of the 2009 Ohio Fair and exposition season and what to expect for the 2010 fair season (changes in the rules). Limited to 100 participants. Presented by: Paul S. Kuber and Dr. Tony Forshey, State Vet ODA

406 First Aid for Dogs

Dog owners can treat minor injuries for their pets if they have the appropriate remedies, tools, and equipment available. We will share items to include in a first aid kit. We will also demonstrate how to make and place a muzzle, transporting an injured dog, bandaging your dog and recognizing an emergency (my pet is ill but when is it an emergency? And, who should I call?) Limited to 55 participants. Presented by: Penne Smith and Nanette Rorick

407 New Officer Materials: Check them out!

Did you know that Ohio 4-H has revised their officer materials? This session will explore the current officer materials website and generate some ideas for how they can be utilized in a variety of settings. We will also dialogue about additional resources that are being developed and ideas for resources that are needed or would be helpful for volunteers and youth. So bring your ideas and learn how you can use these new interactive and redesigned materials for youth officers. Limited to 55 participants. Presented by: Travis West and Officer Materials Action Team

408 Build an Effective Club Advisor Team

Would you like for your club advisors to function as a team, with everyone knowing their position? Do you wish you knew what your role was on the club advisor team? Then this session is for you. To be successful, teams must have a game plan. Everyone must know his/her position on the team, and that position should match the person's strengths, weaknesses, likes and availability. As your coaches, we will help you begin to find the talents you bring to the team and give you the tools to take back to your club to develop an effective club advisor team for a winning 4-H season. Limited to 45 participants. Presented by: Angie Holmes and Mary Beth Albright

409 More Mixers and Icebreakers (All new!)

All new. This fun, interactive, and hands-on presentation promises to provide you with new mixer and group game ideas that you can do in various settings back in your home counties and EERA's. Limited to 100 participants. Presented by: Ed Werner

- 410 Retreat, Retreat! Ideas for Creating Your Own!**
 This workshop will take you through the steps to have a successful retreat with older teens. Areas for the workshop include community service ideas, educational demonstrations, skits, team challenges, and icebreakers. Participants will be actively engaged in carrying out activities that could occur throughout the retreat. Be prepared to share ideas and engage in entertaining and innovative happenings and build a team along the way! Limited to 55 participants. Presented by: Hannah Kohler
- 411 Cooking up a Food Day Camp**
 In Ohio, 30% of children between the ages of 10 and 17 are obese. Healthy nutrition education is essential to combat this growing problem. We believe 4-H food and nutrition projects are just the tools our children need to make healthy food selections. A nutrition day camp is a great way to help 4-Hers get a good start on their 4-H food projects and allow them to participate in various fun, healthy activities. Limited to 45 participants. Presented by: Tracy Winters and Cassie Turner
- 412 Crayon Creations**
 Amazing talent emerges from the simplest of ideas! Learn the fun, step-by-step technique to faux appliqué using crayons. Crayon appliqué is permanent and washable and can be used on a variety of projects. Workshop materials can be adapted for audiences from pre-school to Senior Citizens. Limited to 45 participants. Presented by: Cindy Shuster, State 4-H Fashion Board Members and Master Clothing Educators
- 413 The Kids Are Here, Oh What Do I Do**
 How often do you find yourself asking the question, "Oh What Do I Do When The Kids Are Here?" for your next 4-H club meeting? Don't panic! Learn how to put together FUN, CHAORTIC, ENERGIZING 4-H club programs every time without robbing your piggy bank or getting stressed out! Learn the secrets to creating hands-on educational fun to fit any size or type of 4-H club. Fill up your "4-H Fun Pack" with activities sure to have your club members learning and laughing together! Discover how club advisors with a few or more than a hundred club members have successfully put these activities to work for them and their clubs! Limited to 70 participants. Presented by: Patty House, Cathie Maine and Linda Donaldson
- 414 Inspiring Great Club Demonstrations**
 Do your club members become anxious and struggle when it's time for them to prepare their club demonstrations? This interactive session gives club advisors a great lesson plan and resources to inspire creative and exiting demonstrations not only in the club but also for county contests. Participants will learn great tricks for generating excitement in their members for doing those dreaded demonstrations. Limited to 45 participants. Presented by: Beth Boomershine
- 415 Keeping Teens Involved in Camping Through 4-H Teen**
 Teen Camp offers a unique 4-H camping experience for teens ages 13-18 in which campers have the opportunity to try new things and interact with others in a positive environment. The camp format is set-up so that teens can choose the activities that they would like to participate in. The teens who attend the camp come from across the nine-county camping corporation, as well as surrounding counties. Teen campers are led by trained counselors and staff who work to plan and coordinate the camp activities. Adult staff members return to camp each year to provide guidance to the camp process and provide adequate supervision. The camp allows teens to gain valuable life skills including communicating and working with others, public speaking, socialization and leadership skills. These skills help them to be

successful in the future and leave camp with a more positive attitude and outlook on life. Limited to 80 participants. Presented by: Erin Dailey and Jo Williams

Session 5 - 3:20 - 4:10 p.m.

500 Understanding the Teen Generation

This program shows how today's generation of teens think by the way they were brought up in society. It explores the differences of the millennial teens and the best ways to work with them. Understanding generation beliefs allows groups of all ages to work together for the betterment of all. Limited to 45 participants. Presented by: Melinda Morrison

501 Catching 4-H Air Time!

How do you tell your 4-H story to stakeholders, donors, and community partners? What images are you using to sell your 4-H program? Learn the basics of designing "eye catching," "head turning," and "heart touching" media efforts and fundraising strategies. Leave with marketing products and an action plan to bring your county's 4-H stories to LIFE! Limited to 55 participants. Presented by: Patty House and Janet Wasko Myers

502 Sudoku - Train your brain

Need to keep your thinking sharp? Need to keep your brain active? Then Sudoku may be for you! Learn tips and tricks for solving sudoku puzzles. These puzzles are known to help sharpen cognitive abilities. So join us as we have fun training our brain. Limited to 45 participants. Presented by: Julia Herron

503 Animal Science Career Academy

Like Animals? Like Science? The Animal Science Skills and Career Academy is for you! Discover how an educational hands-on science activity day for junior and senior high school youth can spark interests in animal science careers. Limited to 45 participants. Presented by: Sherry Nickles

504 Teen Leadership: Raising Money for your Community

Are you looking for ways for youth to give back to your community? This session will explore the idea of teen leadership but with a slight twist. Teens are creative individuals and when prepared with the right knowledge can take a small amount of money and turn it into an event that gives back more to the community than it invested. Learn how this program worked in our county and is continuing each year to develop a strong base of teen leaders that includes more than just teens in the traditional 4-H clubs. Limited to 55 participants. Presented by: Travis West

- 505 The 3 W's of Animal Care**
 WWW, what does that mean to you? Come and test your knowledge in a hands-on activity with the Coshocton County Beef/Sheep/Swine Teen Board and learn the importance of the 10 Good Production Practices. Limited to 70 participants. Presented by: Coshocton County Beef/Sheep/Swine Teen Board and Advisors: Lin & David Hamric, Sheila & Scott Graves
- 506 Ready-Aim-Wait-Make That Photograph Better**
 Using the level 1 Photography Project Book, this session will share activities and ideas on how you can help your members learn to take award winning photographs. Limited to 45 participants. Presented by: Carolyn Cull
- 508 Navigating Teens & Technology: Learning What They Already Know**
 Learn about current social networking technologies and how to use them with your youth. Explanations and demonstrations of Facebook, Twitter, Myspace, and other social technologies will be discussed! Limited to 70 participants. Presented by: Mark D. Light, Nadine Fogt, Annie Davis and Heather Gottke
- 509 It's a Sing Thing**
 Music programming through use of singing (with or without motions) can add to many types of events. Learn how to use simple songs and movement to engage groups while having fun. The ability to sing well is not a prerequisite. Buckeye Leadership Workshop CD's containing some of the songs presented will be available for purchase (\$10 each) if desired. Limited to 100 participants. Presented by: Larry Hall
- 510 Trash Bashing**
 Participants will learn how 4-H clubs "trash bashing" (picking up litter along roadsides) can equal - community service, dollars, learning, and fun! Morrow County 4-H will also share other educational involvement with 30 years of litter prevention and education that clubs can lead in their own communities. Limited to 70 participants. Presented by: Becky Barker
- 511 Useful Gifts**
 Join us for some different gift ideas to give, but don't lay around collecting dust. Maybe you have something different to share with the group. Come and enjoy! Limited to 55 participants. Presented by: Julie Logan and Lynn Fraizer
- 512 Crayon Creations**
 Amazing talent emerges from the simplest of ideas! Learn the fun, step-by-step technique to faux appliqué using crayons. Crayon appliqué is permanent and washable and can be used on a variety of projects. Workshop materials can be adapted for audiences from pre-school to Senior Citizens. Limited to 45 participants. Presented by: Cindy Shuster, State 4-H Fashion Board Members and Master Clothing Educators
- 513 Understanding Kids with Attention-Deficit/Hyperactivity Disorder**
 Chances are you have a child or two in your group with Attention-Deficit/Hyperactivity Disorder. Sometimes they can blend right in and other times their behavior can disrupt your group's meeting. In this session you will gain a better understanding of AD/HD and talk about techniques that can help kids succeed. Limited to 45 participants. Presented by: Laryssa Hook
- 514 Behavior Management**
 Do you have a 4-H member that tries your patience? Is there a member or two in your club that disrupts the meeting or makes inappropriate comments? In this session we will discuss how to manage challenging behaviors in a club setting. Limited to 55 participants. Presented by: Pam Montgomery