



4-H: FIND YOUR SPARK

SPARK * IGNITE * THRIVE

September 28 - October 1, 2023

Rock Eagle 4-H Center

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: Find Your Spark*. 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 creating a great event for you. We hope our conference serves as your spark to ignite your enthusiasm and thrive as a leader in your 4-H program.

VOLUNTEER ADVISORY TEAM

Nicole Black, Oklahoma
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Barbara Clay, Arkansas
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Cisco Damons, Georgia
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Chad Proudfoot, Virginia
Daniel Sarver, Tennessee
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CONFERENCE APP

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CONFERENCE PORTAL

(Virtual Content)
<https://4hvcoss.regfox.com/4-h-find-your-spark>

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Sports Cards of Louisiana
Sugar Grove Pottery & Eclectica

GUIDE TO THE CONFERENCE

WHAT'S INSIDE

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Special Events pages 11
Workshop Descriptions pages 12-21

WHAT'S A YAPP

YAPP is our conference app. Download YAPP from the App Store and add 4hvcoss when prompted to "find a Yapp"

WHAT'S THE SIGN

-  VIRTUAL Conference Content
-  STEM Content
-  CLUB Content
-  ARTS Content
-  OUTDOOR ED. Content
-  HEALTHY LIVING Content

Conference Tracks

Plan your sessions on the tracking handout. Ask instructors to initial your attendance. If you elect to attend five workshops in a track, you may use your tracking sheet to request a track certificate. If you attend three of the track, you will receive a focus certificate. Your request for a certificate must be completed before 4 p.m. Saturday and returned to the track box in Sutton West.

Golden Tickets & Auction

Earn Golden Tickets throughout the conference. Drop tickets with your name on your ticket in the Golden Ticket box in Sutton West.

Purchase Auction tickets from committee members and drop your purchased tickets in the box of your selected item. All tickets are drawn on Saturday night!





THURSDAY

1:00p

Registration

Sutton Hall West

4:00p

States Meet & Greet

Arkansas - Wildlife 1
California - Wildlife 1
Colorado - Wildlife 1
Florida - Gas 1
Georgia - Gas 2
Indiana - Gas 2
Kentucky - Wildlife 1
Louisiana - Wildlife 4

Mississippi - Wildlife 4
North Carolina - Sutton West
Ohio - Wildlife 4
Oklahoma - Wildlife 3
Pennsylvania - Wildlife 2
South Carolina - Wildlife 2
Tennessee - Sutton East
Texas - Wildlife 3
Virginia - Wildlife 3

5:00p

Opening Event: Find Your Spark

Sutton Hall West

6:00p

Dinner

Dining Hall C/D

7:00p



Curricula & Idea Showcase Webinar

4-H Create Art Now

Liz Taylor, Oklahoma

Healthy Living & Food Security Programming

Keri Hobbs, Georgia

Coming of Age: Seeing 4-H through Graphic Design

Liz Taylor, Oklahoma

7:30p

Curricula Showcase

Sutton Hall East

4-H Civic Engagement

Linda Semon, North Carolina

4-H Create Art Now

Karla Knoepfli, Oklahoma

Grab & Go Lessons for Cloverbuds

Sarah Jones, Louisiana

Mindful Rest for the Restless

Nicole Crawson, Florida

New Volunteers Start Here

Dee Wolters, Tennessee

Ohio 4-H Cloverbud Reading Adventures

Rebecca Supinger, Ohio

Perfectly Imperfect: Art, Identity, & Perspectives to Build Empathy

Marlene Griesse, Colorado

Project Wild

Becky Roberts & Nicole Black,
Oklahoma

Quick and Easy Classroom Activities

Juanita Miles & Barbara

Nuckols, Tennessee

Service Project Ideas

Karen Smith, Tennessee

Youth Adult Partnerships:

Relationship Connections

Barbara Byers, North
Carolina

BINGO following the Showcase

Sutton Hall East

FRIDAY

7:30a

Breakfast

Dining Hall C/D

8:30a

4-H Thrive in 45

Mandy Marable

Sutton Hall East

10:00a-
11:30a

How to Be the Volunteer Your Extension Agent Wants

Dee Wolters & Gregg Hensley, Tennessee.
Wildlife 1



Tracking Wildlife

Alana West, South Carolina
Wildlife 2



Thriving through CS Education

Ashley Burns & Abigail Phillips, South Carolina.
Wildlife 3



Partnering with Summer Reading Programs through School

Lauren Black Venegas, South Carolina.
Wildlife 4



Leather Crafting

Marsha Rider, Georgia
Gas 1



Social Emotional Learning in Your 4-H Program

Monica Benjamin, North Carolina
Gas 2



10:00a-
5:30p

Exhibits on Display

Sutton Hall Right
4-H Military Partnership
Leather Crafting
Life Smarts
Saye's Boutique
Sugar Grove Pottery & Eclectic
Leather Crafting

11:30a

Rock Eagle Canteen Open

Closes at 1:30p
Sutton Hall

11:30a

Lunch

Dining Hall C/D

FRIDAY

1:30p-
2:30p



Youth Adult Partnerships

Barbara Byers & Linda Semon, North Carolina



Build The Change: Using Legos as a Tool to Teach Biodiversity and Climate Change

Sandy Hernandez, Florida



1:30p-
3:00p

The Power of the 4-H Experience: How Volunteers Can Make Life-Long Impact on 4-H Members

Ken Culp, III, Kentucky

Wildlife 1



Wildlife Habitat Education Program: Teach the Teacher

Roger Clark, Tennessee

Wildlife 2



Exploring the "E" in STEM!

Abigail Phillips & Ashley Burns, South Carolina

Wildlife 3



Diversity, Equity, and Inclusion in Your 4-H Programming

Monica Benjamin, North Carolina

Wildlife 4



Gnomes, Gnomes, Everywhere

Kristen Khlifi, Georgia

Gas 1



Find Your LifeSmarts Spark!

Cheryl Varnadoe, Clayton Adams & Amanda Adams, Georgia

Gas 2



3:00p

Networking Break & Exhibits

Sutton Back Hall

3:30p-
4:30p



Engaging Volunteers Meaningfully by Centering Motivation, Needs, and Skills

Scarlett Kingsley, Oklahoma



Coming of Age: Seeing 4-H Through Graphic Design

Liz Taylor, Oklahoma



FRIDAY

3:30p-
5:30p

Real Colors: Understanding Preferences & Impacts

Harriett Edwards, North Carolina



Project Wild

Becky Roberts & Nicole Black, Oklahoma
Wildlife 2



Tennessee 4-H Curriculum Teams: Healthy Living & Global Connections

Lynn Middleton, Brigitte Passman, Erin Ortiz, & Lori Gallimore, Tennessee
Wildlife 3



G.R.O.S.S. STEM

Sonya Jones & Holly Goss, Georgia
Wildlife 4



The Art of Paper Quilling

Sandy Hernandez, Florida
Gas 1



Perfectly Imperfect: Art, Identity & Perspectives Build Empathy

Marlena Griesse, Colorado
Gas 2



Canoeing on the Lake

Rock Eagle Environmental Education Staff
Canoe Docks - Bridge



Natural History Museum

Self-guided tours



6:00p

Dinner

Dining Hall C/D

4-H Military Partnership Dinner

Clover Room

7:00p

I Thought I was a People Person until I Started to Work with People

Lisa Smartt

Sutton West & Online

8:00p

BINGO

Sutton East

Auction Tickets on Sale

Sutton West

Campfire to follow (around 8:45p)

Campfire Ring 3

SATURDAY

7:30a

Breakfast

Dining Hall C/D

SATURDAY

8:30a-
10:00a

Exploring Ohio 4-H Cloverbud Resources

Christy Millhouse & Rebecca Supinger, Ohio
Wildlife 1



Welcome to the Hive

Patricia Whitener, Emilee Elinburg, &
Jill Kreiman, South Carolina
Wildlife 2



Finding Your Spark with Science

Barbara Byers, Linda Semon, & David
Semon, North Carolina
Wildlife 3



Food Challenge: Not Just a Cooking Contest

T'Neil Williams & Ann Rogers, Georgia
Wildlife 4



Coming of Age: Seeing 4-H through Graphic Design

Karla Knoepfli, Oklahoma
Gas 1



Finding Contentment in a Discontent World

Lisa Smartt, Tennessee
Gas 2



10:30a-
11:30a



Communicating with Ease through Curious Conversations

Kirsten Cowan, Maryland



Social-Emotional Learning in your 4-H Program

Monica Benjamin, North Carolina



10:30a-
11:30a

4-H Expressionist

Brigitte Passman, Tennessee
Wildlife 1



The Art & Science of Soil

Rosemary Martin-Jones, South Carolina
Wildlife 2



Integrating STEM into 4-H Cloverbuds Programming

Christy Millhouse & Rebecca Supinger, Ohio
Wildlife 3



How to Prepare for Textile & Arts Camps

Barbara Nuckols & Juanita Mills,
Tennessee
Gas 1



Leather Feather Trifecta

Lori Barnett & Larissa Mason, Oklahoma
Gas 2



SATURDAY

11:45a

Lunch

Dining Hall C/D

Words from the Wise Lunch

Invitation Only

Clover Room

1:15p-
2:15p

Grab and Go Lessons for Cloverbuds

Sarah Jones, Louisiana
Wildlife 1



Release Your 4-H'ers Wild Side

Julie York & Lisa East, Texas
Wildlife 2



Love You From My Head to My To-Ma-Toes

Kari White & Robyn Elswick, Tennessee
Wildlife 3



Upcycled Denim Feather Earrings

Karen Smith & Karen Nelms, Tennessee
Gas 1



Watercolor Mindfulness

Jenny Jordan, North Carolina
Gas 2



2:30p

Ice Cream Bar Break

Sutton

Rock Eagle Canteen Open

Closes at 4:30p

Sutton Hall

3:15p-
4:15p

Entrepreneurship & Market Place

Lori Barnett, Oklahoma
Wildlife 1



4-H Potato Judging Contest

Robin Oberdorf, Alexandria Armstrong &
Barb Frank, Pennsylvania
Eric Elliasen, South Carolina
Wildlife 3



Southern Biscuits

Betty Osgood, Doris McGougan, & Dot
Weston, South Carolina
Kris Khlifi, Georgia
Gas 1



Up In Smoke

Carla Lindsey & Robyn Elswick, Tennessee
Wildlife 2



SATURDAY

3:15p-
4:15p



The Session to Make Coaching
a Land Judging Team Clear
as Mud

Bethany Wolters, Tennessee



Perfectly Imperfect: Art,
Identity & Perspective to Build
Empathy



Marlena Griesse, Colorado

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



SAVE THE DATE
OCTOBER 3-6, 2024



MANDY MARABLE

Mandy Marable is a 21-year member of the Georgia 4-H State Staff. She serves as the state curriculum and staff development specialist, ensuring that Georgia's curricula and resources align with state standards and best practices in positive youth development. Mandy is Georgia 4-H's Positive Youth Development Champion, recently completing her second year as a member of the Thrive Champion Network.



LISA SMARTT

Lisa Smartt is a 59-year-old woman who loves to laugh. She's written several books and traveled as a motivational speaker. But she struggles to motivate herself to clean out the hall closet or eat more green leafy vegetables. She's been married to the love of her life for 35 years and has two adult sons and one daughter-in-law. Her greatest desire is to love and encourage people amid a sometimes painful and difficult world.

GEORGIA 4-H CLOVERS & COMPANY



Georgia 4-H Clovers & Company has entertained audiences and created stars for over 30 years. Grammy-winning artists Hillary Lindsey and Jennifer Nettles call themselves former Clovers, as do Nashville's newest rising stars, Hannah Dasher and Calista Clark. Join us in the auditorium Saturday night for the first show of the new season.

SESSION DESCRIPTIONS

FRIDAY, SEPTEMBER 29

8:30a - 9:30a

4-H Thrive in 45

Mandy Marable, Georgia

Sutton East

KEYNOTE

4-H Thrive in 45 (minutes) offers a quick survey of the 4-H Thriving model. What is the model, and why should I, as a volunteer, want to understand it? The model is the theory of change for positive youth development in 4-H, which means it illustrates the process of positive youth development in the programs we offer. High-quality 4-H program settings provide youth a place to belong, matter, and explore their personal spark. These high-quality settings encourage the growth of developmental relationships that express care, challenge growth, and share power. This interactive session introduces the foundational components of the model known as the developmental context: sparks, developmental relationships, engagement, and belonging. Through reflection, discussion, and small group engagement, participants will connect the theory of the model with their 4-H volunteer experiences. Pipe cleaners, modeling clay, markers, and scissors are guaranteed to transform theory into application as we learn why 4-H youth Thrive!

FRIDAY, SEPTEMBER 29

10:00a - 11:30a

How to be the Volunteer Your Extension Agent Wants

Dee Wloters & Gregg Hensley, Tennessee.

Wildlife 1

CLUB

Being a good volunteer is more than just a warm body. Gregg and Dee share insight from over 50 years of combined volunteer experience with TN 4-H in the workshop. No one volunteers in a vacuum. We all work with extension agents and 4-H members, parents, and other stakeholders. As a volunteer, how you work with these people makes a difference in the event's success. Join us to explore ways to be a more effective and efficient 4-H volunteer.

Tracking Wildlife

Alana West, South Carolina

Wildlife 2

OUTDOOR ED & STEM

Tracking Wildlife is a fun and hands-on way to expose youth to animals they might not happen upon or know much about. This session will take participants through a stand-alone Tracking Wildlife lesson that utilizes a slideshow complete with sounds, animal pelts, and track casts, in addition to outlining how this lesson can be used as part of a larger set of lessons for a curriculum or camp, or even as a pared-down display for a career fair. Join us for some furry, hands-on time with the lions and tigers and bears. Just kidding about the lions and tigers

Thriving Through CS Education - Unplugged

Ashley Burns & Abigail Phillips, South Carolina

Wildlife 3

STEM

Spark your interest in computer science (CS) education with these easy, engaging "unplugged" activities. No computers or special equipment are needed to incorporate the concepts and learning objectives into your 4-H club, camps, or workshops. Crafts, games, and puzzles spark learning and develop key skills in a context that can set youth on a trajectory to thrive! In this workshop, we will connect the 4-H Thriving Model to CS Education by connecting CS content-based activities with the developmental context of sparks and belonging. Learn with us and take away some ready-to-use resources!

Partnering with Summer Reading Programs through Schools

Laura Black Venegas, South Carolina

Wildlife 4

CLUB

Partnering with your local school district to promote and provide 4-H classes for students attending Summer school and Summer Reading programs. This 4-H program provides hands-on lessons highlighting and promoting 4-H through each program area. We will discuss lesson ideas and the layouts of the 4-week course and do some of the hands-on lessons.

WORKSHOP DESCRIPTIONS

FRIDAY, SEPTEMBER 29

10:00a - 11:30a

Leather Crafting

Marsha Rider, Georgia
ARTS

Gas 1

Unlock your creativity with our Leather Key Chain Making Class! Join us for a hands-on experience that transforms a simple piece of leather into a personalized accessory you'll cherish for years to come. Whether you're a beginner or an experienced crafter, our expert instructors will guide you through the art of leatherwork, teaching you essential techniques and providing all the materials you need. Discover the satisfaction of crafting your own unique keychain, perfect for gifting or keeping as a stylish addition to your everyday essentials.

Social-Emotional Learning in your 4-H Program

Monica Benjamin, North Carolina
HEALTHY LIVING

Gas 2

Social-emotional learning (SEL) is developing the self-awareness, self-control, and interpersonal skills vital for school, work, and life success. People with strong social-emotional skills can better cope with everyday challenges and benefit academically, professionally, and socially. This workshop will review the 5 competencies of SEL and provide resources and best practices to take back to your program.

FRIDAY, SEPTEMBER 29

1:30p - 2:30p

Youth Adult Partnerships

Barbara Byers & Linda Semon, North Carolina
CLUB

Virtual

Do you work with teens in a leadership position? Is it a good working relationship? Join us to spark your ideas and ignite a fire for youth-adult partnerships. Participants will engage in open dialogue as we explore how to foster meaningful connections between youth and adults.

Build the Change: Using LEGOS as a Tool to Teach Biodiversity and Climate Change

Sandy Hernandez, Florida
STEM

Virtual

Dealing with the effects of our changing climate and environment is one of the key challenges that our 4-H youth will face. This project offers young learners a way to gain hands-on knowledge about how climate change affects a range of species as they create their own solutions to environmental challenges and debate and discuss their ideas. Any materials can be used in the creative sessions, from pen and paper to cardboard to LEGO® bricks, as long as they allow creative young minds and hands to devise solutions to the pressing real-world challenges presented in the sessions. You will learn how to deliver this program in a community club, school enrichment program, or even hybrid (live and virtual) setting.

FRIDAY, SEPTEMBER 29

1:30p - 3:00p

The Power of 4-H Experience: How Volunteers Can Make a Life-Long Impact on 4-H Members

Ken Culp, III, Kentucky
CLUB

Wildlife 1

A research study was conducted to determine the impact that 4-H participation makes on youth across the lifespan. While one year of 4-H participation made an impact, 10 years was ideal. The delivery methods making the greatest impact were clubs and camps. The most effective programming impacting 4-Hers during adulthood was developing communications skills, developing leadership skills, and participating in community service activities. (Community or project club programming is the delivery method most likely to incorporate all three.) Participants will learn strategies to incorporate these three (communications, leadership, and community service) into every 4-H experience and activity, thereby increasing the impact of 4-H.

WORKSHOP DESCRIPTIONS

FRIDAY, SEPTEMBER 29

1:30p - 3:00p

Wildlife Habitat Education Program: Teach the Teacher

Roger Clark, Tennessee
OUTDOOR ED & STEM

Wildlife 2

Learn how to teach students about the amazing things that live outside their back door. This is a judging team contest that students can compete in at the local level all the way to the national level. You will learn how to coach 4th-12th grade students on the Wildlife Judging Contest. This contest is based on the Wildlife Habitat Education Program or WHEP that State Extension Wildlife Specialists write and update frequently. The WHEP Program can be taught indoors or outdoors.

Exploring the E in STEM

Abigail Phillips & Ashley Burns.
STEM

Wildlife 3

Engineering is for everyone! Join us as we explore the "E" in STEM during this hands-on STEM workshop. The engineering design process is a series of steps used to solve a problem or improve a product. This process emphasizes open-ended problem-solving and encourages students to learn from failure. Engineering-related activities are a great way to nurture 4-H members' problem-solving skills, help them see the benefits of teamwork, and place them at the center of their learning. Participants in this workshop will learn how to teach 4-H members to use the engineering design process to solve everyday problems through exciting and affordable STEM lessons.

Diversity, Equity & Inclusion in Your 4-H Program

Monica Benjamin, North Carolina
HEALTHY LIVING

Wildlife 4

DEI (Diversity, Equity, and Inclusion) is a phrase that has become increasingly popular as our country works to become better for all who live here. By celebrating diversity, promoting equity, and creating an inclusive environment in our 4-H programming, we can prepare participants and their families to be global citizens in a diverse world. This workshop will cover the meanings of Diversity, Equity, and Inclusion and how you can provide your club families a sense of belonging while cultivating a diverse and inclusive environment. You will leave this workshop with dozens of best practices to apply to your club immediately.

Gnomes, Gnomes, Everywhere

Kristen Khlifi, Georgia
ARTS

Gas 1

Love seeing those cute little gnomes everywhere. Well, come to class and make two adorable gnomes for your house. In this class, you will make two adorable door hangers for fall and Christmas. You don't need a wreath for your door. These gnomes will be more than happy to greet all your guests.

Find Your LifeSmarts Spark!

Cheryl Varnadoe, & Clayton Adams, Georgia.
CLUB & Health

Gas 2

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

WORKSHOP DESCRIPTIONS

FRIDAY, SEPTEMBER 29

3:30p - 4:30p

Engaging Volunteers Meaningfully By Centering Motivation, Needs & Skills

Scarlett Kingsley, Oklahoma
CLUB

Virtual

This workshop will introduce the volunteer skills assessment tool as a practical way of moving beyond the mantra of "recruitment and retention" towards more meaningful engagement that centers on what a volunteer hopes to get from their experience with an organization and what roles and needs organizations hope volunteers will fill while making use of valuable skills volunteers have.

Coming of Age: Seeing 4-H Through Graphic Design

Karla Knoepfli & Liz Taylor, Oklahoma
ARTS

Virtual

4-H provides many opportunities to develop confidence and effective communication skills. The life skill of communication is about conveying thoughts, ideas, and information. Graphic design is a form of communication used in posters, displays, flyers, digital presentations, photography, video, logos, t-shirts, web design, and so much more! Content will be founded on 10 lessons in the Ohio State 4-H Youth Development curriculum "Seeing Through Graphic Design." Return home better prepared to help 4-H members see the importance of graphic design in society and in mastering their skills to become better communicators.

FRIDAY, SEPTEMBER 29

3:30p - 5:30p

Real Colors: Understanding Preferences and Impacts

Harriett Edwards, North Carolina
CLUB

Wildlife 1

Ever wonder why some people just make you crazy with their organization (or lack of it!)? Have you ever watched in amazement as co-workers do things that don't make sense to you? Learn about what you do that makes them crazy, too! This session includes your opportunity to complete a personal assessment to learn how the "color" of your personality impacts your actions and the people around you. It's always fun and can be applied to every facet of life. Join us to learn about your personal color palette as you gain insights into relationship successes and challenges at work and at home.

Project Wild

Becky Roberts & Nicole Black, Oklahoma
OUTDOOR ED & STEM

Wildlife 2

Project WILD allows you to bring together children and animals, nature, and knowledge. It's a winning combination that generates curiosity, captures interest, and unleashes the natural instinct in children to learn. Hands-on activities give life to textbook pages and allow you to creatively teach about the outdoors within core subjects such as science, math, social studies, and language arts. Project WILD materials support STEM learning and instruction for pre-K through grade 12 students.

Tennessee 4-H Curriculum Teams: Healthy Living & Global Connections

Lynne Middleton, Brigitte Passman, Erin Ortiz, & Lori Gallimore, Tennessee
HEALTHY LIVING

Wildlife 3

Tennessee 4-H Curriculum Development Teams have been working for nearly two years on creating lessons focusing on 1) Healthy Living and 2) Global Connections. The lessons have been written for agent and volunteer use with 4-H clubs or project groups. The Healthy Living lessons include content and activities on emotional, physical, environmental, social, intellectual, occupational, and financial health. The Global Connections lessons include content and activities on nationalities, culture, geography, DEI, team building, and stereotypes. Participants will engage in hands-on activities, learn new skills, and take home fun and innovative lessons to teach their 4-H members.

WORKSHOP DESCRIPTIONS

FRIDAY, SEPTEMBER 29

3:30p - 5:30p

G.R.O.S.S. STEM

Sonya Jones & Holly Goss, Georgia
STEM

Wildlife 4

In 4-H, where we encourage curiosity, hands-on learning, and questioning to understand, why not make things a little G.R.O.S.S. (Getting Real with Outrageously Strange Science)? Learn about the human body and bugs and discover the science behind gross bodily functions and strange behaviors. Also, learn about food and its environment and explore all the amazing science behind what we eat, how it grows, and the chemical and physical changes that occur in our food!

The Art of Paper Quilling

Sandy Hernandez, Florida
ARTS

Gas 1

Paper Quilling is an art form that involves rolling and gluing thin paper strips and arranging them to form designs. It is an older art form dating back to the Renaissance. Monks and nuns would roll paper into ornate designs to decorate book covers. It became popular in America during colonial times. Participants will learn the basics of paper quilling and learn how to facilitate this project and incorporate it into a SplN Club or integrate it into a 4-H Expressive Arts Club.

Perfectly Imperfect: Art, Identity & Perspectives to Build Empathy

Marlena Griesse
ARTS & HEALTHY LIVING

Gas 2

Create your own artwork as you explore how our identities influence our art and worldview! This workshop will feature a hands-on art project, sample video and discussion, and information on how to use Perfectly Imperfect in your 4-H club or program. Perfectly Imperfect is a 12-hour curriculum for 7th-12th graders that highlights six Hispanic artists in video interviews as they talk about their lives, identities, and art; teaches design elements and color theory; uses art prompts anybody can do, using affordable "imperfect" materials; engages youth in critical thinking about their own identities and how they influence perspectives; builds empathy for how others' different identities may influence their perspectives in different ways.

Canoeing on the Lake

Rock Eagle Environmental Education Staff
OUTDOOR ED & STEM

Canoe Docks (Bridge)

Enjoy Rock Eagle Lake and its nature as you paddle across the water. Rock Eagle Environmental Education staff will be on hand for quick instructions before sending pairs to enjoy the tranquility of Rock Eagle. Participants may paddle for as long as they want during class time.

Natural History Museum Self-Guided Tour

STEM

Diane Davies Natural History Museum

Learn more about the area surrounding Rock Eagle 4-H Center, from the effigy mound to the homesite and farms that pre-date the 4-H Center. The museum includes exhibits exploring the region's natural history and the area where Rock Eagle 4-H Center was built nearly 75 years ago. The tour is self-paced, and you may stop for any portion of class time to explore.

FRIDAY, SEPTEMBER 29

7:00 p

I Thought I Liked I was a "People Person" until I Started Working with People

Lisa Smartt
KEYNOTE

Sutton East

Why doesn't everyone think like me? Why do certain people bring my evil twin to life? What can I do to keep from committing a felony crime against an aggravating co-worker or family member? Take heart. You are not alone. Sometimes, it helps to laugh about our interaction with others while journeying toward practical solutions that have stood the test of time.

WORKSHOP DESCRIPTIONS

SATURDAY, SEPTEMBER 30

8:30a - 10:00a

Exploring Ohio Cloverbud Resources

Christy Millhouse & Rebecca Supinger, Ohio
CLUB

Wildlife 1

You volunteered to be an advisor for Cloverbuds. Now, what do you do? Ohio 4-H Cloverbud Design Team members Christy Millhouse and Rebecca Supinger will introduce you to Ohio's Cloverbud resources. From the Big Book of 4-H Cloverbud Activities to Clover Cubes to Reading Adventures, you will find tools to help you provide fun, educational activities for your youngest 4-H members. Explore the resources and try activities in this interactive session. You will leave with activities that you can take back and use in your club.

Welcome to the Hive

Patricia Whitener, Emilee Elingburg, & Jill Kreiman, South Carolina
OUTDOOR ED, STEM & CLUB

Wildlife 2

This workshop is designed to share collaborative best practices and first-hand perspectives of Extension agents, Volunteers, and Community Partners. These relationships are part of the developmental context of 4-H programs in the 4-H Thriving model of youth development. Using the Henderson Meadow Interpretive Pollinator garden project as a case study, this session highlights the practices that made this project successful: empowering volunteers, sharing power and providing youth a voice, providing support, expanding possibilities, and engaging community partners. The Bee A Friend to Pollinators online course will be one of many resources shared with participants.

Finding Your Spark with Science

Barbara Byers, Linda Semon & David Semon, North Carolina
STEM

Wildlife 3

Not sure how to get kids interested in science activities? Science is a dynamic and fascinating way of exploring the mysteries of the universe, but it can also be intimidating. This interactive workshop is designed to help you ignite your 4-H's curiosity and nurture your love for science in a fun way.

Food Challenge: Not Just a Cooking Contest

T'Neil Williams & Ann Rogers, Georgia
HEALTHY LIVING

Wildlife 4

You have canned chicken, a carrot, a tomato, and Greek yogurt. What are you cooking to feed your family of 4? You only have 45 minutes until Little Billy's soccer practice. You better hurry to feed them. This is What Food Challenge can prepare you for. What is Food Challenge? Think Chopped and more! Food Challenge teaches youth how to plan, budget, and prepare a healthy meal with secret ingredients. Oh, and there is a time limit! The participants can be very picky eaters, non-chefs, burn water, have no interest in cooking, or junk food junkies, and you will have them turned into foodies before the competition starts.

Coming of Age: Seeing 4-H Through Graphic Design

Karla Knoepfli & Liz Taylor, Oklahoma
ARTS

Gas 1

4-H provides many opportunities to develop confidence and effective communication skills. The life skill of communication is about conveying thoughts, ideas, and information. Graphic design is a form of communication used in posters, displays, flyers, digital presentations, photography, video, logos, t-shirts, web design, and so much more! Content will be founded on 10 lessons in the Ohio State 4-H Youth Development curriculum "Seeing Through Graphic Design." Return home better prepared to help 4-H members see the importance of graphic design in society and in mastering their skills to become better communicators.

WORKSHOP DESCRIPTIONS

SATURDAY, SEPTEMBER 30

8:30a - 10:00a

Finding Contentment in a Discontent World

Lisa Smartt

Gas 2

HEALTHY LIVING

Is it possible to live in freedom and contentment in a culture that uses phrases like "starter home" and "you deserve more?" Can satisfaction and rest be found despite trying circumstances? I find that people (myself included!) experience real struggles with contentment. Let's embark on a humorous journey together through our current culture and learn how to find true rest from past generations.

SATURDAY, SEPTEMBER 30

10:30a - 11:30a

Communicating with Ease through Curious Conversations

Kirsten Cowen, Maryland

Virtual

CLUB & HEALTHY LIVING

How can you provide effective communication and transformative leadership in an ever-changing world? It will provide steps on using curious conversation and deep listening to engage and build trust and mutual respect, all while developing a deeper understanding of the why behind youth and family's actions. We will explore how to inspire collaboration and strategically find common ground to achieve meaningful change and growth in existing or new clubs/units. We will utilize discussion, scenarios, and an interactive puzzle exercise to explore the difference between assumptions, bias, and research-based facts.

Social-Emotional Learning in your 4-H Program

Monica Benjamin, North Carolina

Virtual

HEALTHY LIVING

Social-emotional learning (SEL) is developing the self-awareness, self-control, and interpersonal skills vital for school, work, and life success. People with strong social-emotional skills can better cope with everyday challenges and benefit academically, professionally, and socially. This workshop will review the 5 competencies of SEL and provide resources and best practices to take back to your program.

4-H Expressionist

Brigitte Passman, Tennessee

Wildlife 1

CLUB & ARTS

4-H Expressionist is a project group led in Tipton County, Tennessee, by our local Art League. The purpose is to share the love of fine arts with youth and increase knowledge of using various art mediums. During our workshop, participants will see sample meeting agendas, topics covered, and teaching strategies used and have the chance to make their own masterpieces.

The Art & Science of Soil

Rosemary Martin-Jones, South Carolina

Wildlife 2

OUTDOOR ED, STEM, ARTS

Do you know what's really beneath your feet? Soil (not dirt) not only sustains life and is the source of most of our food but can also be an art medium! This session provides resources for teaching youth the basics of soil science and includes a lesson on painting with soil. Participants will leave with their own soil masterpieces.

Integrating STEM into 4-H Cloverbud Programming

Christy Millhouse & Rebecca Supinger, Ohio

Wildlife 3

STEM

Research shows that incorporating STEM into early childhood/elementary programming benefits the future success of those young people. STEM encourages curiosity and instills thinking skills. The 4-H Cloverbud Program is an ideal place to introduce the concepts of STEM, one of National 4-H's mission mandates. This session reinforces the reason for including STEM with Cloverbud programming, sharing available resources, and providing hands-on exploration.

WORKSHOP DESCRIPTIONS

SATURDAY, SEPTEMBER 30

10:30a - 11:30a

How to Prepare for Textile and Arts Camp

Barbara Nuckols & Juanita Miles, Tennessee
ARTS

Gas 1

During this workshop, you will learn how to plan and organize a one to three-day youth camp. Youth will learn about different ways textiles can be used to create works of art. Each person in this session can create a work of art to take home with them.

Leather Feathers Trifecta

Lori Barnett & Larissa Mason, Oklahoma
STEM, ARTS & HEALTHY LIVING

Gas 2

Combine STEM, Healthy Living, and Expressive Arts into a Leather Feather. We will discuss a little Native American history about feathers, create a Chemistry solution that anyone can use, talk about suicide prevention, and paint a leather feather. The final product can then be entered in the fair, used as a charm, or donated to a National Suicide Awareness Display in Oklahoma. Workshop materials will make this idea easy to share with your local and state clubs for a STEM, Healthy Living, and/or even Civic Engagement activity.

SATURDAY, SEPTEMBER 30

1:15p - 2:15p

Grab & Go Lessons for Cloverbuds

Sarah Jones, Louisiana
CLUB

Wildlife 1

For the club leader who is busy and on the go, this session will provide help for those days when you have not had time to plan for your meeting. We will learn about grab-and-go lessons, and everyone will leave the session with their own grab-and-go lessons to take home and use in their own club meetings or share with others.

Love You From My Head to My To-Ma[Toes

Kari White & Robyn Elswick, Tennessee
OUTDOOR ED & STEM

Wildlife 2

Love You From My Head to My To-Ma-Toes is a class all about tomatoes! It will include suggestions and basics on how to grow fair-winning tomatoes for your county fair. Participants will plant their own tomato seeds and learn how to make their own tomato powder for home recipe use.

Release Your 4-H'ers Wild Side

Julie York & Lisa East, Texas
OUTDOOR ED

Wildlife 3

This workshop will be focused on planning and implementing an outdoor education-inspired camp. Get the tips, tricks, and what not to do from agents and volunteers who have conducted them in their counties. Hands-on activities and materials will be available to take back to your county.

Upcycled Denim Feather Earring

Karen Smith & Karen Nelms, Tennessee
ARTS

Gas 1

Sew a pair of upcycled denim feather earrings! Sewing on this project is very minimal, so if your sewing skills are not top-notch, OR if you have advanced sewing skills, come on and create with us! This project would be great to take back to your creative arts and design project groups, your sewing project groups, or to ANY group with a couple of 4-H members (or Volunteers) who can sew a zig-zag stitch on a sewing machine. This project would be ideal as a service project to share with women's groups, cancer patient groups, or teens.

WORKSHOP DESCRIPTIONS

SATURDAY, SEPTEMBER 30

1:15p - 2:15p

Watercolor Mindfulness

Jenny Jordan, North Carolina
HEALTHY LIVING & ARTS

Gas 2

Watercolor painting can relax the mind and body to help relieve stress. There are soothing properties in dipping a brush in water, adding color, and letting it flow across the paper. The colors and designs created help release emotions without saying a word. Enjoy an hour of focused, mindful techniques while we use watercolor to relax. No painting skills are required!

SATURDAY, SEPTEMBER 30

3:15p - 4:15p

The Session to Make Coaching a Land Judging Team Clear as Mud

Bethany Wolters, Tennessee
STEM

Virtual

4-H Land Judging is a fun and rewarding experience for coaches and students alike, but many agents, volunteers, and students are unfamiliar with this contest. You will learn the benefits of participating and what happens during the contest. Then, we will have a mini-lesson on some basic concepts from soil science that beginner coaches and judges need to know and how to use soil information to decide which lands would be suitable for farming or building a home. The last topic will be how to prepare for land judging team practices and hear tips from another beginner coach. We will not be able to cover everything you need to know, but you will have the knowledge to go home, dig in, and get your hands dirty with land judging.

Perfectly Imperfect: Art, Identity, and Perspectives to Build Empathy

Marlena Griesse, Colorado
HEALTHY LIVING & ART

Virtual

Create your own artwork as you explore how our identities influence our art and worldview! This workshop will feature a hands-on art project, sample video and discussion, and information on how to use Perfectly Imperfect in your 4-H club or program. Perfectly Imperfect is a 12-hour curriculum for 7th-12th graders that highlights six Hispanic artists in video interviews as they talk about their lives, identities, and art; teaches design elements and color theory; uses art prompts anybody can do, using affordable "imperfect" materials; engages youth in critical thinking about their own identities and how they influence perspectives; builds empathy for how others' different identities may influence their perspectives in different ways.

Entrepreneurship and Market Place

Lori Barnett, Oklahoma
CLUB

Wildlife 1

Provide your Entrepreneurship project members with a marketplace opportunity. Learn the pitfalls and shortcuts to a successful Market. Use the ESI Entrepreneurship Curriculum to educate your members to ensure a successful Market. Learn the best practices to engage members, get participants from all project areas, and entice buyers.

4-H Potato Judging Contest

Robin Oberdorf, Alex Armstrong, &
Barb Franck, Pennsylvania, Eric Eliassen, South Carolina
STEM

Wildlife 3

Are you looking for a new Judging contest? Potato Grading is a fun and interesting contest where 4-H youth learn about judging different potato grades and identifying defects. 4-H'ers compete in teams or as individuals in 3 different stations in this contest hosted by the Pennsylvania Farm Show. Potato grading is a social activity, a friendly competition, and it's weird! This session will cover the potato grading curriculum and contest rules, and we will try some hands-on potato grading for fun—and team building.

WORKSHOP DESCRIPTIONS

SATURDAY, SEPTEMBER 30

3:15p - 4:15p

Up In Smoke

Carla Lindsey & Robyn Elswick, Tennessee

Gas 1

OUTDOOR ED

Teach the teacher - provide ideas on instructing grilling teams on fire safety, food safety, storage requirements, and preventing cross-contamination—emphasizing the important life skills of decision-making, healthy lifestyle choices, and team building!

Southern Biscuits

Betty Osgood, Doris McGougan, & Dot Weston, South Carolina, Kristen Khlifi, Georgia. Gas 2

HEALTHY LIVING

Are you looking for a bread workshop project? Making Southern Biscuits is a fun and educational activity that can be taught in your 4-H club workshop. In this workshop, you will experience making these biscuits hands-on and test-tasting them with special homemade jams!

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:

4-H Military Partnership

National 4-H Council

Coming of Age: Seeing 4-H through Graphic Design

Liz Taylor, Oklahoma

Communicating with Ease through Curious Conversation

Kirsten Cowan, Maryland

Engaging Volunteers Meaningfully by Centering Motivation, Needs, and Skills

Scarlett Kingsley, Oklahoma

Perfectly Imperfect: Art, Identity & Perspectives to Build Empathy

Marlena Griesse, Colorado

You will use your digital pass from conference registration to access the prerecorded content and the recorded virtual workshops. The pass had a direct link. If you cannot locate your conference registration, email 4hvcoss@gmail.com and request a replacement.

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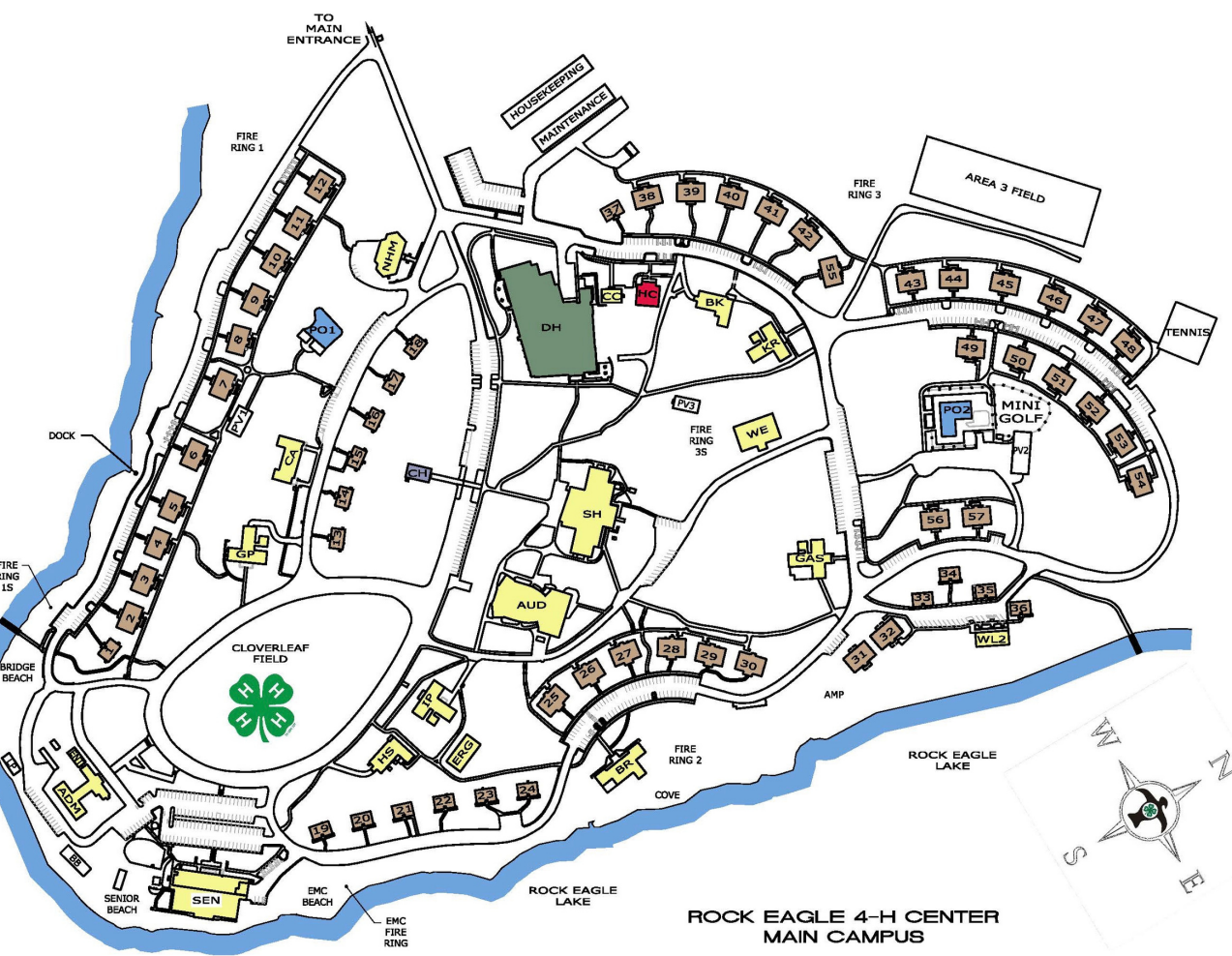
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Your Conference Sparks

Sketches*Words*Thoughts* Ideas to ignite your 4-H Program



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
Pavillon - Pool 2
Pavilion - Area 3
Pavillon - Area 4
Pavillon - 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