

# 4-H: A PRISM OF POSSIBILITIES

October 6-9, 2022

Rock Eagle 4-H Center

[www.4hvcoss.com](http://www.4hvcoss.com)



18 USC 707

# WELCOME

*We are so excited that you have joined us for our national 4-H volunteer conference, 4-H: A Prism of Possibilities. It has been our pleasure to plan and work together for the meeting. We began the 4-H Volunteer Conference of Southern States in 2013 and have continued in the tradition of a volunteer and staff team leading the way. We hope you'll take advantage of all the opportunities that await. With a little twist, you might find a whole new world of possibilities!*

## **VOLUNTEER ADVISORY TEAM**

Nicole Back, Oklahoma  
Barbara Clay, Arkansas  
Linda Crews, Florida  
Cisco Damons, Georgia  
Kellie Day, Georgia  
Connie Darden, Mississippi  
Kim Harrison, Arkansas  
Leah Haxton, Oklahoma  
Matthew Hibdon, Tennessee  
Sarah Jones, Louisiana  
Aamy Kindoll, Kentucky  
Penny Landry, Louisiana  
Jill Mahoney, Kentucky  
April McQuaig, Florida  
Linda Semon, North Carolina  
Sue Stulpin, North Carolina  
Lori Thomas, South Carolina  
Dee Wolters, Tennessee

## **SOUTHERN REGION STAFF SUPPORT**

Hope Bragg, Arkansas  
Ashley Burns, South Carolina  
Ken Culp, Kentucky  
Candi Dierenfield, Florida  
Harriett Edwards, North Carolina  
Keri Hobbs, Georgia  
Laura Huebinger, Texas  
Jeremy Johnson, Virginia  
Jenny Jordan, North Carolina  
Sarah Kotzian, North Carolina  
Karla Knoepfli, Oklahoma  
Chad Proudfoot, Virginia  
Daniel Sarver, Tennessee  
Todd Tarifa, Louisiana  
Andy Toelle, Florida  
Kentucky 4-H Foundation

## **CONNECT WITH US**

4hvcoss@gmail.com  
www.4hvcoss.com

@4HVCROSS  
Facebook  
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## **CONFERENCE APP**

YAPP  
<https://my.yapp.us/4HVCROSS>

## **CONFERENCE PORTAL**

(Virtual Content)  
<https://4hvcoss.regfox.com/4-h-a-prism-of-possibilities>

# **Thank you donors & contributors**

4-H Military Partnership  
Michelle Cummings, Training Wheels  
Double J Alpacas  
Kentucky 4-H Foundation  
LifeSmarts  
North Carolina 4-H Foundation

Pampered Chef  
Rock Eagle 4-H Center  
Saye's Boutique  
Smoky Mountain Cage Bird Society  
Sports Cards Louisiana




# THURSDAY

**1:00p**                    **Registration**  
*Sutton Hall Left*

**4:00p**                    **State Meet & Greet**  
Alabama - Gas 2                    Louisiana - Wildlife 1  
Alaska - Wildlife 1                    North Carolina - Krannert 2  
Arizona - Gas 2                    Oklahoma - Wildlife 2  
Florida - Krannert 1                    South Carolina - Wildlife 4  
Georgia - Gas 1                    Pennsylvania - Wildlife 4  
Indiana - Wildlife 1                    Tennessee - Wildlife 3  
Kansas - Gas 2                    Texas - Gas 2  
Kentucky - Gas 2                    Virginia - Wildlife 3

**5:00p**                    **Opening Event**  
*Sutton Hall Left*  
It's a Goose Chase

**6:00p**                    **Dinner**  
*Dining Hall C/D*

**7:00p**                    **Curricula Showcase Webinar**  
  
Clover Gaming Connection  
*Malea Huffman & Kathleen Bohde, Indiana*  
Preparing to be a Professional: A  
Workforce Readiness Curriculum  
*Abbie Salmon & Allie Griner, Georgia*  
Digging 4-H Archaeology Curriculum  
*Hope Bragg, Arkansas*

**7:30p**                    **Curricula Showcase**  
*Sutton Hall Right*

**4-H Junk Drawer Robotics**  
*Barbara Byers, Linda Semon,  
David Semon, North Carolina*

**Dive into 2022 4-H STEM  
Challenge**  
*Emily Scruggs, Haley Kolak,  
Ashley Burns, South Carolina*

**Etiquette 101**  
*Fran Castille, Louisiana*

**Inspiration for Learning  
Activities at 4-H Meetings**  
*Ashley Burns, South Carolina*

**Keeping Members Involved  
Between Meetings**  
*Sarah Jones, Louisiana*

**Meat Judging 101**  
*Marianna Behrends & Diedra  
Mabry, Texas*

**South Carolina 4-H Journey  
to Mars Kit**  
*Rosemary Martin Jones,  
South Carolina*

**Big Book of Cloverbud  
Activities**  
*Jenny Jordan, North Carolina*

# FRIDAY

7:30a

## Breakfast

*Dining Hall C/D*

8:30a-  
9:30a

## 21st Century Leadership & Resiliency Skills

Michelle Cummings  
*Sutton Hall Right*

10:00a-  
11:30a

## Holiday Workshop Series



Lauren Black-Venegas, South Carolina  
Wildlife 1

## SPARK Up Your Campfire



Barbara Byers, Linda Semon, David Semon, North Carolina  
Wildlife 2

## Explorers of the Deep: Diving into the 2022 STEM Challenge



Janice McDonnell, New Jersey, Emily Scruggs, Haley Kolak, South Carolina  
Wildlife 3

## What Do You See-Photography



Karla Knoepfli, Oklahoma  
Wildlife 4

## Finding the Spark in 4-H: Thriving Model and 4-H



Candi Dierenfield, Florida & Hope Bragg  
Arkansas  
Gas 2

10:00a-  
5:30p

## Exhibits on Display

*Sutton Hall Right*

LifeSmarts  
4-H Military Partnership  
Saye's Boutique  
Rock Eagle 4-H Center

11:30a-  
1:30p

## Rock Eagle Canteen Open

*Sutton Hall Center*

11:30a-  
1:00p

## Lunch

*Dining Hall C/D*

11:30a



## LIVE from Rock Eagle

*join our virtual guests from the conference portal & share the fun*



# FRIDAY

1:30p-  
3:00p

## Integrating Instructional Design Principles into 4-H Club Programming

Chuck Stamper, Kentucky  
Wildlife 1

## Awesome Icebreakers & Energizers

Michelle Cummings, Training Wheels 

## Virtual Field Trip Series

Alana West, South Carolina  
Wildlife 3



## Everything You Ever Wanted to Know About Chickens but Were Afraid to Ask

Mickey Hall, South Carolina  
Gas 2

## Canoeing on the Lake

Rock Eagle Environmental Education Staff  
Canoe Docks (Behind office)

1:30p-  
2:30p



## Project Learning Tree for Southern Forests

Hope Bragg, Arkansas

## Meat Judging 101

Marianna Behrends, Diedrea Mabry, Texas

3:00p-  
3:30p

## Networking Break

*Sutton Back Hall*

3:30p-  
5:30p

## LifeSmarts; A Prism of Possibilities for Your 4-H Program

Cheryl Varnadoe, Clayton Adams, Amanda Adams, Georgia  
Wildlife 1

## Meat Judging 101

Marianna Behrends, Diedrea Mabry, Texas  
Wildlife 2

## The Kindness Rock Project

LaDonna Jones, Tennessee  
Wildlife 3

## STEM-Space Quest

Zachary Giblyn & Jaden Kelly, Texas  
Wildlife 4

## No Sewing Quilted Ornament

Kristen Khlifi, Gladys Newman, Marsha Ryder, Georgia  
Gas 2

# FRIDAY

6:00p-  
7:00p

**Dinner**  
*Dining Hall C/D*

7:30p

**Prisms of Fun**  
Board Games with friends  
Sutton Right

Story of Rock Eagle Videos & Auction  
Sutton Left

BINGO (until 8:30)  
Sutton Center

8:30p



Campfire Stories and S'Mores  
Fire Ring

# SATURDAY

7:30a-  
8:30a

**Breakfast**  
*Dining Hall C/D*

8:30a-  
10:00a

**Teen Leadership Skills 4-H'ers  
Need to Thrive**  

Karla Knoepfli, Leah Haxton, Oklahoma  
Wildlife 1

**STEM Exploration: Take Chances,  
Make Mistakes, Get Messy** 

Dawn Culbreath, Louisiana  
Wildlife 2

**Utilizing Judging Activities as  
4-H Teaching Methods**  

Ken Culp, Kentucky  
Wildlife 3

**Introduction to Cardio Kickboxing** 

Candi Dierenfield, Florida  
Wildlife 4

10:30a-  
11:30a



**Preparing Teens for Out-of-  
County Events** 

Dee Wolters, Tennessee

**Using the 4-H Club Meeting  
Wheel to Balance Business with  
Fun and Learning** 

Ashley Burns, South Carolina

# SATURDAY

10:30a-  
12:00p

## Etiquette 101

Fran Castille

Wildlife 1



## Leading with the EXPLORE Texas 4-H Curriculum Series

Julie York, Carolyn Tyler, Texas

Wildlife 2



## GLOBE Observer Citizen Science Exploring Clouds 4-H Activity Guide

Candi Dierenfield, Florida, Jasmine

Shaw, Alaska

Wildlife 3



## All About Apples: They're So A-Peel-ing

Patricia Whitener, Kerrie Roach,  
South Carolina

Wildlife 4



## Cinnamon Twist

Betty Osgood, Doris McGougan, Dot

Weston, South Carolina

Gas 2



12:00p-  
1:00p

## Lunch

Dining Hall C/D

## Words from the Wise - Invitation

Clover Room

## LIVE Lunchtime Virtual Conversations

Williamson Dining Room

1:00p-  
2:00p

## Preparing Teens for Out of County Events

Dee Wolters, Tennessee

Wildlife 1



## Incorporating Themes Into Cloverbd Meetings & Activities

Sarah Jones, Louisiana

Wildlife 2



## Monarchs & 4-H

Mallory Maher, South Carolina

Wildlife 3



## Seeing is not Believing - Kaleidoscopes

Karla Knoepfli, Oklahoma

Wildlife 4



2:00p -  
2:30p

## Networking Break

Sutton Back Hall



# SATURDAY

2:30p-  
3:30p

**Using the 4-H Club Meeting  
Wheel to Balance Business with  
Fun & Learning**



Ashley Burns, South Carolina  
Wildlife 1

**Owl Pellets: An Opportunity  
for Discovery**



Abigail Phillips, Eric Eliassen, South  
Carolina  
Wildlife 3

**Herpetology: A Closer Look  
*Rock Eagle Environmental  
Education***



Wildlife 2

**Ideas for Sewing Project Groups**

Karen Smith, Karen Helms, Tennessee  
Wildlife 4



2:30p-  
3:30p



**Find the Spark in 4-H: Thriving  
Model & 4-H**



Hope Bragg, Arkansas & Candi  
Dierenfield, Florida

**Integrating Instructional Design  
Principles into 4-H Club  
Programming**



Chuck Stamper, Kentucky

5:00p

**State Connections**

Thursday Locations

6:00p

**Dinner**

Dining Hall C/D

7:00p

**Georgia 4-H Clovers & Company**

Talmadge Auditorium

8:00p

**Auction & Awards Program**

Sutton Hall Left

**Live at Rock Eagle**

Join the Auction Fun



# SUNDAY

7:30a-  
8:30a

**Breakfast**

Dining Hall Clover Room

# MICHELLE CUMMINGS



[Training-Wheels.com](http://Training-Wheels.com)

Michelle Cummings, M.S., is the Big Wheel and founder of Training Wheels, a known leader in the Team Building field. A former 4-H'er, Michelle is an accomplished author and a dynamic, sought-after speaker in the areas of leadership, team-building, and experiential learning. Michelle has created various facilitation, debriefing, and team-building activities that have collectively changed how trainers and educators work. Her keynote, *21st Century Leadership, and Emotional Resiliency*, offer a look at how we work in unusual times. Emotional resiliency is the ability to adapt to stressful relationships and situations as we encounter them daily. There has not been a shortage of stress in the world over the last few years. Stress affects each of us and the youth we serve differently, and the right amount of the right kind of stress is a good thing. In this highly interactive session, we will discuss our stress triggers, biofeedback & behaviors, and how they affect our ability to lead. We will also discuss concepts around Locus of Control and how to train our brains to focus on things that are within our control.

## GEORGIA 4-H CLOVERS & COMPANY



Georgia 4-H Clovers & Company has been entertaining audiences and creating stars for more than 30 years. Grammy-winning artists Hillary Lindsey and Jennifer Nettles call themselves former Clovers as do American Idol runner up Willie Spence and Nashville's newest rising stars Hannah Dasher and Calista Clark.

Join us in the auditorium for the first show of the new season Saturday night.



# goosechase

- Download GooseChase on your smartphone OR pick up a GooseChase Mission sheet in Sutton Hall.
- Register for your account & look for 4-H: A Prism of Possibilities or enter game code 476M5D
- In the game, you'll receive missions, and complete a mission by answering the question or "snapping" the evidence.
- Be sure to complete the first mission -- are you virtual or onsite. This impacts prizes.
- Be accurate with your missions. Bonus points can be awarded for creativity.
- Use the activity feed to see your standings.
- Paper chasers - turn in your mission sheet in the auction area before dinner Saturday night.



# WORKSHOP DESCRIPTIONS

**FRIDAY, OCTOBER 7**

**10:00a - 11:30a**

## **Holiday Workshop Series**

Lauren Black-Venegas, South Carolina  
CLUB & ARTS

Wildlife 1

Have you ever wondered what to offer youth while they are out of school around different holidays? The holiday workshop series was created to enable youth to continue learning and have educational fun while out of school. The holidays chosen for the workshop were based on the school schedule. We highlighted each holiday's history, celebrations and traditions, and hands-on activities. The program agenda and activities came from different 4-H program areas that our state 4-H offers. The workshops can be done virtually or in person. During the session will highlight some of the activities that were done during the holiday series. We will highlight Thanksgiving, Christmas, St. Patrick's Day, and Easter during the workshop session.

## **SPARK Up Your Campfire**

Linda Semon, David Semon & Barbara Byers, North Carolina  
OUTDOOR ED

Wildlife 3

Do you love a great campfire? Join us in this hands-on workshop to learn how you can put the SPARKle in your campfire. Like laying the perfect fire, learn how to build your campfire program to achieve the 4-H Essential Elements (belonging, independence, mastery, generosity) while having fun. We'll explore using the 5 S's to add a SPARK to your campfire. A campfire snack and a craft will add S'More fun to this session!

## **Explorers of the Deep: Diving into the 2022 4-H STEM Challenge**

Janice McDonnell, New Jersey, Emily Scruggs & Haley Kolak, South Carolina  
STEM

Wildlife 4

Dive into the Abyss with the 4-H STEM Challenge! Designed by Rutgers University, Explorers of the Deep focuses on the mysteries and adventures of ocean exploration with robots! Young people learn how to use science, technology, engineering, and math (STEM) to explore Earth's Ocean and how it relates to all life on the planet. Aligned to the Next Generation Science Standards (NGSS), the 2022 kit focuses on 3 hands-on activities: Ocean Robot Test Tank, Ocean Expedition, and Ocean Communicator. Kits include all the basic materials needed to complete each learning activity at home or in a small group setting for 4-6 youth. Become an Explorer of the Deep today!

## **What Do You See- Photography**

Karla Knoepfli, Oklahoma  
ARTS

Kids, cameras, and computers are a colossal combination for encouraging creativity and communication. Using a simple lesson plan, we will explore simple ways to teach youth how to recognize, understand and apply the elements and principles of design, understand and use the basic functions of a digital camera phone, and explore simple software program editing and altering photos. It is all so surprising simple when everyone is focused on a defined subject in a confined space. Creativity explodes, and art is created. All ya' need is the camera on your cell phone.

## **Finding the Spark in 4-H: Thriving Model and 4-H**

Hope Bragg, Arkansas, & Candi Dierenfield, Florida  
CLUB

Gas 2

Join Thrive Champions and State Volunteer Specialists as we show how to recognize the spark in our 4-H youth. We will provide tools to help foster enthusiasm about project areas and create safe and inclusive spaces to kindle the spark and grow our 4-H youth in thriving parts of our community. Hands-on activities will be conducted as volunteers learn the importance of positive youth development in our 4-H programs.

# WORKSHOP DESCRIPTIONS

**FRIDAY, OCTOBER 7**

**1:30p - 3:00p**

## **Integrating Instructional Design Principles into 4-H Club Programming**

Chuck Stamper, Kentucky

Wildlife 1

CLUB

According to Richey, Klein, & Tracey (2011), Instructional Design is the science and art of creating detailed specifications for the development, evaluation, and maintenance of situations that facilitate learning and performance. As 4-H Volunteers and Leaders, we have access to more educational resources now than ever. But, how do we adapt those materials, so the lessons are meaningful and effective and follow the state's goal? This session will introduce the basic terms and characteristics of instructional design. We will explore how volunteers and leaders can use that information and integrate basic ID strategies into 4-H Club Work.

## **Awesome Icebreakers & Energizers**

Michelle Cummings, Colorado

Wildlife 2

CLUB & ARTS

Icebreakers and energizers are the best way to help participants quickly feel connected to a group of people. This high-energy, hands-on workshop will teach attendees how to play some of the best icebreakers! Kick off the start of your meetings and youth events with creative ways for participants to create connections before diving into content.

## **Virtual Field Trip Series**

Alana West, South Carolina

Wildlife 3

OUTDOOR ED

This series of 9 virtual field trips were created for use during times when COVID kept 4-H educators out of schools. However, it has proven to be continually useful, allowing various delivery modes. Each virtual field trip allows the leader and students to experience a different location through virtual tours and photos. Along the route, they access related facts and fun hands-on lessons and activities. The trip concludes with a return to the 'classroom' and a 'quiz' (evaluation). In many cases, these virtual trips are the only trips kids may have access to. Join this session to experience a virtual field trip and learn how to create one for your group!

## **Everything You Always Wanted to Know About Chickens But Were Afraid to Ask**

Mickey Hall, South Carolina

Gas 2

STEM

The development of a fertile chicken egg and the 4-H Embryology Project as a model in science education. The dos and don'ts of incubating and hatching fertile chicken eggs and raising these chicks to adulthood will be shared as participants explore how embryology can be part of their program.

## **Canoeing on the Lake**

Rock Eagle Environmental Education Staff

Canoe Docks

OUTDOOR ED & HEALTHY

Enjoy the beauty and serenity of Rock Eagle 4-H Center from the lake. Meet instructors at the canoe dock/beach behind the administrative office for brief instruction before setting out as school students and campers do throughout the year. See both the public and campsite of the lake and enjoy some quiet time for reflection.

## **VIRTUAL SESSIONS**

**1:30p - 2:30p**

### **Project Learning Tree for Southern Forests**

Hope Bragg, Arkansas

OUTDOOR ED & STEM

Project Learning Tree has been providing grab-and-go lessons focused on trees, ecology, and silviculture that are easy to use for all ages. This session will share multiple lessons that are focused on southern forests and will provide resources to expand your 4-Hers knowledge of all things forest.

# WORKSHOP DESCRIPTIONS

**FRIDAY, OCTOBER 7**

1:30p - 2:30p

## **VIRTUAL SESSIONS**

### **Meat Judging 101**

Marianna Behrends & Diedrea Mabry, Texas

STEM

Looking to start or help coach a meat judging team? We are here to help! The American Meat Science Association will provide participants in-depth information to prepare a meat judging team for success. Participants will leave with pork and beef quality marbling cards and will also have the opportunity to apply their newly learned skills by judging curated classes. AMSA helps facilitate the National 4-H meat judging contest each year, thus the knowledge shared will gear participants to walk away with successful tips to immediately implement back home.

3:30p - 5:00p

### **LifeSmarts: A Prism of Possibilities for Your 4-H Program**

Cheryl Varnadoe, Clayton Adams, and Amanda Adams, Geor

Wildlife 1

CLUB, STEM, OUTDOOR ED & HEALTHY LIVING

LifeSmarts, the ultimate consumer challenge & a national 4-H partner, is an educational program/competition that provides teens with the knowledge they need to be successful in life in a fun way. Attend this workshop & compete in a fun quiz bowl contest with prizes! 4-H members in grades 6-8 & 9-12 can compete! The free program & curriculum compliments existing 4-H programs & can be used for clubs, classes, judging events/contests, competitions, community service & more. LifeSmarts participants learn about: Health & Safety, Environment, Technology & Workforce Preparation, Consumer Rights & Responsibilities, and Personal Finance.

### **Meat Judging 101**

Marianna Behrends & Diedrea Mabry, Texas

Wildlife 2

STEM

Looking to start or help coach a meat judging team? We are here to help! The American Meat Science Association will provide participants in-depth information to prepare a meat judging team for success. Participants will leave with pork and beef quality marbling cards and will also have the opportunity to apply their newly learned skills by judging curated classes. AMSA helps facilitate the National 4-H meat judging contest each year, thus the knowledge shared will gear participants to walk away with successful tips to immediately implement back home.

### **The Kindness Rock Project**

LaDonna Jones, Tennessee

Wildlife 3

ARTS, OUTDOOR ED, & HEALTHY LIVING

Learn about The Kindness Rock Project and paint rocks to share at camp and to take home to share in your community. We will paint rocks, tag them with QR Codes and take a nature walk to "hide" them for others to enjoy. When teaching this class to 4-H members we are learning: Citizenship, Communication, Mental Health Awareness, The Power of Color, Nature, Hiking, QR Codes, Creativity, and Kindness.

### **STEM: Space Quest**

Zachary Giblin & Jaden Kelly, Texas

Wildlife 4

STEM

An interactive workshop designed to help educators and volunteers introduce STEM learning in their respective capacities, this session will include interactive activities, tips on how to engage youth and promote learning, and access to STEM- Space Quest lessons designed by Harris County 4-H. Join us for an exciting workshop and gain the tools to bring fun, exciting educational opportunities home.

### **No Sewing Quilted Ornament**

Kristen Khlifi, Gladys Newman, Marsha Ryder, Georgia

Gas 2

ARTS

Come learn how to make an awesome quilted look ornament without having to know how to sew. Great project for craft clubs or fundraising projects.

# WORKSHOP DESCRIPTIONS

**SATURDAY, OCTOBER 8**

**8:30a - 10:00a**

## **Teen Leadership Skills 4-H'ers Need to Thrive**

Karla Knoepfli & Leah Haxton, Oklahoma.

Wildlife 1

### **CLUB & HEALTHY LIVING**

Thriving you possess a growth mindset that supports efforts in learning over innate ability. Join us as we explore 10 skills and activities which can be used to challenge and support youth as we guide them in learning, growing, and accepting responsibility. We will explore how volunteers can establish a safe and healthy environment that develops confidence and a growth mindset.

## **STEM Exploration: Take Chances, Make Mistakes, Get Messy**

Dawn Culbreath, Louisiana

Wildlife 2

### **STEM**

What is STEM, and why are so many people, especially adults, afraid to venture into the Realm of STEM? We are here to show you that you don't have to have a science background to bring STEM and all of its amazing and messy attributes to your youth. STEM is about having fun, taking chances, trying new things, learning from mistakes, and sometimes getting messy. Come along for the ride that just might surprise you at how easy and fun it is.

## **Utilizing Judging Activities as a 4-H Teaching Method**

Ken Culp, Kentucky

Wildlife 3

### **CLUB & ARTS**

"Learn by doing" is one of the basic tenets of 4-H. The workshop presents various ways that judging activities can be incorporated into any 4-H club meeting, event, or activity, as a means of teaching content, developing life skills, improving confidence, and reinforcing individual and group decision-making processes. A variety of scenarios will be utilized. Participants will begin by judging simple, everyday items found in their homes, cars, and businesses and will transition to judging items in specific project clubs. Scenarios will be introduced to provide another teaching opportunity for more advanced youth. This workshop will include judging activities for youth of all ages enrolled in community and project clubs.

## **Introduction to Cardio Kickboxing**

Candi Dierendfield, Florida

Wildlife 4

### **HEALTHY LIVING**

Bring your workout gear! No gloves are needed for this introduction to kickboxing aerobics workout. Be prepared to sweat, learn basic kickboxing and self-defense moves, and have FUN!

## **VIRTUAL SESSIONS**

**10:30a - 11:30a**

### **Preparing Teens for Out-Of-County Experiences**

Dee Wolters, Tennessee

#### **CLUB**

Teens are comfortable at 4-H events held in their home county, but we all know the anxiety that accompanies traveling to 4-H events. This workshop will provide practical information and handouts to prepare teens to attend 4-H events at the state, national and international levels. Modeled from the highly successful TN Congress Readiness Day event, this workshop will cover topics including Making the Right Impression, Mind Your City Manners, and Etiquette in the Round. Armed with information, teens (and adult volunteers) feel confident to attend and fully participate in outstanding 4-H events outside their home county.

### **Using the 4-H Club Meeting Wheel to Balance Business with Fun & Learning**

Ashley Burns, South Carolina Wildlife 1

#### **CLUB**

Thoughtful and intentional planning of club meetings can greatly increase their impact and keep kids coming back. The 4-H Club Meeting Wheel is a strategy that breaks a club meeting into specific time blocks for different activities to create a balanced blend of business, education, and recreation. The business meeting with discussion and planning is a time for group decisions. The program comprises a hands-on learning experience and should be the longest component. Recreation is an opportunity for group building and can come at the beginning or end of a meeting. Consistent structure helps members know what to expect, creates a sense of belonging in the club environment, and keeps kids and families returning.

# WORKSHOP DESCRIPTIONS

**SATURDAY, OCTOBER 8**

**10:30a - 12:00p**

## **Etiquette 101**

Fran Castille, Louisiana

Wildlife 1

CLUB & HEALTHY LIVING

Have you ever wondered which fork or spoon to use at a meal? Would you like to help educate your 4-H members on etiquette at mealtime? We will take a look into formal and informal dining.

## **Leading with the EXPLORE Texas 4-H Curriculum Series**

Julie York & Carolyn Tyler, Texas

Wildlife 2

CLUB

This session includes a mix of introducing the 25+ Texas 4-H EXPLORE guides, dialogue, and hands-on activities. Each guide helps empower adult & teen volunteers to lead projects and life-skills lessons for youth in the following project areas: Ag Product ID, Beef, Clothing & Textiles, Consumer Education, Food & Nutrition, Housing & Home Environment, Leadership, Livestock Judging, Outdoor Education/Teambuilding, Performance Arts, Personal Development, Photography, Poultry, Public Speaking, Rabbits, Robotics, Science, Sheep & Goat, Swine, & Water. Each program includes six lessons following the "do, reflect, apply" learning model, providing guidance for hands-on exploration & learning.

## **GLOBE Observer Citizen Science Exploring Clouds 4-H Activity Guide**

Candi Dierenfield, Florida & Jasmine Shaw, Alaska

Wildlife 3

STEM & OUTDOOR ED

GLOBE Observer Citizen Science Exploring Clouds 4-H Activity Guide is a launchpad for any 4-H club, camp, school, or after-school enrichment program. Participants of this workshop will learn different cloud types and use their skills to participate in a citizen science cloud observation using the GLOBE Observer App. Participants will learn how they can match their cloud observations to NASA satellite overpasses and how to engage in the Arctic and Earth STEM Integrating GLOBE and NASA project.

## **All About Apples: They're so A-Peel-ing**

Patricia Whitener & Kerrie Roach, South Carolina

Wildlife 4

STEM, OUTDOOR ED & HEALTHY LIVING

This hands-on and tasty STEM workshop integrates core principles of Agriculture, Horticulture & Nutrition using apples. We explore the texture, taste, & color of 5 different apple varieties and discuss a brief history of apples in the U.S., how they are grown and harvested, why they are so good for us, and how producers in the field assess ripeness, firmness, and sugar content using fruit penetrometers and refractometers.

## **Cinnamon Twists**

Betty Osgood, South Carolina

Gas 2

HEALTHY LIVING

If you enjoy the art and skill of bread making, this workshop will give you the opportunity of hands-on experience making "Cinnamon Twists." This workshop will equip you to share the same experience for your 4-Hers, adult leaders, or just family baking. Of course, the fun and exciting part of this workshop is tasting your masterpiece.

**1:00p - 2:00p**

## **Preparing Teens for Out-Of-County Experiences**

Dee Walters, Tennessee

Wildlife 1

CLUB

Teens are comfortable at 4-H events held in their home county, but we all know the anxiety that accompanies traveling to 4-H events. This workshop will provide practical information and handouts to prepare teens to attend 4-H events at the state, national and international levels. Modeled from the highly successful TN Congress Readiness Day event, this workshop will cover topics including Making the Right Impression, Mind Your City Manners, and Etiquette in the Round. Armed with information, teens (and adult volunteers) feel confident to attend and fully participate in outstanding 4-H events outside their home county.



# WORKSHOP DESCRIPTIONS

**SATURDAY, OCTOBER 8**

**1:00p - 2:00p**

## **How to Incorporate Themes into Cloverbud Meetings & Activities**

Sarah Jones, Louisiana.

Wildlife 2

CLUB

We will look at themes for the school and how to incorporate them into every aspect of your Cloverbud program. We will look at everything from monthly meetings to awards, community service, and trips while keeping with the theme.

## **Monarchs & 4-H**

Mallory Maher, South Carolina

Wildlife 3

STEM & OUTDOOR ED

Monarch butterflies (*Danaus plexippus*) are the most easily recognized butterfly species worldwide. Although they are the most recognizable, the monarch butterfly faces serious threats, and its population has declined by 90% since the 1990s. What would a world look like without the most recognizable butterfly in the world? Monarch butterflies can serve as an ambassador for conservation for themselves and other pollinator species from around the globe. Pollinator education, primarily focused on monarch butterflies, fits perfectly into 4-H programming and can help create a new generation of environmental stewards.

## **Seeing is not Believing - Kaleidoscope**

Karla Knoepfli, Oklahoma

Wildlife 4

STEM & ARTS

The sciences of shadow, color, and light provide many fun opportunities for entertainment and life skills development. Join us as we apply these sciences to the colorful world of the Kaleidoscope. Participants will make a kaleidoscope made from a Pringles can. There will be opportunities for discussion and encouraging project and program development outside the "typical thinking or box." Limit to 20 attendees.

**2:30p - 3:30p**

## **Using the 4-H Club Meeting Wheel to Balance Business with Fun & Learning**

Ashley Burns, South Carolina

Wildlife 1

CLUB

Thoughtful and intentional planning of club meetings can greatly increase their impact and keep kids coming back. The 4-H Club Meeting Wheel is a strategy that breaks a club meeting into specific time blocks for different activities to create a balanced blend of business, education, and recreation. The business meeting with discussion and planning is a time for group decisions. The program comprises a hands-on learning experience and should be the longest component. Recreation is an opportunity for group building and can come at the beginning or end of a meeting. Consistent structure helps members know what to expect, creates a sense of belonging in the club environment, and keeps kids and families returning.

## **Owl Pellets: An Opportunity for Discovery**

Abigail Phillips & Eric Eliassen

Wildlife 2

STEM & OUTDOOR ED

Participants will learn about owl adaptations and participate in an owl pellet dissection. Owl pellets are the non-digestible parts of an owl's meal - their prey's hair, feathers, scales, and bones. This hands-on life science activity teaches youth how to investigate and identify bones, compare and sort the skeletons of prey, and about the characteristics and habits of owls. Session participants will also design and create an art piece using the bones, a creative extension for this club activity. This session will equip 4-H volunteers with the knowledge, skills, and resources to lead their club through an owl pellet dissection of their own. Join us; it will be a hoot!

# WORKSHOP DESCRIPTIONS

**SATURDAY, OCTOBER 8**

**2:30p - 3:30p**

## **Herpetology: A Closer Look**

Rock Eagle Environmental Education Staff  
STEM & OUTDOOR ED

Wildlife 3

Get up close with the animals in Rock Eagle's herpetology program. Learn about how these are part of the field experience of 1000s of youth from schools and at 4-H camps. Hold a snake, learn about a gator, and maybe even feed a turtle, all while learning more about animals who make their homes in our areas.

## **Ideas for Sewing Project Group**

Karen Smith & Karen Nelms, Tennessee  
ARTS

Wildlife 4

Come get ideas for setting up a sewing project group or ideas for make-and-take projects for your group. Have successful projects from your group that you would like to share? Bring them to show and tell with the group! At least ten projects will be shared with step-by-step directions and PowerPoint/keynote presentations

## **VIRTUAL SESSIONS**

**2:30P - 3:30p**

### **Finding the Spark in 4-H: Thriving Model and 4-H**

Hope Bragg, Arkansas, & Candi Dierenfield, Florida  
CLUB

Join Thrive Champions and State Volunteer Specialists as we show how to recognize the spark in our 4-H youth. We will provide tools to help foster enthusiasm about project areas, and create safe and inclusive spaces to kindle the spark and grow our 4-H youth in thriving parts of our community. Hands-on activities will be conducted as volunteers learn the importance of positive youth development in our 4-H programs.

### **Integrating Instructional Design Principles into 4-H Club Programming**

Chuck Stamper, Kentucky  
CLUB

According to Richey, Klein, & Tracey (2011), Instructional Design is the science and art of creating detailed specifications for the development, evaluation, and maintenance of situations that facilitate learning and performance. As 4-H Volunteers and Leaders, we have access to more educational resources now than ever. But, how do we adapt those materials, so the lessons are meaningful and effective and follow the state's goal? This session will introduce the basic terms and characteristics of instructional design. We will explore how volunteers and leaders can use that information and integrate basic ID strategies into 4-H Club Work.

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## **RECORDED CONTENT**

All virtual content is recorded and placed on the conference portal. In addition to the virtual recordings, several sessions are loaded as recorded content and available as the conference opens. Recorded sessions include:

### **Georgia 4-H Adventures in Agriculture for High School Students**

Kasey Bozeman, Georgia

### **FLOBE Observer Citizen Science Exploring Clouds 4-H Activity Guide**

Candi Dierenfield, Florida & Jasmine Shaw, Alaska

### **Meat Judging 101**

Marianna Behrends & Diedrea Mabry, Texas

### **Serving Learning 101 + Activities & Mini Grants**

Meggan Franks, Louisiana

### **STEM TALES: Enhancing 4-H STEM Projects with Reading**

Sandy Hernandez, Florida

### **U.S. Capitol Christmas Tree: A Statewide Project**

Sarah Kotzian & Shannon McCollum, North Carolina

### **Don't Take the Peanuts: Preparing Youth to Impress Public Officials**

Sarah Kotzian, North Carolina

### **Utilizing Google Sites as a 4-H Volunteer Resource**

Chelsea Woodard, Florida



**4-H  
Military  
Partnership**

**Let  
Your Voices  
Be Heard**

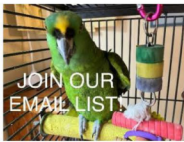
**We are looking for adult and teen facilitators  
& military-connected youth  
to join us for Teen Talks**

**visit [www.4-hmilitarypartnership.org](http://www.4-hmilitarypartnership.org)**

# Smoky Mountain Cage Bird Society



**Bird Fairs Vendors**  
\*Live Parrots \*Bird Feed  
\*Cages \*Perches  
\*Educational Exhibits  
\*Bird Breeding supplies  
\*Bird Toys ...and more!



**The purpose of the Smoky Mountain Cage Bird Society is:**

- to promote high standards for the health and general care of exotic cage birds
- to promote and encourage the breeding of exotic cage birds
- to educate both its members and the general public in the care and breeding of birds
- to educate the public by coordinating exhibits, bird fairs and judged bird shows

**Check out our Facebook site @Smoky Mountain Cage Bird Society for announcements**

SMCBS Club meetings are held at: American Legion Post 70, 103 Reddick Road, Asheville, NC 28815

**Bird Fairs for 2022**

Morganton 29th Oct. 2022  
Raleigh 17th Dec. 2022

**Bird Fairs for 2023**

Hickory 18th Feb. 2023  
Morganton 29th April 2023  
Hickory 15th July 2023  
Morganton 28th Oct. 2023

**Morganton Bird Fairs at:**

Foothills Higher Education  
Conference Center  
2128 S Sterling St  
Morganton, NC 28655

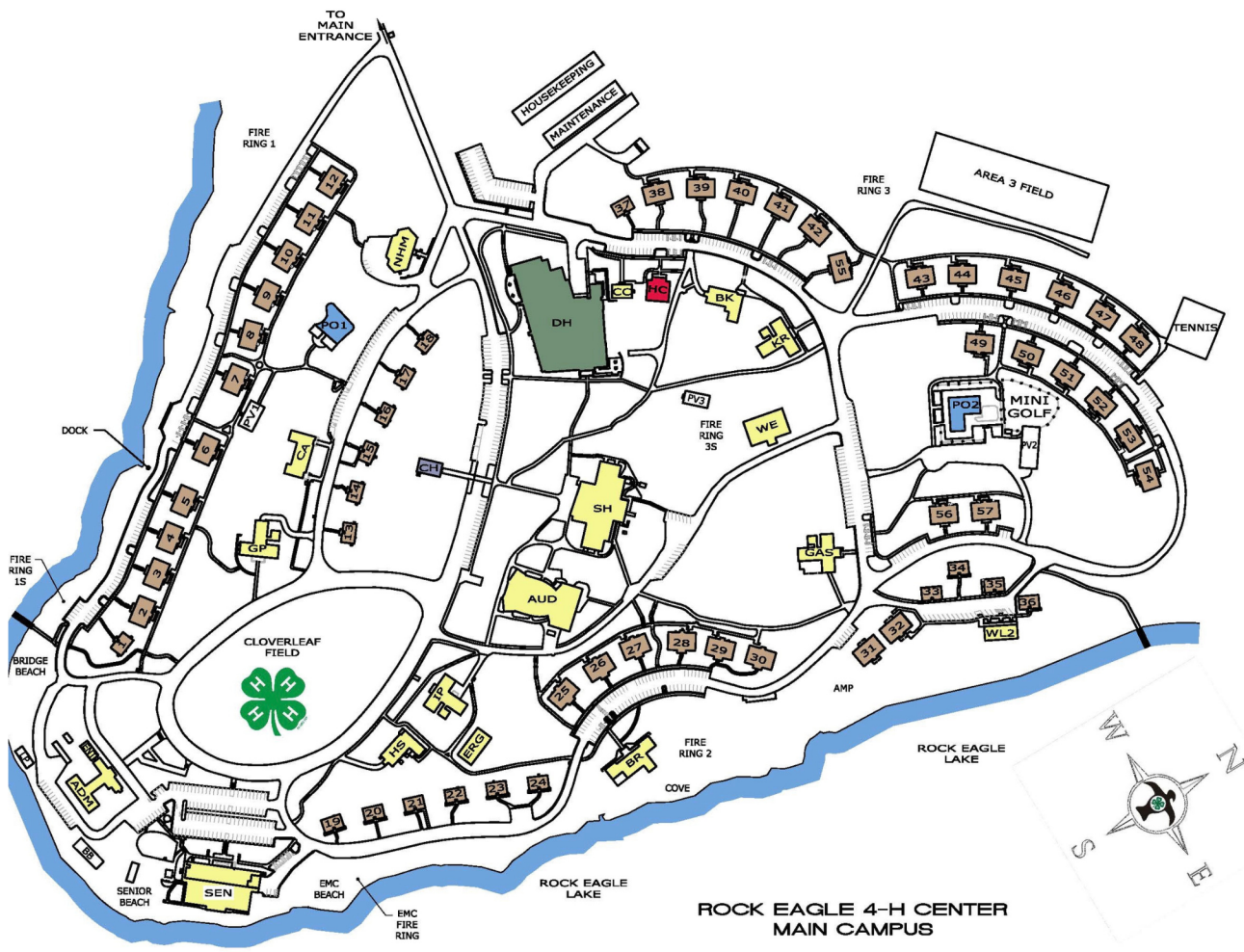
**Hickory Bird Fairs at:**

Hickory Metro Convention Center  
1960 13th Ave Dr SE  
Hickory, NC 28602

**Raleigh Bird Fair at:**

Kerr Scott Building  
1025 Blue Ridge Rd.  
Raleigh, NC 27607





**ROCK EAGLE 4-H CENTER  
MAIN CAMPUS**

**Administrative offices**  
 Information Center  
 4-H camp Office  
 Environmental Ed.  
**Amphitheater**  
**Bankers**  
**Barkuloo-Rich**  
**Basketball Court**  
**Callaway**  
**Chapel**  
**Coca-Cola Cottage**  
**Dining Hall**  
**ER Gay**  
**Entomology**  
**EMC/Senior Pavilion**  
**Gas Building**  
**Georgia Power**  
**Guest Cottages #ed**  
**Hastings**

**ADM**  
  
**AMP**  
**BK**  
**BR**  
**BB**  
**CA**  
**CH**  
**CC**  
**DH**  
**ERG**  
**ENT**  
**SEN**  
**GAS**  
**GP**  
**1-57**  
**HS**

**Health Cottage**  
**International Paper**  
**Krannert**  
**Natural History Museum**  
**Pavilion - Area 1**  
**Pavllion - Pool 2**  
**Pavilion - Area 3**  
**Pavllion - Area 4**  
**Pavllion - Lakeside**  
**Pool 1**  
**Pool 2**  
**Sutton Hall**  
**Gift Shop**  
**Talmadge Auditorium**  
**Wildlife Ecology Building**  
**Woodruff Lake Labs**  
**Aquatic 2**

**HC**  
**IP**  
**KR**  
**NHM**  
**PV1**  
**PV2**  
**PV3**  
**Not Showi**  
**LP**  
**PO1**  
**PO2**  
**SH**  
  
**AUD**  
**WE**  
  
**WL2**