

Ohio 4-H Conference



*Greater Columbus Convention
Center*

March 10, 2018



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



Conference Information

Full Time Registration

To register for the 2018 Ohio 4-H Conference, complete the registration form and return it to your county Extension office by their deadline. The registration fee is \$35 which covers a portion of conference expenses. The cost of parking is not included in the registration fee.

Cancellation Policy

Registration fees will be fully refunded if your cancellation is received by February 10, 2018. No refunds will be available after March 1st. Send cancellation requests in writing to: Allen Auck, State 4-H Office, 2201 Fred Taylor Drive, Columbus, OH 43210.

Educational Programs Registration

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

Luncheon Options

On the registration form you must indicate which luncheon you will be attending. All youth (age 13 and older) are encouraged to select the “Teen Luncheon”. The Bob Evans Farms 4-H Volunteer Recognition Luncheon highlights the extraordinary accomplishments of volunteers. The teen luncheon recognizes their peers and features a keynote speaker.

4-H Market Place - Silent Auction – Informational Displays

The area in and around the **4-H Market Place** will feature educational materials, fundraising ideas and promotional materials. The **Silent Auction** will have items that have been collected from across the state, plus door prize drawings. Cash or checks will be accepted for payment. Proceeds from the Silent Auction benefits future conferences. The Ohio 4-H Teen Leadership Council will once again be selling t-shirts to commemorate this year's Ohio 4-H Conference! Shirts will include the theme “Passport to Possibility” and will be available in the Market Place during conference (no pre-orders are being taken this year). Cost of shirts, including tax, will be \$10 for S-XL and \$12 for 2XL/3XL. Cash and checks will be accepted for payment of shirts on-site.

Conference Schedule (Tentative -- subject to change)

8:00 a.m.	Registration Desk Open 4-H Market Place Open
9:00 a.m.	Session I
9:00 a.m. – 10:30 a.m.	Workshop A
10:00 a.m.	Session II
10:00 a.m. – 11:30 a.m.	Workshop B
11:00 a.m.	Session III
12:00 p.m.	Luncheons
2:00 – 3:30 p.m.	Workshop C
2:00 p.m.	Session IV
3:00 p.m.	Session V
3:00 p.m.	Silent Auction Closes
4:00 – 5:00 p.m.	Pick up Silent Auction Items

Educational Program Choices

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

601 Quality Assurance Certification

Teens

Are you a livestock exhibitor and need to attend a Quality Assurance session for the 2018 show year? If you participate in this workshop you will receive your Quality Assurance certification for 2018. Please make sure that your county will allow you to attend a training outside your county to become certified. Certificates will be provided to all participants to take back to their counties for proof. Limited to: 50 participants. Presented by: Andrea Rees

602 The Struggle Is Real - Getting Your Club Back on Track!

Adults

Are you struggling with keeping your kids involved in meetings? Are new kids finding it hard to feel included in the group? Are you trying to find new ways to bring back the fun to your meetings? Well this is the workshop for you! During our time together we will discuss common struggles within clubs and how to integrate new kids, break up the "cliques", keep kids involved and make it fun and educational. We will share games that not only work well for ice-breakers and team building, but how we have turned them into ways to teach showmanship, miscellaneous judging, and public speaking. Limited to: 50 participants. Presented by: Courtney Haug and Johnna Vineyard

603 Workforce Preparation for High School Girls

Teens

This workshop provides resources to high school and college-age girls that will help them prepare for college and the workforce. This workshop will include tips on presentations (do's and don'ts), public speaking (tone and body language), and professional attire (what to wear and what not to wear). In addition, you will get to hear directly from professional women sharing their personal work experience, challenges and advice. Content focused on girls, but open to all. Limited to: 50 female participants. Presented by: Janet Rehberg, and Dawn Marbury

604 Generation Rx: Become a Teacher and a Trainer

Adults and Teens

Since 2009, the College of Pharmacy at The Ohio State University and the Cardinal Health Foundation have partnered to provide open source educational materials that anyone can use to help prevent the misuse of prescription drugs. These ready-to-use resources are designed to provide everything you need to make a presentation or offer a program in your community. The mission of Generation Rx is to educate people of all ages about the potential dangers of misusing prescription medications. In this workshop, participants will receive the tools needed to become trainers in their communities to teach and promote Generation Rx. Limited to: 50 participants. Presented by: Katie Riemenschneider, Jami Dellifield and Misty Harmon

605 LED Bracelet Make-It-Take-It Workshop

Adults and Teens

Be on the cutting edge by adding art and creativity to your club meetings with this project. Join this workshop and create an LED bracelet. Learn how to sew with conductivity thread and the importance of positive and negative sides of electrical circuits. \$5.00 class kit fee will be collected at the beginning of the session. Limited to: 50 participants. Presented by: Mary Roediger and Morgan Co. Fashion Board Members

606 Goat Nutrition

Adults and Teens

In this workshop you will learn information on the current balance of minerals, feed, hay and pasture to promote optimal growth and reproduction in your goat herd. Limited to: 50 participants. Presented by: Dr. David Linden

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

101 An Attitude of Gratitude

Adults and Teens

A sincere "thank-you" shows appreciation for those who have done something for you or your 4-H club. Writing appropriate thank-you notes has almost become a lost art. Join us for a refresher on writing thank-you notes and explore other ways of saying "thank-you". Limited to: 60 participants. Presented by: Bonnie Malone and Amy Palm

102 Are You a Leader or a Boss?

Adults and Teens

Are you a leader or a boss? We will discuss what makes a good leader as opposed to a boss. We will find out what is more effective. Different leadership styles will be discussed as well as find which one you are. Limited to: 100 or more participants. Presented by: Brandon Benson

103 Tap, Shake, Ping: From Sound to Music

Adults and Teens

Discover how sound waves travel, create musical instruments, and play a tune. This interactive session will fuse the arts and science. Join us as we spread our good vibrations. Limited to: 50 participants. Presented by: Demetria Woods

104 Social Media and You

Adults

Go over the do's and don'ts of social media when representing your 4-H Club. This session is intended for 4-H club advisors. We will cover what you should and shouldn't post on social media. Some of the topics covered include: what websites to trust, should I post that?, how to use social media as a marketing tool, using social media as an organizational tool/communication tool, how to keep your 4-H'ers safe online, and as the saying goes, "if you're afraid to say it in front of your grandma, don't say it online!" Limited to: 50 participants. Presented by: Elliott Lawrence

105 51 Flavors and Growing

Adults and Teens

In a world where ice cream stores offer 51 flavors to choose from, it can seem hard to narrow down the choices. Our 4-H clubs have just as many "flavors" to them. Join us to learn how we manage and organize our club now that it has gone from a cone with 3 families to a massive sundae of 26 families. Learn how to organize your club and make a strong "base" to build your unique "flavor" on. We will cover organizing communication, treasury, leadership and more. Whether your club is a kiddie cone or a bucket full, there is something for you at this session! Limited to: 60 participants. Presented by: Jackie Millard and Deb Boss

106 Grow 4-H in Your County!

Adults

Looking for a great way to promote 4-H opportunities to both new and current 4-H members? Learn how 4-H Kick-Off events in two different counties have helped increase 4-H membership and educated youth about all that 4-H has to offer! Limited to: 60 participants. Presented by: Jamie McConnell and Jessica Rockey

107 Kids Learning to Sew

Adults

Sewing clinics and workshops are a wonderful way to teach skills and encourage members to tackle a clothing and textile 4-H project. Learn from various Master Clothing Educators on how they planned and conducted one of these events in their county. Limited to: 50 participants. Presented by: Judy Driscoll and Dianne Galloway

108 The Importance of Good First Impressions

Adults and Teens

You never get a second chance to make a great first impression. We've all heard that an interviewer, or a stranger at a work or school related function will form an impression of you, your character, your personality, all within the first 60 seconds of meeting you. 4-H'ers have opportunities unlike their peers where they can, in addition to summer or part-time jobs, also apply and interview for opportunities such as Junior Fair Board, Camp Counselors, scholarships, etc. which gives them additional opportunities to

hone their skills at making that positive first impression and creating effective communication. In this session, you'll learn tips for creating positive attitudes which will aid you in making that great first impression whether it be at a 4-H related interview, a college scholarship or a job interview, as well as tips and advice for generating good, effective communication during those prime moments. Limited to: 100 or more participants. Presented by: Kiersten Heckel

109 Roll Out Your Welcome Mat!

Adults and Teens

The anticipation of your first campers arriving at camp is an exciting yet anxious moment for camp counselors. How do you prepare for this moment and what do you do when they get there? This session will share helpful tips on how to prepare camp counselors to welcome their campers to camp. Additionally, learn more about cabin kits and the fun things you can stuff in them to excite your campers for a week of camp! Limited to: 50 participants. Presented by: Leslie Cooksey and Fairfield County Camp Counselors

110 4-H Animal Sciences Update for 2018

Adults and Teens

Learn the latest information regarding 4-H livestock and poultry from the Ohio Department of Agriculture (ODA) and any updates pertaining to exhibition. Also, learn what's new with 4-H Animal Sciences programs and projects, including youth quality assurance and Ohio State Fair Junior Fair animal events. Limited to: 100 or more participants. Presented by: Lucinda Miller, Tony Forshey, Nancy Snook and Dustin Homan

111 He Said, She Said

Teens

He Said, She Said is an interactive session where participants get to discuss the successes and pitfalls of dating. Through group discussion, we uncover the things that make dates go well, and not so well, and arrive at some ways to better understand one another and improve communication. Participants should come prepared to engage in an active-learning environment! Limited to: 60 participants. Presented by: Mary Beth Albright and Tim Tanner

112 "Tough Stuff"

Adults

Many times in the 4-H professional or volunteer role we are presented with situations that are challenging. Join us where we will be evaluating real life scenarios, setting conversation ground rules, comparing paradigms to principals, and walking away with a check-list that will help you to tackle the "tough stuff". Sometimes, there are no "right" answers, but we hope to get you ready for the conversation. Limited to: 80 participants. Presented by: Michelle Stumbo and Rachael Fraley

113 Recycling in the Garden

Adults and Teens

If you are interested in growing fresh healthy food choices, this session is for you. By recycling everyday items you have available, you can save space, money, time and energy with the many ideas this session will provide for gardening in a small space. Whether you live in an apartment, in an urban setting, or on a farm, you have the room to grow fresh food for your table. Growing in containers, growing vertically, and stacking your plants will make small scale sustainability an option. The fun, creative and innovative ideas you learn today can be taken back to your county and utilized for community gardens, club community service and beautification projects. Limited to: 50 participants. Presented by: Michelle Moon

- 114 Clover Confidence BFFs: Building Fearless Females** **Adults and Teens**
 Clover Confidence BFFs: Building Fearless Females is an interactive, hands-on program designed to teach young girls life skills related to self-confidence, relationships, empowerment, and positive body image. This program was created by 4-H teens and Jr. Fair queens who are passionate about teaching mental and social health to 5-8th grade girls. Through discussion and hands-on activities in breakout sessions, girls learn about promoting confidence through body language, the importance of empowering others, the dangers of stereotyping, developing positive relationships with adults, and safe dating relationships. Join us for this exciting session that will inspire you to implement similar events and programs in your own community. Fearless Females grow here! (All genders are welcomed and encouraged to attend) Limited to: 80 participants. Presented by: Molly Hunt, Heather Manalo and Rhonda Williams
- 115 Communication Exploration** **Adults and Teens**
 Is your 4-H Club having challenges communicating with members and families? Do you need to send a quick reminder to your Camp Counselors or Junior Fair Board? In this informative session, a team of Extension Professionals will share tips, tricks, apps, and ideas to create successful communication with clubs, committees, camp counselors, or other special interest groups within the 4-H Community. Limited to: 100 or more participants. Presented by: Morgan Domokos, Jenna Hoyt and Ashlee Dietz
- 116 How 4-H'ers Can Promote "Water First for Thirst"** **Adults and Teens**
 Does your soda pack more calories than a cupcake? Does your coffee drink have more sugar than a donut? Are you sweet on sweet tea? Sugar-sweetened beverages are the biggest source of added sugars in our diets. To find out if you're drinking 10 teaspoons of sugar (or more), 4-H Health Heroes will engage you in activities to show how much sugar is in typical beverages. We'll help you rethink your drink and help you determine strategies for youth and adult leaders to become "Water First for Thirst" advocates. You will leave this session armed with the facts. Learn how to speak up for healthy choices and stand up for water. Limited to: 50 participants. Presented by: Theresa Ferrari, Carol Smathers, Katie Riemenschneider and Amy Fovargue
- 117 Sports Broadcasting and Public Speaking 101** **Adults and Teens**
 Voice presentation and communication skills can be key in so many areas of life from the school paper, a presentation at work, or maybe landing that sports broadcasting job you always wanted. In this session, we will focus on confidence, body language, voice, and hand gestures, to name just a few skills. Limited to: 100 or more participants. Presented by: Tim Skaggs
- 118 Minimal Prop Games for Adding FUN to 4-H Meetings** **Adults and Teens**
 Designed for adults, jr. leaders, and club recreation leaders, this session will introduce or re-introduce you to ten easily taught games that will build Fun, Laughter, and Friendships in your 4-H club. It is also a good way to encourage "on-time arrivals" because they won't want to miss the fun! Limited to: 60 participants. Presented by: William Henderson and Larry Hall
- 119 Picture Before You Post** **Adults and Teens**
 Picture this: a high school senior making it into their dream college, and then having the opportunity taken away, all because of social media. In the 21st century, social media has become a massive part of nearly everyone's day-to-day lives. Your presence online affects how others perceive you. Learn what future employers look for on your page, how easy it is to go viral and ways to present yourself in a positive way online. Limited to: 50 participants. Presented by: Blake Fox

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

701 Bring Your Skills to Our Skillathon

Adults and Teens

Skillathon events are an exciting and effective way of learning and evaluating knowledge through the experiential learning cycle of do, reflect, and apply. Join the team who coordinates the Animal Science skillathons at the Ohio State Fair to demonstrate what you know and take home ideas for your clubs and fair! Limited to: 50 participants. Presented by: Dustin Homan, Lucinda Miller, Margo Long and Lydia Ulry

702 State Junior Fair Board Interviews

Teens

Selected finalists will be invited to participate in the selection process for 4-H representatives to the State Junior Fair Board. Workshop is NOT OPEN to all attendees. Limited to: 50 participants. Presented by: Jessica Rockey and Carolyn Eselgroth

703 Believe in Yourself and Make It Happen!

Teens

Everyone has the right to feel good about themselves. As Eleanor Roosevelt said, "No one can make you feel inferior without your consent." In this workshop, participants will learn ways to believe in who they are and how a positive self-concept can make things happen for them in 4-H, at work, in school and throughout their future. Taking the first step toward a positive self-concept is the key. Participants will learn that success is an attitude and each individual is unique and special. This audience participation workshop promises to be fun for all! Limited to: 60 participants. Presented by: Judy Villard Overocker

705 Gain Access to Awards, Trips and Scholarships!

Adults and Teens

This workshop will provide club advisors, parents and teens with much needed information regarding access to teen awards and recognition. Presenters will explain many of the opportunities that are available to Ohio's 4-H members and the forms that must be completed in order to be considered for selection. Along the way, participants will be provided with an overview of the forms, receive tips and helpful hints, and review successful sample forms that will help to get them started! Each 4-H club has outstanding teens that are deserving of recognition, but navigating the form can be a challenge. Attending this workshop will provide you with the basic "know how" to get started. Limited to: 50 participants. Presented by: Lisa McCutcheon and Joy Sharp

706 Cloverbuds Join the Maker Movement

Adults and Teens

The Maker Movement is an innovative, creative, fun, educational, and hands-on way of engaging youth in learning. It gives youth the freedom to create and design things that can range from arts/crafts to robotic technologies. This interactive workshop will give attendees the opportunity to participate in hands-on maker movement activities, specifically designed for use with Cloverbud age 4-H members. Join members of the Ohio 4-H Pre-adolescent/Cloverbud Design Team as we share strategies and ideas for creating your own Cloverbud Maker Movement in your club or county. Limited to: 60 participants. Presented by: Scott Scheer, Rhonda Williams, Bruce Zimmer, Demetria Woods and Rebecca Supinger

707 Milestone Volunteer Recognition

Adults

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

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

- 201 Get the Scoop on Dirt - Healthy Soil STEM Activities** **Adults and Teens**
Who does not enjoy playing in a little dirt or getting muddy? Teens and adults alike will enjoy this interactive session to get the scoop on dirt and healthy soil STEM activities for 4-H club meetings and camping programs. Participants will engage in activities to measure soil's health, soil's capacity to hold water, grow plants and protect the water we drink and the air we breathe. Learn how to conduct scientific tests like the slake test and the active carbon test to investigate soil's structure. Explore other STEM activities to use in your club to expand 4-H'ers understanding of soil's use in science, the arts, engineering, the environment and agriculture. Take home activities and tools to inspire young people to become healthy soil sleuths in 4-H, their backyards, gardens and communities. Limited to: 60 participants. Presented by: Alan Sundermeier, Vinayak Shedekar and Patty House
- 202 Advisors - You ARE the Hub of the Wheel!** **Adults**
As an advisor you are KEY to the success of the 4-H program! You are the hub of the wheel for the 4-H member, parents, and the county educator. We have a lot of responsibility and sometimes there is so much coming at us, that we can get derailed. We will review the purpose of 4-H, our unique roles, the relationship between an advisor and the educator, and how to balance it all. Add some tools to your toolbox with tips on club communication, ways to support your educator, ideas on having valuable and efficient 4-H meetings, and staying on track towards positive youth development! This will be an action packed session that will include reflection, direction, developing boundaries, and goal setting! Limited to: 100 or more participants. Presented by: Amy Fleshman
- 203 Swine Showmanship Beyond the Resource Book** **Adults and Teens**
No matter what breed or the cost of the hog, swine showmanship is where youth can excel without spending a large amount of money. Participants in this session will learn the basics, extra's, and some new things that judges like to see in swine showmanship. We will share our experiences for success, failure, and what we have learned over the years. Our goal is to help club project leaders wishing to help their members or yourself have a successful swine showmanship year. Limited to: 80 participants. Presented by: Becky and Kayla Barker
- 204 10 Minute Science for 10 Club Meetings** **Adults and Teens**
Join Dr. Bob for some fast paced ten-minute science activities you can do over the course of 10 club meetings. These hands-on activities are guaranteed fun, engaging and easy on the budget. Plus, easy enough for teen leaders and non-science adults to conduct. Participants will take part in all 10 activities and receive instructions on doing them with club members. Take the starch out of your club meetings by adding these fun activities to your agenda. Limited to: 50 participants. Presented by: Bob Horton
- 205 How to Work with a Disability** **Adults and Teens**
We will discuss disabilities and about helping everyone reach their full potential. Limited to: 100 or more participants. Presented by: Brandon Benson

- 206 Ohio 4-H Opportunities for Older 4-H Members** **Adults and Teens**
 Have you been involved in 4-H for a while and you feel as if you might have done it all? Club meetings, advanced projects, junior fair board - does it all feel like you're stuck in the same routine? NOT SO FAST! Don't miss out on the best older youth opportunities that Ohio 4-H has to offer! This session will cover the many opportunities available to older youth 4-H'ers and answer as many questions as possible during this fast-paced and interactive session. Limited to: 60 participants. Presented by: Clara Selle, Hannah Epley and Teen Leadership Council Members
- 207 Tips and Tricks for Getting Everyone Involved** **Adults and Teens**
 Do you feel that you are doing the same thing, year after year, all on your own? That can be exhausting. Come hear ideas to get the youth, parents, and volunteers involved and engaged in new and exciting ways. Participants will learn easy ways to implement ideas; there will be an opportunity for sharing among the participants as well. Limited to: 60 participants. Presented by: Elizabeth and Jeremy Burns and The Greene Team Club members
- 208 Running The Show!** **Adults and Teens**
 Ever wonder what happens at livestock shows outside your county? Having issues with gliding through breeding or market shows? This session will cover the who, what, when, where, and why of the behind the scenes of livestock shows. We will cover staff needed, positions to fill, procedural steps to follow, physical guidelines for animals in the ring, and what the judge should expect from show administration, parents, and exhibitors. Getting through the biggest day of a livestock youth exhibitors summer is what the whole family has come to watch, now lets make it a simple and easy process! Limited to: 50 participants. Presented by: Jacci Smith and Tim Barnes
- 209 So You're Done with 4-H, Now What?** **Adults and Teens**
 Transitions can be difficult: high school to college, single to married, even drinking coffee to tea. Being educated and preparing yourself for these transitions may inevitably be the difference between success and hardship. In 4-H, one of the most common transitions we have is transitioning from a 4-H'er to an alum. How do we continue the passion and involvement for 4-H as a program from our members to our volunteers? How do we prepare our seniors and juniors in high school to stay involved with 4-H after they are done? Are we really training them and preparing them for this transition? In this session we will cover the struggles 4-H'ers have transitioning out of 4-H and what steps the teens, volunteers, and 4-H professionals can take to better prepare our members to be active and involved alumni. Limited to: 50 participants. Presented by: Justin Bower
- 210 Make It Your Own** **Adults and Teens**
 Tired of spending hours in the stores or online shopping for just the right outfit? Come learn quick fixes for getting the perfect fit, how to re-purpose and embellish clothing as well as how to economically update a "tired" wardrobe. Limited to: 60 participants. Presented by: Kathleen Moser and Pat Allen
- 211 Feed Them and They Will Come!** **Adults and Teens**
 Need to have new ideas for a club meeting or county-wide workshop? Wanting to teach some basic cooking and baking skills in an interesting way? Hold a cupcake or cookie baking and decorating workshop! This session will show you how to plan an informational and educational workshop where kids will learn simple baking instructions and techniques as well as creative ideas for decorating their finished products. The program is very hands-on and gets everyone involved. Plus everyone gets to sample their creations! See how one county has successfully offered this program for years and it just keeps growing! Limited to: 50 participants. Presented by: Kathy Blackford

212 It's a Sing Thing**Adults and Teens**

Music programming can enhance many types of group events. Singing, motions and instruments add a special quality to an experience. Learn new songs and celebrate music no matter what your level of expertise. No fee to attend, but optional purchase of Buckeye Leadership Workshop CD's will be available for \$10. Limited to: 100 or more participants. Presented by: Larry Hall

213 Exploring Ag Careers**Teens**

Explore Ag Careers with the OSU Extension Program, Real Money. Real World (RMRW). Connect financial literacy with a future career choice in agriculture and STEM (science, technology, engineering and math). Through use of new ag career cards to supplement the existing RMRW curriculum, youth will understand the breadth and depth of agriculture careers available to them as well as create a deeper understanding of how agriculture relates directly to everyday lives. By utilizing the ag career cards, youth will learn how career choices in agriculture could impact how they make financial and cost-of-living decisions about housing, transportation, food, etc. Through exposure to potential agricultural careers, youth can investigate more about these careers and their role in addressing 21st century global issues and developing workforce skills. Limited to: 50 participants. Presented by: Leslie Cooksey

214 OSU Policy 1.50 Training**Adults and Teens**

This presentation will outline The Ohio State University policy regarding child abuse and neglect reporting. We will identify signs of abuse and neglect in the child as well as behavior indicators in the parent/perpetrator. Current statistics on child abuse and neglect as well as laws regarding abuse will be reviewed. The current opiate epidemic and how this has impacted abuse and neglect will also be explored. Application of real child abuse and neglect scenarios in 4-H settings will be discussed. A quick overview of the child protection system will be shared. There will be time for participant questions. Limited to: 100 or more participants. Presented by: Lisa Siciliano-Miller and Kirk Bloir

215 Tips for Tackling the Perfect Club Meeting**Adults and Teens**

The secret to tackling a great club meeting is having the right game plan! Every club has a different playbook. Check out the tips in our playbook to make sure every club meeting is a win for members, parents and volunteers. Learn how to organize your playbook, schedule for success, establish a line of defense for those pesky parents, and set goals that will end in positive learning experience for all team members. It doesn't matter if you're the coach, the team captain, the rookie, the cheerleader, or the fan; 4-H is a team effort! Join this session to learn how you can help lead your team to the perfect club meeting! Limited to: 80 participants. Presented by: Michelle Fehr and Jane Keyser

216 Understanding Risk and Protective Factors**Adults and Teens**

We are surrounded with risk and protective factors to our positive development, frequently with little awareness until a significant life experience happens. While increasing protective factors and minimizing risk factors does not guarantee success, research shows that it does make a big difference. The good news is that there are lots of ways to add protective factors and manage risk factors, if you know what to look for and where. This session will focus on identifying risk and protective factors and helping participants strategize how to balance these factors in their life and in the lives of others. Limited to: 60 participants. Presented by: Nate Arnett

217 Processing Learning Activities for Bigger Impacts**Adults and Teens**

In this session, you will learn how to process an activity with youth so they can derive useful insight, gain new knowledge, and perhaps change a behavior. It is a session for both teen leaders and adult volunteers where you can learn more about debriefing and processing. Limited to: 60 participants. Presented by: Pamela Montgomery

218 4-H Urban Immersion Project in Washington DC**Adults and Teens**

Today's youth are growing up in a rapidly changing world where there are many differences in race, language, culture, and much more without traveling to another country. This session features a unique and exciting 4-H travel opportunity called "The Urban Immersion Project". This 4-day experience allows 4-H teens from around Ohio to see a different side of Washington, D.C. beyond the government buildings, museums, and tourist attractions. This service learning experience offers youth the opportunity to provide community service to sites throughout the city. Along with doing good deeds of service, youth will experience different cultural events, eat different ethnic foods, and have the opportunity to explore while living in the center of the city. Limited to: 100 participants. Presented by: Steve Brady

219 Training Youth to Run Your Club**Adults and Teens**

Are you in need of pumping up your club officers? Club officers are important to successful club meetings but many times are seen as an added task that advisors have to deal with so it is just easier to run the meetings themselves. There are several important skill development opportunities that we are missing for our members by short circuiting the youth-run model of 4-H clubs. Ideas and resources will be shared to help professionals train club officers at several levels. Participants will leave the session with ideas and resources for training club officers at the club or county level. Limited to: 60 participants. Presented by: Travis West

220 Emotional Intelligence Lessons Curriculum**Adults and Teens**

Emotional Intelligence is important to recognize and manage our own feelings and to recognize and respond effectively to those of others. Come to this session to learn about a curriculum developed with lesson plans to use with club members, teen audiences, and camp counselors. Walk away with more knowledge of emotional intelligence, in addition to ideas to utilize in clubs! Limited to: 50 participants. Presented by: Crystal Ott, Katie Feldhues, Jackie Krieger and Hannah Epley

221 Goat Showmanship**Adults and Teens**

Learn what the judge is looking for and how to achieve this in the show ring. Robin Saum, current ADGA judge will give you an overview of showing your goat successfully. Limited to: 50 participants. Presented by: Yvonne Blosser

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

301 Mental Health and Youth - How Can You Help**Adults**

What if one of your 4-H club members told you they were thinking about suicide? Would you know what to say and do? In the United States, 1 in 5 youth live with a mental health disorder. As a 4-H Volunteer, you are in a position to help members who may be part of that 20%. You may have first aid and CPR training to help in a medical crisis, but do you have the basic knowledge you need to help a youth in mental health crisis? A mental health crisis can happen to anyone at any time. Don't be caught off guard, instead be prepared to provide what may be life-saving assistance. This session will provide you with basic knowledge about mental health and youth, dispell common misconceptions, and introduce you to tools needed to provide assistance and support to your members. Limited to: 100 or more participants. Presented by: Amanda Raines and Jami Dellfield

302 Are YOUth Interview Ready?**Teens**

Do you have a job interview coming up or will you be interviewing for scholarships, awards or older youth opportunities? If so, then this session is for you! Today, more than ever before, it is necessary to have great interview skills. The job market is highly competitive and scholarship and award selection committees are looking for the best of the best. We will explore handshakes, dressing for and preparing for an interview. Participants will have the opportunity to prepare interview questions, develop answers and even pair up for mock interviews. Are YOUth Interview Ready? Limited to: 60 participants. Presented by: Angela Holmes and Mary Beth Albright

303 Make Meetings Matter in Minutes**Adults and Teens**

Don't let the clock run out on your 4-H club meetings! Are your club business meetings lasting WAY TO LONG? Do you think you are losing member interest because of meetings that never end or are just plain boring? This session focuses on 4-H club meeting management. Learn tips and tricks for keeping business meetings to a minimum and enhancing the educational and fun value to keep members engaged and coming back for more. Limited to: 80 participants. Presented by: Beth Boomershine

304 What Difference Does It Make?**Adults and Teens**

What difference does it make if no one knows how much money your club has, as long as your advisor does? What difference does it make if the secretary is absent and no one keeps minutes? What difference does it make if money is spent before the club approves the expenditure? It can make a big difference! Find out why these and other scenarios are inappropriate and how they can potentially harm the club. Good recordkeeping within the club structure is critical, but it does not have to be overwhelming. This session will provide simple steps for clubs to follow to keep club records that will stand up to public scrutiny. Limited to: 80 participants. Presented by: Bonnie Malone and Melanie Cucco

305 Levels of Leadership**Adults and Teens**

We will be talking about the different levels of leadership. We will be discussing John C. Maxwell's book, *The 5 Levels of Leadership*. Participants will discover what level they are at. Limited to: 100 or more participants. Presented by: Brandon Benson

306 C.H.E.F. Day Camp**Adults and Teens**

C.H.E.F. stands for Cultivating Healthy Eating Fanatics. Brown County's C.H.E.F. Day Camp is a hands-on Food and Nutrition Clinic designed to introduce young people to basic nutrition, portion sizes, food handling, budgeting, food shopping, and food preparation. Through this event, the participants are better prepared to make good food choices and prepare healthy meals. What makes C.H.E.F. unique? The hands-on learning experiences that are incorporated into every aspect of the day, from developing their own meal plan and budget to a trip to the local grocery store to shop for ingredients, and wrapping it up with preparing a meal. In this session learn more about how you too can Cultivate Healthy Eating Fanatics! Limited to: 100 or more participants. Presented by: Christy Clary and Christi Rockey

307 Afterschool Adventures with 4-H Science**Adults and Teens**

Afterschool programs involve a large portion of the youth in our rural county and throughout the state of Ohio. 4-H Afterschool Programs provide an excellent opportunity for students to learn science, math and language skills through hands-on activities. Afterschool programming provides opportunities for less formal activities and hands-on learning to take place. Many of these programs can also be used in a camp setting through both summer 4-H camping programs and outdoor education programs for schools and other youth groups. Volunteers can learn how they get involved in afterschool programs or how they might implement interactive science activities into club or camp. Limited to: 50 participants. Presented by: Erin Dailey, Kira Mullins, Bethany Armstrong and Emily Call

- 308 Counselors Empowered to Promote Camp** **Adults and Teens**
 Learn how Muskingum County's Campbassador program has increased 4-H camp registration numbers - with 40 additional youth registered in 2017 than 2016! Tips will be shared to get your 4-H volunteers and members excited about camping opportunities. Limited to: 50 participants. Presented by: Jamie McConnell and Muskingum County 4-H Camp Counselors
- 309 Planning and Perpetuation** **Adults**
 Many 4-H clubs are so busy trying to get through the year, they fail to develop a plan for the future. A 5-year plan is a great way to provide vision for your volunteers and make sure they are equipped to lead. Part of the planning process includes a perpetuation plan. If your head advisor were to leave today, do your other leaders know how to run meetings, complete forms and use 4HOnline? This presentation will discuss critical issues that every club needs to address for planning and perpetuation including examining demographics for project trends, identifying key leaders, and completing a written year long workflow for your club. Limited to: 80 participants. Presented by: John James and Beth Smith
- 310 Horse Safety? That's Boring.....We Just Want To Ride** **Adults and Teens**
 How do you teach the importance of horse safety as part of your club meetings or workshops without boring your kids? Are you looking for new teaching materials that will get your kids engaged and teach them basic horse safety principles in a fun, interactive way? Volunteers working with youth groups often have youth with a wide variety of experience with horses, from very green beginners to experienced riders and exhibitors. Learning how to handle horses safely not only keeps them safe, but allows them to have a positive experience with horses. We will share several activities that can be used with youth groups and adapted to different skill levels and experience. Limited to: 50 participants. Presented by: Kara Colvin
- 311 Teens Racing to the Future Twenty Minutes at A Time** **Adults and Teens**
 Race into the future with Ohio 4-H Teen Leadership Design Team's curriculum of 20-minute lessons for teen leadership development. The lessons are easy to use, and are designed for educators or volunteers to utilize with their older youth 4-H members. Each lesson is designed to only take about 20 minutes to complete. This session will share information about the curriculum: where to find it, how to use it - and share a couple of the lessons with participants. It will be an interactive session with time for questions and suggestions at the end. Limited to: 50 participants. Presented by: Kathy Bruynis, Jessica Rockey, Cassie Anderson and Christy Clary
- 312 How To Keep 'Em Coming Back!** **Adults**
 Going through the same thing year after year can get boring! This session will offer suggestions on how to keep your energy and attendance high in your club meetings! Limited to: 50 participants. Presented by: Katie Feldhues
- 313 How to Successfully Manage Your Time and Attention** **Adults and Teens**
 Do you ever find yourself wishing there were more than 24 hours in a day? While it may be impossible to change the earth's rotation, there is good news! And it's called time management. The concept of time (and attention) management is known to be an integral part of success, both in leadership and in personal lives. This session is a mixture of group activities, interactive discussions, and planning exercises that are intended to help you learn about time management and how you can implement it effectively in your own life. We will also help you to identify the barriers (such as distractions) that impede your own priority management, and will provide you with helpful hints and strategies for "making more time" by increasing your focus and attention on top priorities. Limited to: 50 participants. Presented by: Kristen Ramey and Jeff King

- 314 Mini-Buckeye Leadership Workshop Session** **Adults and Teens**
 Buckeye Leadership Workshop (which will be held April 4-8, 2018) is an interactive multigenerational leadership experience. Attend this session and sample songs, dances, games and dances that are favorites from the 73-year-old workshop. Optional BLW music CD's will be available for purchase at \$10.00 each. Limited to: 45 participants. Presented by: Barry Jolliff, Larry Hall, Bill Henderson, Christy Leeds and Chuck Wurth.
- 315 4-H Sewing--What's in it for YOUth?** **Adults and Teens**
 The 2018 State 4-H Fashion Board will share ideas for ways to get youth interested in taking clothing and how to support beginning 4-H members. They will also share a video of current and past 4-H members that can be used to promote clothing projects. Limited to: 60 participants. Presented by: Laryssa Hook and State 4-H Fashion Board Members
- 316 Building Skills for the 21st Century** **Adults and Teens**
 It should come as no surprise that 4-H does an outstanding job of preparing young people to be our leaders of tomorrow. What sometimes gets missed when we talk about leadership demonstrated by our 4-H members is that these are also the skills that employers need in the workforce. Problem solving, responsibility, initiative, and teamwork are all easily related to the typical 4-H experience, yet many of our youth are limiting themselves when they search for a job and they do not describe how these vital skills relate to their 4-H experience. Participants in this session will learn about the 21st century skills that employers are seeking and discuss how the 4-H program develops these skills through real life experiences with its members. Participants will leave with an understanding of how to better support the workforce success of the youth with which they work. Limited to: 60 participants. Presented by: Nate Arnett
- 317 Goat and Sheep: Selection and Management** **Adults and Teens**
 Presentation will cover the history of both the goat and sheep industries. Other topics covered will include breeds, selection for both breeding and market animals, housing/space requirements, feeding and nutrition, and general health issues affecting both species. Presentation will also cover what to evaluate and select for when choosing an animal to show at the fair. Limited to: 50 participants. Presented by: Sandra Smith
- 318 #hashtAGit** **Adults and Teens**
 There is more to being a royal "AGvocate" than just waving! The current National Ms. United States Agriculture and royal friends will lead this presentation on how to positively use social media to be an "AGvocate" for agriculture while using your royalty platform. This session is great for youth interested in using social media to promote their program and reach an expanded audience as well as parents and leaders interested in supporting them and to learn about other royal opportunities in agriculture. Limited to: 100 or more participants. Presented by: Shannon Gallagher Wingert, Roberta Rohal Gallagher, Olivia Orf and Tanner Gordon
- 319 Dairy Farm Animal Welfare Audit Procedures** **Adults and Teens**
 The National Dairy FARM Program: Farmers Assuring Responsible Management was created to show our customers that dairy producers have a caring relationship with their animals. The successful adoption of the program among cooperatives, proprietary processors and independent producers demonstrates the program's value to the dairy industry. Today, over 70 percent of the U.S. milk supply is participating in the program. This high level of acceptance in just three years validates that the structure of the program as sound. The FARM Program is a nationwide, verifiable animal well-being program that provides consistency and uniformity to best practices in animal care. Limited to: 100 or more participants. Presented by: Steve Boyles

- 320 Blending Nutrition and Physical Activity** **Adults and Teens**
How can you "blend" nutrition and physical activity? It's easy if you have a blender bike! Ride the 4-H Blender Bike to make a healthy smoothie, hummus, or salsa. 4-H Health Heroes will engage you in activities to learn how the bike becomes a tool for sharing healthy living messages about what to eat and how to make healthy choices. Learn how you can request to use the bike in your county. No bike? No worries! All the recipes can be made in a regular blender too. Limited to: 50 participants. Presented by: Theresa Ferrari, Carol Smathers, Katie Riemenschneider and Amy Fovargue
- 321 Basics of Electricity** **Adults and Teens**
Ever wonder how all that electric flows through the wall? Or how to install a ceiling fan? Maybe understand how to wire a 3-way switch? Learning and understanding electricity in your home can be scary and even hard to comprehend. Through this class we hope to increase your knowledge and give you a better idea of how to do simple tasks around your home, while making you more comfortable with your understanding of electricity. Limited to: 100 or more participants. Presented by: Tim Skaggs
- 322 Cloverbud Investigators II Career Detectives** **Adults**
Cloverbud Investigators is a STEM based curriculum, designed for 4-H Advisors to use with their Cloverbud members in a club setting. The curriculum contains 24 hands-on lesson plans. The first 12 introduced last year, were based around holidays and season, which could be used each month, or as independent lessons. The second series is based around career choices and introduces members to all the possible careers they may see in and beyond their own neighborhood. Each lesson contains a STEM based science experiment, a make it take it activity, background information, and other optional activities. Lessons are suitable for members in K-2nd grade, but could be expanded for 3rd-4th grades. Everyone who attends will get a chance to try out an experiment or two, view the lessons, and leave with the link to access and download the entire curriculum. Limited to: 50 participants. Presented by: Tracy Winters and Tiffany Riehm
- 323 Working With Families in Poverty** **Adults and Teens**
Poverty is not a new problem for many of the individuals we have in our communities, but are we doing the best job possible to understand their situations and provide education that enhances their life through 4-H clubs and activities? In 2015, 14.8% of Ohio's residents were considered to be living in poverty, that is 1.674 million Ohioans trying to make ends meet each and every day for themselves and their families. We will explore the true meaning of poverty, types of poverty, and barriers to success for individuals living in poverty in our counties. This session will give you some tips and activities for working effectively with 4-H youth that may be living in poverty. Limited to: 50 participants. Presented by: Travis West
- 324 Improve Your Pet Parenting** **Adults and Teens**
You know how to give your pet the basics: food, water, and shelter. What about the extras to make your pet's life even better? Enrichment activities can make all the difference for your pet, especially your cat or rabbit. Interactive demos will give you free or almost free ideas to keep your pet happy. Limited to: 50 participants. Presented by: Vivian Blondin
- 325 Utilizing Camp Counselors for Cloverbud Fun Day** **Adults and Teens**
Hosting a county Cloverbud Fun Day is a wonderful way to engage Cloverbuds in a 4-H activity outside of their local club. Camp counselors can be a great asset to help plan and carry out a fun and successful event. In this session, we will share ideas and activities for implementing a County Cloverbud Fun Day. We will share how a Cloverbud Fun Day event can also be used to help train counselors and prepare them for their duties at 4-H Camp. Session participants will also get to make a fun Cloverbud tried-and-tested craft! Limited to: 60 participants. Presented by: Whitney Bauman, Kelsea Hamilton, Madison Siders and Bonnie Simpkins

- 326 Traditional Play-Party Games for 4-H Clubs and Camps** **Adults and Teens**
Designed for adults and Jr. Leaders who would like to add some basic dance, mixers, openings and closing activities to 4-H Camps, Clover Bud Camps, or 4-H meetings. This very "hands-on" session will introduce you to four easy mixers, three closers, and time permitting, just for fun "tweeners". Limited to: 60 participants. Presented by: William Henderson
- 327 National Goat Show** **Adults and Teens**
The ADGA National Goat show is coming to Ohio, June 23-30, 2018. Presenters will outline the requirements for showing and the opportunities available in showmanship, and fitting for youth at this national event. Rules and regulations for attending and/or participating will be shared. Limited to: 50 participants. Presented by: Yvonne Blosser

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

- 801 LBGT and Me** **Adults and Teens**
Would you like to learn more about LGBTQ people and how to help support them in your club? Come join us for LGBT and Me! and explore gender and sexuality in a safe space. Jump into the discussion with active LGBT 4-H youth and advisors and share your experience! Limited to: 80 participants. Presented by: Chris Sweet and Clara Selle
- 802 Equine-Based Curriculum for Active Learners** **Adults and Teens**
This session will help 4-H volunteers and youth learn how to build effective equine-based curriculum that engages active learners. Participants will learn the mindset behind active learning, important concepts to engage learners based on ability, and how to construct engaging curriculum of their own that can span across experience and skill levels! Many counties have youth and teams that participate in state horse events or have to study for in-county judgments. When studying for competitions like Horse Bowl or Hippology, does it ever feel like you run out of ideas and ways to make learning interesting? Tired of trying to engage youth in "boring" topics? In this workshop, participants will get hands-on experience with curriculum design and actively participate in newly designed activities. Limited to: 50 participants. Presented by: Elizabeth Share and Masa Williams
- 803 Discovering Your Real Colors** **Adults and Teens**
Real Colors® is a hands-on interactive workshop for participants to see the world from a new perspective. Participants will gain an understanding of the four personality types common to all people: Gold, Green, Blue and Orange. Using the personality instrument, you will identify your primary color and recognize common characteristics of all of the colors. The personality instrument will help you understand human behavior, uncover motivators, and improve communication and relationships. Come discover your Real Colors® and have fun doing it! Limited to 30 participants. Limited to: 30 participants. Presented by: Kelly Royalty and Rebecca Supinger
- 804 Daily Care and Nutrition of Your Beef Animal** **Adults and Teens**
Taking care of your beef project on a daily basis can be challenging. Proper care and nutrition of your animal early can pay dividends down the road. We will explore options and solutions to maximizing your projects fullest potential. Limited to: 100 or more participants. Presented by: Tim Skaggs, Renee Skaggs and Eric King

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

- 401 Mental Health Advocacy - The POWER is YOURS** **Teens**
Health is an important part of 4-H, after all, we do pledge our health to better living! Many times we focus on our physical health through promoting proper nutrition and staying active, but physical health is only part of our overall well being. Mental health is an important topic that is part of our 4th 'H', but many people find it is much more difficult to talk about. 1 in 5 American youth lives with a mental health disorder, and with that high percentage, it is time for us to start talking about it more! Whether you are a club officer, teen leader, camp counselor, or junior fair board member, chances are that YOU will interact with someone who is having a mental health problem. In this session, you will learn how to have a positive conversation about mental health and gain tools to help peers who are dealing with a mental health problem. YOU can provide support and advocate for mental health. YOU have the POWER to be the difference. Limited to: 80 participants. Presented by: Amanda Raines and Jami Dellifield
- 402 Making 4-H Meetings Fun!** **Adults and Teens**
Make your 4-H meetings more fun and youth-friendly! After all, FUN is why kids STAY in 4-H. 4-H Teen Leaders and Adult Volunteers will do activities and learn tips to make their teaching more fun, too. Take home items will include a handout of activities to use to engage youth in their 4-H meetings to make those meetings more fun. Research shows that when youth are engaged in learning they retain information being taught much better. When youth are engaged, they are more likely to be active participants. If you are serious about making learning FUN -- come to this session to liven up 4-H club meetings! Limited to: 50 participants. Presented by: Betty Wingerter
- 403 The Magic of Succeeding at State Fair** **Adults and Teens**
You've put your name in the Goblet of Fire to be chosen as one of the few to attend the Ohio State Fair, but when your name is called, you realize you don't know how to prepare! Don't worry, we want to help train you in the art of making the judges "spellbound" with your knowledge. Join us to learn how to defend yourself against the Dark Arts of failure at state fair. Limited to: 60 participants. Presented by: Chloe Millard and Douglas Shore
- 404 Putting the Learning into Service!** **Adults and Teens**
Have you ever wanted to take your community service to the next level? The best way to make a service project the most meaningful for participants is to center it around learning. Join us as we discuss service learning, and how to plan and execute successful and impactful service learning projects. Come prepared with questions, ideas, and hands ready to participate in a mini service learning project! Limited to: 80 participants. Presented by: Clara Selle, Hannah Epley and the Ohio 4-H TLC Service Learning Team
- 405 Updates on State Fair Engineering Events** **Adults and Teens**
This session will be applicable to youth, parents, Extension professionals, and project leaders interested in the engineering and applied science projects of: Welding, Electricity, Small Engines, Knots (Rope), and Tractor. The presentation will focus on the revised event guidelines and tips for enhancing skills while developing quality projects. Limited to: 100 or more participants. Presented by: Dewey Mann and Mary Griffith

- 406 Ohio 4-H Volunteer Survey Results** **Adults**
 You filled out the survey, now come hear the results! An online survey was sent to all 4-H professionals, volunteers, and families with email addresses in December, 2016. Survey results will be presented. Participants will also discuss how the results should influence volunteer development for Ohio 4-H. Limited to: 100 or more participants. Presented by: Dustin Homan, Kirk Bloir and Hannah Epley
- 407 Counselors Empowered to Promote Camp** **Adults and Teens**
 Learn how Muskingum County's Campbassador program has increased 4-H camp registration numbers - with 40 additional youth registered in 2017 than 2016! Tips will be shared to get your 4-H volunteers and members excited about camping opportunities. Limited to: 50 participants. Presented by: Jamie McConnell and Muskingum County 4-H Camp Counselors
- 408 Club Basics and Parliamentary Procedures** **Adults and Teens**
 Learn the basics and benefits of how to run club meetings effectively using Parliamentary Procedure and other tools to having a successful club or committee meeting. Limited to: 60 participants. Presented by: Jenna Hoyt
- 409 Solar Eclipse Space Balloon Launch** **Adults and Teens**
 On August 21st, 2017, a total solar eclipse swept across the Continental US from Oregon to South Carolina. Students from Knox County worked in cooperation with NASA to fly a space balloon during the eclipse to capture and stream live video of the event in real-time. The students also designed and flew another balloon with their own electronic payloads to capture data and imagery of the eclipse as it occurred, from 80,000 feet. Limited to: 100 or more participants. Presented by: Jeremy Funk, Makenna Hughes, Molly Clow and Michael Funk
- 410 Learning the Skills to be a Better 4-H CARTEENS Instructor** **Adults and Teens**
 The key part to the Ohio 4-H CARTEENS program is to engage older teens as instructors for the program. This session will focus on recruiting teen instructors and then preparing them to lead discussions and activities as part of the 4-H CARTEENS program in their local county. This hands-on session will focus on public speaking, session content, working with a challenging audience and building self-confidence as a speaker. Not a 4-H CARTEENS instructor? This session will benefit all teens in preparing to be a better communicator and speaker. Limited to: 60 participants. Presented by: Judy Villard Overocker, Pam Montgomery, Kelly Royalty and Allison Cooper
- 411 Designed by Me** **Adults and Teens**
 The *Designed by Me* project is new this year! It gives younger members the opportunity to express themselves by creating a one-of-a-kind top. Join us for a look at various techniques suggested in the project book. Limited to: 50 participants. Presented by: Judy Driscoll
- 412 You CAN Teach an Old (and Young) Dog New Tricks!** **Adults and Teens**
 4-H members will have the opportunity to earn AKC Trick Dog Titles during classes offered at the 2018 Ohio State Fair Dog Show. Join us during this session to learn more about this program and the classes offered. There are four AKC Trick Dog levels, starting with easier tricks using treat lures and at the fourth level demonstrating a series of tricks potentially displayed as a short routine. Through trick training, 4-H teams (members and their dogs) can learn training concepts, focus, and teamwork that will help for success in any competition area. This program can easily be incorporated into 4-H clubs at low or no cost to members. Limited to: 100 or more participants. Presented by: Kristen VanNess, Lucinda Miller and State 4-H Dog Advisory Committee

- 413 Team Building on a Budget** **Adults and Teens**
 Team building initiatives can help a group of people unite to solve problems and overcome challenges. Learn how to utilize simple materials to create a cohesive team. Limited to: 60 participants. Presented by: Larry Hall
- 414 Ohio Military Kids 101** **Adults and Teens**
 What do Ohio 4-H and the Military have in common? More than you know! During this interactive session, we will examine how The Ohio State University and The Ohio National Guard join efforts through the Ohio Military Kids (OMK) partnership, and how you can become involved in this program that supports the youth and families of Ohio military service members. Learn about the fun and educational programming that OMK provides for the military, what it is like to be a "military kid" in Ohio, and how the program has helped military families across the state. Limited to: 60 participants. Presented by: Mark Scherer, Andrew Seward, Amy Seward and Emily Likens
- 415 He Said, She Said** **Teens**
 He Said, She Said is an interactive session where participants get to discuss the successes and pitfalls of dating. Through group discussion, we uncover the things that make dates go well, and not so well, and arrive at some ways to better understand one another and improve communication. Participants should come prepared to engage in an active-learning environment! Limited to: 60 participants. Presented by: Mary Beth Albright and Tim Tanner
- 416 State Fair Food and Nutrition Judging: Portfolio Pointers** **Adults and Teens**
 Confused or intimidated by Food and Nutrition judging at the Ohio State Fair? Don't Be! Attend our session to learn how to successfully present your food and nutrition portfolio at state judging. Portfolio Pointers will answer the following questions (and more!): What exactly is the portfolio? What should it look like? What should be in it? What is its purpose? What are the judges looking for? Join us for this informative session designed help you to better understand what is needed to participate in Ohio State Fair Food and Nutrition Project Judging. Limited to: 60 participants. Presented by: Rhonda Williams, Peggy Kelly and Amanda Bohlen
- 417 Goat and Sheep: Selection and Management** **Adults and Teens**
 Presentation will cover the history of both the goat and sheep industries. Other topics covered will include breeds, selection for both breeding and market animals, housing/space requirements, feeding and nutrition, and general health issues affecting both species. Presentation will also cover what to evaluate and select for when choosing an animal to show at the fair. Limited to: 50 participants. Presented by: Sandra Smith
- 418 Using the Four H's in the Workforce** **Adults and Teens**
 This presentation will discuss using the four H's- your head, heart, hands and health- to enter the workforce. We will discuss the project book, "Am I Ready to Work?" and what employers are looking for in potential employees, through resumes and interviews. Limited to: 50 participants. Presented by: Stacey Emmert and Virgil Clayton
- 419 What's in Your Medicine Cabinet?** **Adults and Teens**
 Ask a member of the Ohio 4-H Health Heroes, and they'll tell you that the contents of your medicine cabinet could be connected to the state's opioid crisis. Ohio is facing an alarming public health crisis related to opioid addiction. In 2016, more than 4,000 Ohioan's died of an unintentional drug overdose. That's more than car accidents, and it means Ohio ranks #1 in the country for overdoses. This situation affects Ohioan's of all ages and backgrounds. Learn the facts and how you can create your own display to educate others in your club and community about this important issue. Limited to: 50 participants. Presented by: Theresa Ferrari, Carol Smathers, Katie Riemenschneider and Amy Fovargue

420 4HOnline: Managing Online Enrollments**Adults and Teens**

4HOnline is the web-based system used to enroll youth members and adult volunteers in the Ohio 4-H Youth Development Program. 4HOnline is designed so that each family has an online family profile and every youth and volunteer has an individual profile under their family profile. These profiles can be managed by the family. This makes it quick and easy for parents and guardians to enroll (or re-enroll) in Ohio 4-H and to update their profile information throughout the 4-H year. Attend this session for information that will help you with enrollment, club management for club leaders, and much more. Limited to: 20 participants. Presented by: Tracy Nider

421 4-H and the Central State and Ohio State Partnership**Adults and Teens**

As the partnership of Ohio State University Extension and Central State University Extension develops and matures to conduct ONE 4-H Youth Development Program in Ohio, there is a constant need to communicate progress and plans. This session will include 4-H Administrators from both Institutions to provide structural, personnel and programming updates as well as to provide a dialogue opportunity about future direction. Limited to: 50 participants. Presented by: Tom Archer and Prosper Doamekpor

422 2018 New and Revised Ohio 4-H Curriculum**Adults and Teens**

Want to know more about this year's changes to the Ohio 4-H project book line up? Join us for a brief review of each new and revised publication. You'll hear about projects on mental health, food and fitness, insects, clothing, genealogy, fishing, shooting sports, and more. A new resource book covers parliamentary procedure, and an updated Uniform Rules covers the latest rules for 4-H horse shows. Limited to: 50 participants. Presented by: Jane Wright

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

501 YouthMAX: Great Leadership Starts with Self Leadership **Teens**

YouthMAX: Great Leadership Starts with Self Leadership inspires and equips young people to value themselves and others, by developing and maintaining a positive self-image, showing compassion to others, persevering in the midst of adversity, and creating a daily routine of successful attitudes and behavior. Participants will learn how self-leadership allows them to be a positive influence with their family, teachers, and peers. Limited to: 50 participants. Presented by: Brandee Jones

502 Tools to Master Money Management**Adults and Teens**

In this session, we will teach the basics of money management: set goals, make a budget, save, and build good credit. We use OSU Extension's newly revised "Manage Your Money" modules and introduce you to successful online money-management apps. Paper and on-line tools are an ideal combination for planning your finances and reaching your goals. Limited to: 50 participants. Presented by: Caezilia Loibl, Lauren Jones, Amanda Woods and Kathy Michelich

503 Fair Is Icing on the 4-H Cake**Adults**

When many people think of 4-H, they think of the county fair. While 4-H is a part of the fair and fair can be a part of 4-H, it should not be the main focus of 4-H clubs. County fair participation can be the icing on the 4-H cake, but should not be the main ingredient. We will show you the ingredients that will lead to a successful 4-H club and successful 4-H members. Ingredients such as project work, demonstrations, 4-H camp, community service and leadership activities are essential to the recipe for success. In addition, we will show you how to "ice your cake" by being involved in the county fair. Cake with icing - will be served. Limited to: 50 participants. Presented by: Elizabeth Miller and Christy Millhouse

- 504 Keeping Teens Involved in Camping** **Adults and Teens**
Southern Ohio 4-H Teen Camp offers a unique 4-H camping experience for teens ages 14-18 in which youth have the opportunity to try new things and interact in a positive environment. This allows older youth to stay involved in 4-H camping programs. Teens are able to gain valuable life skills including communicating and working with others, public speaking, socialization and leadership skills. Led by trained counselors and staff who plan the camp, teens participate in a positive social experience while taking part in unique leadership opportunities. Limited to: 80 participants. Presented by: Erin Dailey, Kylee Castle, AJ Meldick and Annalee Warrens
- 505 Digital Detoxing and Your Health** **Adults and Teens**
Technology has many positive uses, but over-consuming it can have negative effects on our physical, mental and social health. In a world where technology is everywhere all the time, how can we reduce our screen time? In this session, you will learn how too much technology use can contribute to sleep and weight problems, loneliness and depression, stress and anxiety, and decreased interpersonal relationships. Then, you will hear tips and strategies for reducing technology use in the context of your daily life, and how you might use "digital detoxing" to enjoy the benefits of technology without the harm. Limited to: 100 or more participants. Presented by: Jenny Lobb
- 506 Simple Sewing for Kids** **Adults and Teens**
As many volunteers know, it is hard to get kids interested in sewing projects these days. Many parents don't sew, shopping is quick and easy, and lots of kids don't have much free time anymore. In this session you will get several ideas for simple sewing projects, mostly by hand, that will introduce members to using needle and thread. You'll go home with a finished project and instructions for more. We will also provide you with the start to a fun weaving project that is simple and inexpensive to do. Limited to: 50 participants. Presented by: Kathy Blackford
- 507 Adding Career Education to Club Meetings** **Adults and Teens**
When is a good time to start thinking about and planning a future career? By learning to incorporate career education activities into a local club program experience, 4-H members will have a head start in planning for their future. Participants in this session will start with life goal setting, then proceed on to learning more about their skills, abilities and interests. Help with writing a resume and preparing for scholarship and job interviews will round out the session agenda. Participants will learn to adjust activities for any age group. Limited to: 80 participants. Presented by: Judy Villard Overocker
- 508 "And My World" - 4-H Around the Globe** **Adults and Teens**
4-H, 4-S, and 4-K...OH MY! 4-H is present in over 50 countries around the world, but looks (and is spelled) differently depending on the culture. Come see how 4-H is changing lives across the globe from first-hand accounts. Then, learn how your 4-H club can connect with other 4-H groups globally! Limited to: 100 or more participants. Presented by: Kristen Ramey and Dustin Homan
- 509 Camp Craft Sampler** **Adults and Teens**
Crafts have been an integral part of camps and 4-H meetings for decades. Learn simple ways to stamp leather, weave friendship bracelets and experiment with duct tape crafts. Limited to: 60 participants. Presented by: Larry Hall

- 510 The Winning 4-H Plan in Action: Scenarios and Solutions Adults and Teens**
 Come for a quick review of the Winning 4-H Plan and hear a variety of scenarios for accommodating 4-H members with disabilities. Access and inclusion are created through a combination of creating accessible programming, events, interactions and spaces, with a goal of allowing the individual maximum independence, and minimal intervention from others (Advisors and Educators). The learning and experiences a club member gains through 4-H are as/more important than a "perfect" final project or a blue ribbon at the fair. Creating access is more than ensuring the club member can attend the fair, it includes choosing an appropriate project, holding meetings and activities in accessible spaces, and including all club members in all activities. Use the creativity, inclusiveness and problem solving that 4-H is known for, and devise ways to include 4-H members of all abilities, while maintaining the integrity of the 4-H program. Limited to: 60 participants. Presented by: Laura Akgerman, Laryssa Hook and Heather Gottke
- 511 Meat Quality In Today's Market Adults and Teens**
 Farmers and 4-H'ers today take into consideration what their animals are putting in their systems. Between feed and medications, we should take the time to carefully examine what those main two things are doing to the quality of our animals meat. Learn what your animals should be eating and should be avoiding to produce the best meat quality for the market. Limited to: 60 participants. Presented by: Leeoria Willis
- 512 4-H: One Size Fits All! Adults and Teens**
 Ever wonder how other counties do things? Looking for the details and logistics? Participants will hear from two large county 4-H program Educators regarding details of their county program events and operations (Ross and Fairfield Counties)! Topics discussed will include: Project judging, teen opportunities, camp registration, fair, volunteer training, Cloverbuds, and fundraising, etc. Limited to: 50 participants. Presented by: Leslie Cooksey and Katie Feldhues
- 513 OSU Policy 1.50 Training Adults and Teens**
 This presentation will outline The Ohio State University policy regarding child abuse and neglect reporting. It will identify signs of abuse and neglect in the child as well as behavior indicators in the parent/perpetrator. Current statistics on child abuse and neglect as well as laws regarding abuse will be reviewed. The current opiate epidemic and how this has impacted abuse and neglect will also be explored. Application of real child abuse and neglect scenarios in 4-H settings will be discussed. A quick overview of the child protection system will be shared. There will be time for participant questions. Limited to: 100 or more participants. Presented by: Lisa Siciliano-Miller and Kirk Blair
- 514 Ohio 4-H Dogs 2018 Adults and Teens**
 Attend this session to learn what's new in the Ohio 4-H Dog Program! Topics include Ohio 4-H Dog Expo, State 4-H Dog Bowl Contest, Ohio State Fair Dog Show, and Trick Dog Titles. Presenters will introduce Nose Work, as well as rule and class changes that will take effect in 2018. Ohio 4-H Dog Advisory Committee members will be happy to answer questions asked throughout this session. Limited to: 100 or more participants. Presented by: Lucinda Miller, Barbara Cline and State 4-H Dog Advisory Committee
- 515 Go Global with Ohio 4-H! Adults and Teens**
 Today's youth and families find it increasingly important to develop international ties and cross-cultural communication skills to live productively in a global society. 4-H International Programs have a proven track record of helping people develop individual and family strengths. In this session, participants will learn about 4-H international hosting and traveling opportunities and gain ideas and materials to use with 4-H'ers and families throughout the year. Limited to: 50 participants. Presented by: Mary Lynn Thalheimer

- 516 Engagement Roundtable with the Ohio 4-H Foundation Adults**
 Do you know what the Ohio 4-H Foundation does, and how it might benefit your county? Join volunteers from this group for a roundtable-style session to learn more. Topics will include county endowments, marketing, fundraising, grants, legacy giving, alumni engagement, and more. Come with questions and ideas to share! Limited to: 60 participants. Presented by: Jessica Rockey
- 517 4-H BioBand Healthy Tech and Fitness Fun Adults and Teens**
 Are you looking to add Healthy Tech and Fitness Fun to your 4-H Club meetings or camping program? Then the new 4-H BioBand is right for you. Discover the demystification of technology with this first-of-its-kind educational kit. Work in teams to assemble a 4-H BioBand fitness tracker. Explore how to bring new life to the 4th H, Health, with 4-H'ers of all ages. Engage in BioBand Fitness Challenge Activities. Investigate the data collected by the 4-H BioBand. Jump start connecting young people to innovation and Healthy Living. Learn how to obtain 4-H BioBand kits for 4-H clubs, camps and/or personal project use. Let the Fitness Fun begin with 4-H BioBands at your next club meeting or 4-H Camp. Limited to: 80 participants. Presented by: Patty House and Dr. Bob Horton
- 518 "My Hands to Larger Service" - "Hands Across the Darke" Adults and Teens**
 "Hands Across the Darke" is a community-service based club in Darke County that was formed in 2017. "Hands" was formed at the request of Darke County 4-H members who wanted a group that was focused on giving back to the community. Service projects are completed at each monthly meeting. The group also implemented community service activities during the county 4-H camp and the county fair. Join us for ideas on how to implement a similar group in your own community. Ideas for both projects and fundraising will be shared. "Be the Change You Want to See in the World" - Mahatma Gandhi. Limited to: 50 participants. Presented by: Rhonda Williams, Danielle Hesson, Kennedy Hughes and Molly Hunt
- 519 Dairy Farm Animal Welfare Audit Procedures Adults and Teens**
 The National Dairy FARM Program: Farmers Assuring Responsible Management was created to show our customers that dairy producers have a caring relationship with their animals. The successful adoption of the program among cooperatives, proprietary processors and independent producers demonstrates the program's value to the dairy industry. Today, over 70 percent of the U.S. milk supply is participating in the program. This high level of acceptance in just three years validates that the structure of the program as sound. The FARM Program is a nationwide, verifiable animal well-being program that provides consistency and uniformity to best practices in animal care. Limited to: 100 or more participants. Presented by: Steve Boyles
- 520 Inject Some STEAM Into Your Skillathon Practice Adults and Teens**
 Whether it is bunnies, goats, rabbits, chickens or horses, a skillathon practice meeting is the ideal time to inject a little science, technology, engineering, agriculture or mathematics into your 4-H group. Engage your inner veterinarian or Animal Sciences professor by adding an additional educational component that is applicable to both parents and members. Basic physical exam techniques, better health through nutrition, toxic weed identification, and common diseases that may disqualify you from the fair are just a few of the potential topics you can use to increase the knowledge quotient of your club. These STEAM additions will allow the Educator, Program Coordinator, Program Assistant or club leader to customize content for stimulating learning and providing a more engaging project experience. Limited to: 100 or more participants. Presented by: Tim McDermott

521 Facilitate, Debrief, Process, Reflect

Adults and Teens

If you ever find yourself wondering: My 4-H professional or camp director keeps talking about processing or debriefing when I teach a lesson at camp. I just don't get why these are important so why should I be concerned with learning about them? ... *then this session is for you!* The art of facilitating and processing an activity doesn't have to be painful for you. Learn how to make it fun with some tip and tricks for moving your counselor skills to the next level! You will go away with ideas for energizing the rest of your camp counselor team. Limited to: 50 participants. Presented by: Travis West

522 Risk Management at Fairs and Shows

Adults and Teens

A three-ring circus is nothing compared to a junior fair! Large and small animal projects, booths, lots of people, lots of kids everywhere - lots of moving parts, lots of food, lots of opportunities for fun and great memories, AND chances for loss. We'll explore risk management with a focus on keeping junior fair participants and their animals safe. Limited to: 100 or more participants. Presented by: Jackie Krieger, Kirk Bloir and Jeff Dick

523 Are YOUth Interview Ready?

Teens

Do you have a job interview coming up or will you be interviewing for scholarships, awards or older youth opportunities? If so, then this session is for you! Today, more than ever before, it is necessary to have great interview skills. The job market is highly competitive and scholarship and award selection committees are looking for the best of the best. We will explore handshakes, dressing for and preparing for an interview. Participants will have the opportunity to prepare interview questions, develop answers and even pair up for mock interviews. Are YOUth Interview Ready? Limited to: 60 participants. Presented by: Angela Holmes and Mary Beth Albright

524 Master Clothing Educator Meeting

Adults

4-H Master Clothing Educators will be meeting to touch base with each other and their new leader. Limited to: 60 participants. Presented by: Mary Roediger

525 Goat Identification

Adults and Teens

ODA representatives will bring you up-to-date on state requirements and methods of Identifying your animals for sale and/or exhibition. They will describe the best options whether it is tagging, tattooing, or the chip. Limited to: 50 participants. Presented by: Roberta White