



The 4-H Volunteer Conference
of Southern States
presents

4-H: A PRISM OF POSSIBILITIES

OCTOBER 6-9, 2022

Rock Eagle 4-H Center, Eatonton, Georgia
along with a virtual option

www.4hvcoss.com

Workshop Descriptions

More workshops are being added! Current listings are subject to change in delivery method.



Meat Judging 101

Marianna Behrends, TX
Diedrea Mabry, TX

Looking to start or help coach a meat judging team? We are here to help! The American Meat Science Association will provide participants with 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 when they get back home.



Holiday Workshop Series

Lauren Black-Venegas, SC



Have you ever wondered what to offer to youth while they are out of school around different holidays? The holiday workshop series was created to have youth be able 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.



Virtual Field Trip Series

Alana West, SC



This series of 9 virtual field trips was created for use during times when COVID kept 4-H educators out of schools. However, it has proven to be continually useful, allowing various modes of delivery. Each virtual field trip allows the leader and students to experience a different location through virtual tours and photos. Along the route, they will have access to 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 yourself and learn how to create one for use with your group!

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Preparing teens for out of county events

Dee Wolters, TN

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 level. 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 and Learning

T. Ashley Burns, SC

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 consists of a hands-on learning experience based and should be the longest component. Recreation is an opportunity for group building and can come at the beginning or end of a scheduled meeting. Consistent structure helps members know what to expect, creates a sense of belonging in the club environment, and keeps kids and families coming back.



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

Hope Bragg, AR
Candi Dierenfield, FL

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, 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.

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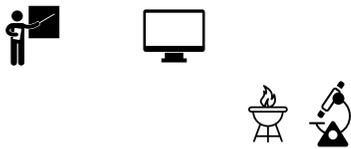


Integrating Instructional Design Principles into 4-H Club Programming

Charles Stamper, Ed.D., KY

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 which 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.



GLOBE Observer Citizen Science Exploring Clouds 4-H Activity Guide

Candi Dierenfield, FL
Jasmine Shaw, AK

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 will use their skills to participate in 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.



Food Forest Gardening

Leann Barber, FL

Introduction to Food Forest Gardening and how it can be used a create community.

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Roots Up - Kids

Dallas Meringolo, FL
Lori Johnson, FL



There is a need for educational programs that both provide an opportunity for participants to feel more connected to local agriculture and encourage the use of nutritious and locally available fruits, vegetables, meat, milk, and eggs. One of the main roles of the Roots Up - Kids is an interactive program designed to educate 4-H youth on research-based information, focusing on food systems related to both production and consumption of local foods.



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

Dr. Mickey Hall, SC

The development of a fertile chicken egg and the 4-H Embryology Project as a model in science education. The do's and don'ts of incubating and hatching fertile chicken eggs and raising these chicks to adulthood.



The Kindness Rock Project

LaDonna L Jones, TN

In this workshop you will be learning about The Kindness Rock Project and painting rocks of your own to share at camp and to take home to share in your own community. We will paint rocks, tag them with a 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.

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Seeing is not Believing - Kaleidoscope

Karla Knoepfli, OK



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



Utilizing Judging Activities as a 4-H Teaching Method

Dr. Ken Culp, III, KY



"Learn by doing" is one of the basic tenets of 4-H. This workshop will present a variety of 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, every-day 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 both community and project clubs.



What Do You See - Photography

Karla Knoepfli, OK



Kids, cameras, and computers 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.

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No sewing quilted ornament

Kristen Khlifi, GA
Gladys Newman, GA
Marsha Ryder, GA



Come learn how to make a awesome quilted look ornament without having to know how to sew. Great project for craft clubs or fund raising project.



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

Cheryl Varnadoe, GA
Sharon Rash, OK
Bea Roberson, OK
Clayton Adams, GA



LifeSmarts, the ultimate consumer challenge & a national 4-H partner, is an educational program/competition that provides teens with knowledge they need to be successful in life in a fun way. Attend this workshop & compete in a fun quiz bowl contest complete 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. Join us for a great time - discover a prism of possibilities with LifeSmarts in your county and state 4-H program!



Cinnamon Twists

Betty Osgood, SC
Doris McGougan, SC
Dot Weston, SC



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, adults leaders or just family baking. Of course the fun and exciting part of this workshop is tasting your masterpiece.

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Project Learning Tree for Southern Forests

Hope Bragg, AR



Project Learning Tree has been providing grab and go lessons focused on trees, ecology, and silviculture that are easy to use with 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.



SPARK up your campfire

Barbara Byers, NC
Linda Semon, NC
David Semon, NC



Do you love a great campfire? Join us in this hands-on workshop to learn about How you can put the SPARKle in your campfire? Just 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 how to use the 5 S's to add a SPARK your campfire. A campfire snack and a craft will add S'More fun to this session!



STEM- Space Quest

Zachary Giblin, TX
Jaden Kelly, TX



STEM- Space Quest is an interactive workshop designed to help educators and volunteers introduce STEM learning in their respected capacity. 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 back to your community!

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How to Incorporate themes into Cloverbud meetings and activities

Sarah Jones, LA

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



Leading with the EXPLORE Texas 4-H Curriculum series

Julie York, TX
Carolyn Tyler, TX

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" model of learning, providing guidance for hands-on exploration & learning.



Ten Leadership Skills 4-Her's Need to Thrive

Karla Knoepfli, OK
Leah Haxton, OK

Thriving your 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.

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U.S Capitol Christmas Tree : A Statewide Project

Sarah Kotzian, Ph.D., NC
Shannon McCollum, Ed.D., NC

Every year, a different national forest is selected to provide a tree to appear on the west lawn of the U.S. Capitol building for the holiday season. In 2022 the tree will come from the National Forests in North Carolina. With a theme of "From the Mountains to the Sea," partnering with the National Forest System in North Carolina was a natural fit with 4-H because of our statewide presence. During this workshop, we will share how North Carolina 4-H partnered with the National Forests of North Carolina and in turn gave our youth the chance to participate in a possibly once-in-a-lifetime opportunity. In this session, we will share what we did, how we did it, the benefits to both organizations, and how you can be involved in future years!



Don't Take The Peanuts : Preparing Youth To Impress Elected Officials

Sarah Kotzian, Ph.D., NC

4-H Citizenship North Carolina Focus brings over 100 teens (ages 13-18) to the state capitol of Raleigh each summer to experience citizenship in action. This is accomplished through a variety of activities to make delegates' local communities and states a better place. Each year, a highlight of the conference is the opportunity to visit the General Assembly and meet with delegates state elected officials. During this workshop, we will share how we prepare youth for this visit, including preparing your story, doing your homework and how to WOW the elected officials - all while not taking all the peanuts.



Georgia 4-H Adventures in Agriculture for High School Students

Kasey Bozeman, GA
Cheryl Poppell, GA
Katie Bowker, GA

Georgia's largest industry is agriculture, with one in seven Georgians working in agriculture, forestry, or related fields. Georgia's climate and rich natural resources allow for practically any crop or animal to be grown/raised successfully somewhere across the state. To offer educational learning opportunities about agriculture to high school youth, a small committee created six agriculture science lesson plans that were taught during the 2022 Senior 4-H Camp. While the lessons were connected to agriculture, the committee worked hard to incorporate other subjects into the activities, including engineering, technology, and computer science. This session shares an overview about the activities and instructions for obtaining the resources.

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STEM TALES: Enhancing 4-H STEM Projects with Reading

Sandy Hernandez, FL



Transform any 4-H STEM Project into an adventure with captivating stories by integrating Children Literacy to your program. To become an accomplished scientist or engineer, one must first develop strong literacy skills. Attract teachers with a more robust 4-H School Enrichment Program. The workshop will show you step by step on how to put together a STEM Literacy program. This program can be adapted in an in-person, hybrid or virtual delivery model.



Service-Learning 101 + Activities, Resources & Mini Grants

Meggan Franks, LA

Service-learning is an effective way to help youth develop leadership skills, participate in volunteer work, and learn about their local community. Participate in this session to learn the basics of service-learning, design an effective service-learning project for your 4-H program, find service-learning resources, and secure service-learning mini-grants.



Utilizing Google Sites as a 4-H Volunteer Resource

Chelsea Woodard, FL

4-H volunteers need access to 4-H policies, forms, and trainings at their convenience. Volusia County 4-H created a private Google Site specifically for 4-H volunteers. This website allows 4-H volunteers to access documents, complete trainings, and find answers to questions from 4-H parents/guardians. Managed by the 4-H agent, this Google Site is a working document. Feedback from 4-H volunteers is encouraged to keep the site updated and effectively meeting the needs of volunteers. In this session, volunteers and professionals will learn the basics of developing a 4-H Volunteer Resource Google Site including: ideas for website format, site pages and subpages, what to add to your "volunteer toolbox," and privacy settings.

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Inspiration for Learning Activities at 4-H Club Meetings

Ashley Burns, SC



The monthly South Carolina 4-H e-newsletter for volunteers, *We CU Volunteer*, includes an activity idea for clubs to use. Each activity is rooted in the Experiential Learning Model. Special attention has been given to identify activities that can be easily conducted on a budget, during a distance-learning or in-person 4-H club setting, and adaptable for multiple age groups. Content spans agriculture, healthy living, leadership, and STEM. Activities from e-newsletters disseminated between January 2019 and July 2022 have been compiled into one comprehensive, printed-bound resource.

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