



4-H Volunteering:  
A World of Opportunities  
Conference Proceedings

2021

*4-H Volunteering: A World of Opportunities*, a national 4-H volunteer conference, livestreamed sessions September 20– Oct 2, 2021. These sessions along with their accompanied material and a library of prerecorded training are available online through conference registration. All materials are accessible by conference registration level through December 31, 2021

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## Thursday, September 30, 2021

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### Curricula Showcase Webinar

**3:00 p.m.**

Discover three curricula led by 4-H educators. Presenters share an overview of the curriculum demonstrate an activity and discuss possible activities for clubs and afterschool programs. Session includes:

- Learn, Grow, Eat, *Lori Gammill, Texas 4-H*
- Sustainable You! Summer Camp, *Vitaliy Kroychik, Army 4-H Project*
- Youth Emergency Preparedness, *Keri Hobbs, Georgia 4-H*

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## Friday, October 1, 2021

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### LIVE at Rock Eagle

**11:30 a.m.**

Enjoy a quick peek at Rock Eagle 4-H Center, the onsite program, and see who's here and what's happening in the onsite program. Ask questions and get behind the scenes views of the program from the participants as it happens. A fun sneak peek.

### Interactive Webinar Sessions

**3:00 p.m.**

#### Food, Fun, 4-H

*Cathy Allen, Jessica Nickels, & Kristin Young, Oklahoma 4-H*

Food, Fun, 4-H (FF4H) an approach to engage youth in the development of life skills, preparing and experiencing new foods and spending quality time with their family. This unique program engages youth in grades 3-12, through FF4H educational and recipe packets. Monthly packets contained a theme, background information, two educational skill lessons, four recipes supporting the theme complete with photos, a family physical activity challenge, dinner conversation starters and fair entry ideas. Participants received a monthly box in the mail containing two kitchen utensils utilized in the recipes. Over 700 families donned their aprons, creating recipes and family meals shared over the dinner table.

#### Citizen Science: What It Is & How to Incorporate It into Your 4-H Club

*Bethany Wolters, Tennessee 4-H*

Citizen science projects are collaborative projects between research scientists and the general public, who help scientists to answer questions that are too big for a few people to solve. We will learn about BudBurst, a citizen science project about the data of plant flowering or fall leaf color change and how the dates are changing compared in historical records. There will be an interactive mini-plant science lesson to learn the plant science knowledge needed to collect data for the BudBurst project that attendees can teach to their clubs. The workshop will conclude with a discussion about STEM citizen science projects and how to incorporate citizen science projects into 4-H clubs.



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**Saturday, October 2, 2021**

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**Interactive Webinar Session**

**10:00 a.m.**

**Tips & Tricks for Engaging Kids in Cooking Experiences**

*Casey Ford, Arkansas 4-H*

Young adults that are proficient in basic cooking skills are better able to lead a healthier, more independent, and more financially sustainable lifestyle. Additionally, cooking experiences allow youth of all ages to practice problem solving and math skills, introduces science concepts, and encourages collaboration and teamwork. However, sometimes having a group of kids in the kitchen seems more like chaos than it does fun. In this session learn some tips and tricks for how you can be effective in engaging youth in cooking activities so that they can reap all the benefits and both you and the members can have fun in the process.

**Reconnecting with Teens after a Year Apart**

*Andrew Toelle & Derby Sale, Florida 4-H*

After more than a year of different times, connecting with teens can be more challenging than ever. This workshop will focus on the importance for teens to reconnect with programs, with peers, and with adults. Participants will explore different activities that can be useful for helping teens open up and create (or recreate) a sense of belonging in a group. Activities can be used to build leadership skills, open-up the lines of communication and increase understanding among groups.

**LIVE at Rock Eagle: Lunchtime Social**

**11:30 a.m.**

Enjoy networking with fellow virtual attendees and onsite participants too. LIVE will include small breakout rooms for participants to visit, chat, and get to know each other. Think of this live as the chance to chat with someone over a meal or a snack. This sessions, as an informal get acquainted, will not be recorded and will be open for about an hour for folks to drop-in.

**Interactive Webinar Session**

**2:00 p.m.**

**How to Lead a 4-H Project When You're Not a Subject Expert**

*Dee Wolthers, Tennessee 4-H*

As a 4-H volunteer leader or extension professional, we want to offer programming that matches the desires of the 4-H members. But this can be quite challenging! This workshop will share ideas for planning and executing project groups when you, as the leader, are not a subject expert. We will discuss various programming ideas and scheduling. You will work in a group to develop a sample project group plan. Following the workshop, you will have the tools to lead a project group or judging team even if the material is all new to you.

**Connecting with Generation Z**

*Jenny Jordan, Navy 4-H Partnership, North Carolina*

Young people today have faced incredible circumstances and we are seeing distinct differences in those youth and young adults born post 9/11. During our sessions, we'll spend time identifying some characteristics that are prevalent among this group we call Generation Z and how we can coach and support them in your 4-H programming.



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**Saturday, October 2, 2021**

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**LIVE at Rock Eagle: Auction & Awards**

**8:00 p.m.**

Enjoy being a virtual participant in our annual auction and fun. Watch for your name to pop up as a Golden Ticket winner if you're lucky, see first-hand the evening fun, and enjoy meeting other virtual participants.



**4-H Volunteering: A World of Opportunities**  
**Conference Team**

*4-H Volunteering: A World of Opportunities* is hosted by the 4-H Volunteer Conference of Southern States and led by the Southern Region 4-H Volunteer Advisory Team supported by 4-H faculty and staff in the region.

Barbara Clay, Arkansas  
Linda Crews, Florida  
Cisco Damens, Georgia  
Connie Darden, Mississippi  
Rose Coffee Graham, Mississippi  
Kim Harrison, Arkansas  
Leah Haxton, Oklahoma  
Matthew Hibdon, Tennessee

Matthew Hibdon, Tennessee  
Sarah Jones, Louisiana  
Jill Mahoney, Kentucky  
April McQuaig, Florida  
Linda Semon, North Carolina  
Sue Stulpin, North Carolina  
Lori Thomas, South Carolina  
Dee Wolters, Tennessee

Hope Bragg, Arkansas  
Meggan Franks, Louisiana  
Keri Hobbs, Georgia  
Laura Huebinger, Texas  
Sarah Kotzian, North Carolina  
Chad Proudfoot, Virginia  
Daniel Sarver, Tennessee  
Andy Toelle, Florida

**Leadership Team**

Ashley Burns, South Carolina & Ken Culp, Kentucky, Harriett Edwards & Jenny Jordan, North Carolina  
Mark Mains, Kentucky & The Kentucky 4-H Foundation

