

# Ohio 4-H Conference



*Greater Columbus Convention  
Center*

*March 9, 2019*



**THE OHIO STATE UNIVERSITY**

COLLEGE OF FOOD, AGRICULTURAL,  
AND ENVIRONMENTAL SCIENCES



# Conference Information

## Full Time Registration

To register for the 2019 Ohio 4-H Conference, complete a registration form and return it to your county Extension office by their deadline. The registration fee is \$40. The cost of parking at the convention center is not included in the registration fee.

## Cancellation Policy

Registration fees will be fully refunded if your cancellation is received by February 9, 2019. No refunds will be available after March 1<sup>st</sup>. Send cancellation requests in writing to: Allen Auck, State 4-H Office, 2201 Fred Taylor Drive, Columbus, OH 43210.

## Educational Programs Registration

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

## Luncheon Options

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

## 4-H Market Place - Silent Auction

The area in and around the **4-H Market Place** will feature, fundraising ideas and promotional materials. The **Silent Auction** will have items that have been collected from across the state, plus door prize drawings. Cash or checks will be accepted for payment. Proceeds from the Silent Auction benefits future conferences.

## Conference Schedule

(Tentative -- subject to change)

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

# Educational Program Choices

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

### 601 Bringing Dancing Back to Camping

**Both**

Line dancing and square dancing have played a big role in camp planning for years. However, it is getting harder to get both campers and counselors out on the dance floor. This workshop will go over different ways to incorporate dancing in your 4-H camp program, teach some older and newer dances, and tips in planning group dances. Participants in this workshop will be dancing themselves, so come prepared to get up and move. Limited to: 100 participants. Presented by: Justin Bower

### 602 Using the Four H's in the Workforce

**Teens**

This presentation will discuss using the four H's- your head, heart, hands and health to enter the workforce. We will discuss the project book, *Am I Ready For Work?* and what employers are looking for in potential employees, through sample resumes and practice interviews. We will also discuss social media do's and don'ts, safety in the workplace and appropriate dress attire for interviews. Limited to: 50 participants. Presented by: Stacey Emmert, Virgil Clayton, and Amber Schneider

### 603 Advisors...You ARE the Hub of the Wheel!

**Adults**

Advisors have a lot of responsibility and sometimes there is so much information that they can be derailed. This workshop will celebrate the role of club advisors, Jr. Fairboard advisors, or 4-H Committee/Council members. Consider the purpose of 4-H, being an ACTIVE advisor, the relationship between advisor and educator, and how to balance it all. Add some tools on club communication, ideas on having efficient 4-H meetings, and staying on track towards positive youth development! Limited to: 100 participants. Presented by: Amy Fleshman

### 604 Quality Assurance Certification for Youth Exhibitors

**Teens**

Do you enroll in a 4-H project that requires completion of a Quality Assurance (QA) session on a yearly basis? If you answered yes, then join this workshop. 90 minutes of great information and hands-on activities will be shared. At the end of the workshop participants will have fulfilled their QA requirement for 2019. Limited to: 50 participants. Presented by: Andrea Rees and Elizabeth (Share) Duling

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

### 101 Ohio 4-H Achievement Form

**Both**

Come see what the Ohio 4-H Achievement Form is all about and how to win state and national trips as well as scholarship money! Learn how to get started, the do's and don'ts, what to include, 4-H story tips, and how to create an eye-catching photo page. You'll walk away with knowledge as well as learn about the new updates to this year's achievement form. Get ready to open a whole new world of 4-H opportunities! Limited to: 100 participants. Presented by: Noor Alshafie and Carson Fulks

- 102 Don't Hate the Player, Hate the Game Both**  
We live in a world where we are playing multiple "games" at any one time, purposely or not. Apps, games, incentive programs, competitions and challenges are all common examples of games people play. Game designers have figured out how to "play" on our basic human motivations. While the influence of games on people's lives receives much negative press, by applying game theory there are ways we can make our reality more interesting and impactful. Learn what makes games so engaging, why people willfully give so much of their time to playing them and how you might apply game theory principles to improve your 4-H program. Limited to: 60 participants. Presented by: Nate Arnett
- 103 Get Ready, Here Comes College! Teens**  
Curious as to what kinds of questions to ask when visiting colleges? Interested in exploring majors that the College of Food, Agricultural, and Environmental Sciences at The Ohio State University has to offer? In this interactive session, teens will learn important information about applying and preparing for college. If you plan to attend college, don't miss out on this session! Limited to: 50 participants. Presented by: Amy Jo Baughman and Krista Scott
- 104 Enhancing Your 4-H Junior Camp: Creative Camp Sessions Both**  
Are you a counselor or camp staff member that would like some new ideas for camper sessions? You will receive ideas for over 50 fun and educational sessions that aren't typically thought of as camp events. Learn how to prepare supplies needed and how to get the most out of the activities. STEM-related, creative arts, cooking and a few more surprise offerings. You will complete activities and take home samples, as well as get a packet of information to enhance your 4-H camp this year. Limited to: 50 participants. Presented by: Kathy Blackford
- 105 Blending Nutrition and Physical Activity Both**  
How can you "blend" nutrition and physical activity? It's easy if you have a blender bike! Ride the 4-H Blender Bike to make some healthy snacks. The Ohio 4-H Health Heroes will engage you in activities to learn about what to eat, how to make healthy choices and how you can spread these healthy living messages. Learn how you can request to use the bike in your county. No bike? No worries! All the recipes can be made in a regular blender too. Limited to: 50 participants. Presented by: Theresa Ferrari, Carol Smathers, Katie Riemenschneider, and 4-H Health Heroes
- 106 Traditional 'Playparty Games' for 4-H Clubs and Camps Both**  
Designed for adults and Jr. Leaders who would like to add some basic dance, mixers, openings and closing activities to 4-H camps, Cloverbud camps, or 4-H meetings. This hands-on session will introduce four easy mixers, three closers, and time permitting, just for fun "tweeners." Limited to: 50 participants. Presented by: William Henderson
- 107 Engaging Globally, Acting Locally – 4-H Around the World Both**  
Three 4-H clubs will share how they are connecting with 'sister' 4-H clubs in Ghana and Nicaragua without leaving Ohio! Come to this session to learn about opportunities available for clubs and youth to learn about and engage locally with new global cultures through 4-H clubs in other countries. This session will also include a sneak peek of activities that will be part of a new project book about 4-H around the world. Limited to: 100 participants. Presented by: Dustin Homan, Kathrine Douglass, Allison Sanders, and Douglas Shore

- 108 The Winning 4-H Plan--Scenarios for Inclusion and Access Both**  
The Winning 4-H Plan provides youth with disabilities access to 4-H programs. Come to this session for a quick review of the Winning 4-H Plan. Use the creativity, inclusiveness and problem solving that 4-H is known for, and work together on several scenarios for accommodating 4-H club members with disabilities. Limited to: 60 participants. Presented by: Laryssa Hook, Laura Akgerman, and Heather Gottke
- 109 10 Minute Science for 10 Club Meetings Both**  
Join Dr. Bob for some fast-paced ten-minute science activities that can be completed over the course of 10 club meetings. These hands-on activities are guaranteed to be fun, engaging, easy on the budget and simple enough for teen leaders and non-science adults to conduct. Participants will take part in variety of activities and receive instructions for using with club members. Take the starch out of club meetings by adding these fun activities to the agenda. Limited to: 50 participants. Presented by: Dr. Bob Horton
- 110 Cloverbuds: Countywide Club Model; Ideas and Inspiration Adults**  
This session will share the model which Union County uses to involve 75-100 Cloverbud age youth in a countywide Cloverbud Club annually, along with examples of club meeting activities and yearly program themes. Our model involves great teen and adult volunteers using unique meeting activities which keep our Cloverbud members excited about being 4-H members. Limited to: 60 participants. Presented by: Christy Leeds
- 111 Creative Flag Ceremonies Both**  
The American flag is a symbol of pride and freedom for all Americans. This presentation will provide attendees with resources to use at 4-H camp and community activities. These resources include music selections, readings and how-to steps. Resources about the 4-H flag will also be included. Limited to: 80 participants. Presented by: Russ Mayer
- 112 4-H Dogs 2019 Both**  
Attend this session to learn what is new in the Ohio 4-H Dog Program. Topics include State 4-H Dog Judges' Seminar, Ohio 4-H Dog Expo, State 4-H Dog Bowl Contest, and the Ohio State Fair Dog Show. Presenters will discuss rule and class changes taking effect in 2019. Committee members will be happy to answer questions during this session. Limited to: 80 participants. Presented by: Lucinda Miller, Barbara Cline, and the State 4-H Dog Advisory Committee
- 113 WAFFLE - Secret Code to Appropriate Conversation and Conduct Teens**  
As a camp counselor, language is important. In this session, participate in activities that challenge you to think about your language and how it will be perceived by your campers. You will leave with tools to work with your counselor team, junior fair board, or teen leaders to implement your own secret code word to hold each other accountable when it comes to appropriate conversation and conduct. \*NOTE: This workshop is rated PG-13 due to mild language. Limited to: 100 participants. Presented by: Amanda Raines, Jami Dellifield, and Hardin County Camp Counselors
- 114 Help Wanted – 4-H Livestock Project and Record Book Designer Both**  
If you could design your own 4-H Livestock Project and Record Book, what would it look like? This is an open forum for youth and adult volunteers to provide input on the direction of future 4-H Livestock Project/Record books. Tell us what you want with regard to format – paper book, computer records, iBook, breeding and market book combined, a collection of pick and choose options that could be put in a three-ring binder. Explore examples and ideas; provide feedback and give us your creative ideas. Limited to: 60 participants. Presented by: Nancy Snook and Jane Wright

- 115 Creative Arts State Fair Style** **Both**  
 This session will cover state fair guidelines regarding Creative Arts projects (*Get Started in Art, My Favorite Things, Scrapbooking, Graphic Design, Cake Decorating, Paper Crafting, Fairy Gardens* and other self-determined creative arts projects). Project expectations and what to expect at the state fair will be discussed. Questions will be welcomed regarding the guidelines and how to "Make the Best Better" when it comes to creative arts projects. Limited to: 60 participants. Presented by: Tammie Strawser
- 116 Open Your World through Ohio 4-H!** **Both**  
 Have you always been excited by the idea of traveling to other countries? Learn what the Ohio 4-H International Program has to offer. Ohio teens can travel to various countries around the world to live with a host family for one or two months. Or, you can host a youth from another country in your own home for one month. You will also receive cross-cultural ideas and materials to use with 4-H members and families throughout the year. Limited to: 100 participants. Presented by: Mary Lynn Thalheimer
- 117 Teen Leadership Road Trip** **Both**  
 Learn how to increase teen leadership participation and skills through a county Teen Leader Exchange program. Teens learn about other communities through exchange programs. This session will share information on the funding, planning and delivery of the program, as well as some of the leadership activities teens can use to increase teamwork and get to know one another. Additionally, teens from the program will be available to share their thoughts and the impact the program had on them. Limited to: 60 participants. Presented by: Jo Williams, Erin Dailey, Kathleen Cole, and Teen Leaders
- 118 2019 4-H Curriculum--New and Revised** **Both**  
 Want to know more about changes to the Ohio 4-H project book lineup? Join us for a brief review of each new and revised publication. You'll hear about projects from many topic areas; animal sciences, clothing and textile science, creative arts, food and nutrition, natural resources, and shooting sports. We're showcasing Project Central and the new Extension Publications e-store too! Limited to: 100 participants. Presented by: Jane Wright

<b>Workshop B - 10:00 - 11:30 a.m.</b>
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- 702 Some Assembly Required** **Both**  
 Get ready to bust out the goggles and lab coats! Join us as we conduct a STEM Cafe offering a sprinkle of all the science disciplines: Physics, Engineering, and Chemistry. Perform hands-on experiments as we show you how to maximize learning while keeping the supply budget low. \*Lab coats not included. Limited to: 25 participants. Presented by: Holly Hogan, Alex Henz, and Alex Ryan
- 703 Real Colors** **Both**  
 Ever wonder why someone just rubs you the wrong way or why you just click with someone? This workshop will use a personality assessment to learn to better understand human behavior, uncover motivators specific to each temperament and improve communication. Participants will gain understanding of personality types, learn to recognize typical personality characteristics and discuss their personality color for better working relationships. Limited to: 50 participants. Presented by: Lisa Siciliano-Miller and Robin Stone

- 704 State Fair Junior Fairboard Interviews** **Teens**  
 Selected finalists will be invited to participate in the selection process for 4-H representatives to the State Junior Fair Board. Workshop is NOT OPEN to all. Attendees by invitation only. Limited to: 50 participants. Presented by: Jo Williams
- 705 Milestone Volunteer Tenure Reception** **Adults**  
 Ohio 4-H volunteers with 40, 45, 50, 55, 60, 65, and 70 years of service will be honored for reaching these impressive milestones in their 4-H career. Individual recognition of these volunteers will highlight a short program. Photos of each tenure group will follow. Volunteers to be honored will receive an invitation from the State 4-H Office for this workshop. Presented by: Jeff Dick

<b>Session 2 - 10:00 - 10:45 a.m.</b>
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- 201 Ohio 4-H Older Youth Opportunities** **Both**  
 Do you feel like you've been involved in 4-H forever? Do you feel like you've done everything possible? Well not so fast! There's more waiting for you! Don't miss out on the amazing things that Ohio 4-H has to offer high-school 4-H'ers. This fast-paced and interactive session will describe all of Ohio older youth opportunities and answer all of your questions. Limited to: 50 participants. Presented by: Noor Alshafie and Ohio 4-H Teen Leadership Council Members
- 202 Outside Your Comfort Zone - 4-H Urban Immersion Project** **Both**  
 Learn about a unique and exciting 4-H travel opportunity that will take place in the fall of 2019. This four-day service learning experience allows 4-H teens to see a different side of Washington DC beyond the tourist and government attractions. Along with doing good deeds of service, youth who go on the trip will experience different cultural events, eat different ethnic foods, and have the opportunity to explore while living in the center of the city. Limited to: 100 participants. Presented by: Steve Brady
- 203 (re)Building a Solid Foundation for 4-H Club Meetings** **Adults**  
 Is your club meeting meaningful? Does it get things accomplished? Does it contain an educational component? Meetings can make or break the enthusiasm of a club. This session will provide volunteers with tools to efficiently and effectively structure 4-H club meetings; resulting in accomplished goals, engaged members and parents and add fun to club meetings. Limited to: 80 participants. Presented by: Alisha Faudie and Ashlee Dietz
- 204 Mary Poppins' Take on Active Advisory Committees** **Adults**  
 Explore how to develop a 4-H Advisory Committee that is "Practically Perfect in Every Way." Mary Poppins quotes and video will be used to breakdown key components of highly functional advisory committees. Tried and true tips and tricks will be shared on how to develop a committed, informed, involved, and capable board. Examine roles, expectations and limitations of an advisory committee's power along with membership guidelines and how to conduct efficient productive meetings. Limited to: 50 participants. Presented by: Katie Feldhues
- 205 Vaping and E-cigarettes: What You Need to Know** **Both**  
 Vaping is the latest teen health epidemic: 3 million school-age children, including more than 600,000 middle school students, have tried vaping. Because e-cigarettes are being promoted as safer than smoking cigarettes for adults who already smoke, teens and adults alike may think that vaping is harmless and may be unaware of the dangers of the higher concentration of nicotine. Come to this session to be armed with the facts and discuss what can be done. Limited to: 50 participants. Presented by: Theresa Ferrari, Katie Riemenschneider, Carol Smathers, and Ohio 4-H Health Heroes

- 206 Career Exploration Workshops for Youth** **Both**  
 How do you know if you like something until you try it? Learn about a program where youth have the opportunity to work directly with professionals for a day. Help youth explore careers such as construction management, automotive technology, firefighting, EMT and paramedic, Ohio Highway Patrol, and Law Enforcement. Come to this session and learn how youth can attend these programs or maybe duplicate this program in your county! Limited to: 100 participants. Presented by: Amanda Forquer
- 207 Using Social Media to Promote Agriculture** **Both**  
 Make a hashtag for your event! This session will help you increase your presence by using different areas of social media to positively promote your fair, fair program, your queen or royalty position, 4-H, FFA, or agriculture programs. Learn how to more effectively use social media to reach a wider audience with your message! Tips, tricks and tried and true methods to really get your message out there will be shared. Limited to: 60 participants. Presented by: Roberta Gallagher, Shannon Gallagher Wingert, and Olivia Orf
- 208 Mini-Buckeye Leadership Workshop** **Both**  
 Buckeye Leadership Workshop (March 20-24, 2019), in its 75th year, is an interactive five days for people of various ages. Session participants will experience games, mixers, music, team building and crafts. Presented by BLW committee members. Limited to: 50 participants. Presented by: William Henderson, Larry Hall, Christy Leeds, and Phil Goerig
- 209 Scrapbooking for Beginners** **Both**  
 Are you just starting to scrapbook? If you are a beginner then this session will teach the history of scrapbooking, some of the common terms used in the hobby, supplies needed for handmade creations, and a brief look at online scrapbooking. Limited to: 60 participants. Presented by: Susan Hogan
- 210 Like Trying to Grab a Cloud** **Adults**  
 Families enroll children in 4-H because we 'do' positive youth development (PYD). However, multiple theories, best practices, competencies, elements, and models convolute PYD. From Cloverbuds to 'finishing' 4-H'ers, techniques for PYD are different based on the ages of youth, but all activities move towards achieving a common mission. Come to this session for a crash course in PYD, learn why our organization needs it for another century of success, and how it can be implemented with 4-H youth. Limited to: 50 participants. Presented by: Dustin Homan, Dr. Scott Scheer, Rebecca Supinger, and Rhonda Williams
- 211 Plan a Local Beginning to Sewing Workshop** **Both**  
 The 2019 4-H State Fashion Board is providing an opportunity for youth to experience simple sewing projects to encourage youth participation in clothing projects. An outline for a Sewing 101 Workshop with lesson plans, simple patterns and planning tools will be shared so that counties can host workshops locally. The workshop is designed for youth with little or no sewing experience. Limited to: 60 participants. Presented by: Laryssa Hook and 2019 State 4-H Fashion Board Members
- 212 How do I Keep Track of Club Money?** **Both**  
 Accurate, accountable financial records are critical. Keeping club records that can undergo scrutiny can be daunting, but it is not overly difficult if approached in a methodical and timely manner. The Ohio 4-H Treasurer's Handbook provides a framework for maintaining financial records that meet Ohio 4-H standards. The key is to understand the 4-H dos and don'ts, what records to keep and how to keep them. Limited to: 60 participants. Presented by: Bonnie Malone



- 213 Creative Flag Ceremonies Both**  
The American flag is a symbol of pride and freedom for all Americans. This presentation will provide attendees resources to use at 4-H camp and community activities such as the fair and patriotic ceremonies. These resources include music selections, readings and how-to steps. Resources about the 4-H flag will also be included. Limited to: 80 participants. Presented by: Russ Mayer
- 214 All About Rabbit Opportunities in Ohio 4-H Both**  
This session will provide an overview of rabbit related opportunities available to Ohio 4-H members, including the new rabbit quiz bowl competition and events during the Ohio State Fair. Learn how to help your 4-H members prepare for breed ID and judging contests, quiz bowl competitions, and showmanship. Participants will also receive resources and ideas for implementing these activities at the county level. Limited to: 60 participants. Presented by: Bridget Moore, Ohio State Fair Rabbit Dept. Staff Members, Lucinda Miller, and Travis West
- 215 Putting a Spark in Your Youth Groups Both**  
Does your youth group need a new spark? This interactive session will give you ideas to spark your group and an opportunity to share ideas that light up your youth groups. Youth groups can range from 4-H clubs, camp counselors, Jr. committees and Jr. fairboards. Start 2019 on FIRE. Limited to: 100 participants. Presented by: Melinda Morrison
- 216 Introducing the Newly Revised 4-H Cloverbud Volunteer Guidebook Both**  
Check out the new and improved 4-H Cloverbud Volunteer Guidebook designed specifically for volunteer leaders. It provides accurate and readily accessible information that is everything Cloverbud. The guidebook explores the goals and strategies to successfully implement the 4-H Cloverbud program. Participants will be actively engaged in best practices for using the 4-H Cloverbud Volunteer Guidebook along with take-home resources. Limited to: 50 participants. Presented by: Scott Scheer, Christy Millhouse, Rebecca Supinger, Rhonda Williams, Demetria Woods, and Bruce Zimmer
- 217 Ohio Military Kids 101 Both**  
What do Ohio 4-H and the military have in common? More than you know! Examine how The Ohio State University and The Ohio National Guard join efforts through the Ohio Military Kids (OMK) partnership and learn how to become involved. Learn about the fun and educational programming that OMK provides for the military, what it is like to be a "military kid" in Ohio, and how the program helps military families across the state. Limited to: 60 participants. Presented by: Mark Scherer, Andrew Seward, and Erin Van Gorden
- 218 Safe Animal Handling Both**  
This session will focus on Animal Handling and Livestock Movement, a component of Good Production Practice (GPP) #9. Using appropriate techniques will contribute to the overall well-being of the animal and a safer work environment for the handler. Learn about flight zones, following/herding/flocking instincts, how to properly halter an animal, and the important tools for animal movement. Learn to handle and move animals in a manner that causes the least possible stress to the animal. Limited to: 60 participants. Presented by: Nancy Snook and Tracy Dendinger

- 219 Hey Volunteer.....Are You Organized? Adults**  
Every 4-H volunteer has a busy life outside of 4-H, so organization is a key to their success. This session will help the organizational advisor, project leader, Cloverbud or general 4-H volunteer prioritize their volunteer work and hopefully reduce some stress. Participants will develop a yearlong timeline, a meeting-by-meeting plan of activity, selection of activity log and a plan for delegation/shared work for use with other volunteers and parents. The end goal is to make the "paperwork" and organization of 4-H flow more smoothly. Help make your life as a volunteer a little easier by attending this fun session. Limited to: 100 participants. Presented by: Judy Villard Overocker

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

- 301 Young Adulting 101 Teens**  
Teens have lots to juggle, including school work, extra curricular, 4-H and community activities. Learn how to balance all of that and become a responsible young adult in this session. Limited to: 100 participants. Presented by: Joy Bauman, Matthew Swearingen, and Bonnie Simpkins
- 302 Enhancing Your 4-H Junior Camp: Creative Camp Sessions Both**  
Are you a counselor or camp staff member that would like some new ideas for camper sessions? You will receive ideas for over 50 fun and educational sessions that aren't typically thought of as camp events. Learn how to prepare supplies needed and how to get the most out of the activities. STEM-related, creative arts, cooking and a few more surprise offerings. You will complete activities and take home samples, as well as get a packet of information to enhance your 4-H camp this year. Limited to: 50 participants. Presented by: Kathy Blackford
- 303 I Pledge My Hands to Service Learning Both**  
Wanting to take your community service projects to the next level? Learn more about how to turn your community service into service learning. Join us to learn about adding an educational component to community service and how 4-H educated a community to keep 1,000 pounds of plastic out of their landfill. Limited to: 60 participants. Presented by: Christy Clary and Brown County 4-H Junior Leaders
- 304 Ohio 4-H Animal Sciences Program Updates Both**  
Come learn about the latest information regarding 4-H livestock and poultry from the Ohio Department of Agriculture (ODA), including updates pertaining to exhibition. Also, hear what's new with 4-H Animal Sciences programming: Youth Quality Assurance, Livestock, Companion and Small Animals, Judging Clinics and Contests, Knowledge Bowl Competitions, and State Fair Youth Opportunities. Limited to: 100 participants. Presented by: Elizabeth Duling, Lucinda Miller, Tony Forshey, and Dustn Homan
- 305 Maximize Your 4-H Program by Focusing Your Resources Both**  
Finding the time and resources to promote 4-H and recruit new members can sometimes be a challenge. Learn how Guernsey County maximizes their current resources to help recruit new 4-H members while promoting 4-H countywide during Guernsey County 4-H Week! Take home a list of ideas built over the last twenty years to showcase what 4-H has to offer and how to start the 4-H year off right! Participants will also have the opportunity to share how their county/club promotes 4-H. Limited to: 80 participants. Presented by: Michelle Fehr and Lesley Jirles

- 306 Leadership Opportunities for Teens to Take on Health Both**  
 Health – it's the 4th H! Ohio 4-H Health Heroes promote healthy eating and encourage people to engage in physical activities; promote social, emotional, and mental wellness; raise awareness about substance use and making healthy decisions. Learn how to become involved in this local and state-level program; experience a sampling of healthy living activities; and become inspired by how our members are taking on health in their families, clubs, schools, and communities. Limited to: 50 participants. Presented by: Theresa Ferrari, Katie Riemenschneider, Carol Smathers, and the Ohio 4-H Health Heroes
- 307 Links to Leadership - The Importance of a Good First Impression Both**  
 You never get a second chance to make a great first impression. An interviewer will form an impression of you within the first 60 seconds of meeting. In this session, learn tips for creating positive attitudes to aid in making that great first impression whether it be at a 4-H related interview, a college scholarship or job interview. Tips and advice for generating good, effective communication during those prime moments will also be shared. Limited to: 100 participants. Presented by: Kiersten Heckel
- 308 State Fair 4-H Clothing Awards and Opportunities Both**  
 Members competing in Ohio State Fair 4-H Clothing judging may be eligible to participate in a variety of state level clothing opportunities; compete for awards related to garment fiber clothing, project achievement and an optional sewing skill-a-thon. Attendees will learn about award eligibility, how to qualify and how to put together a successful application. Additionally, members will gain in-sight to prepare for the optional sewing skill-a-thon. Limited to: 60 participants. Presented by: Christine Kendle, Shannon Carter, and Jami Dellifield
- 309 Inside Out: Understanding a Camper's Headquarters Teens**  
 Understanding camper needs is an important responsibility of camp counselors. Helping campers navigate the variety of emotions they might experience during camp can be a challenge and counselors need the knowledge to help. The Disney Pixar movie, *Inside Out*, provides a great framework for getting to know campers and understanding their emotions. Counselors will leave with strategies for helping campers have a successful week at camp. Limited to: 50 participants. Presented by: Jamie McConnell
- 310 51 Flavors and Growing Both**  
 In a world where ice cream stores offer up to 51 flavors to choose from, it can seem hard to narrow down the choices. Our 4-H clubs have just as many "flavors" to them. Learn how to organize your club and make a strong "base" to build your unique "flavor" on. We will cover organizing, communication, treasury, leadership and more. Whether your club is a kiddie cone or a bucket full, there is something for you at this session! Limited to: 80 participants. Presented by: Jackie Millard and Deb Boss
- 311 Effectively Using Video Communications Adults**  
 Are you tired of your 4-H families not reading your club e-mails, newsletter, and reminders? Learn when it is appropriate to use video communication with a 4-H club and how to do it. Example videos and resources will be shared for marketing club events, giving families important information and showcasing the achievements of club members. Think video is too time consuming or too difficult to create? We'll bust that myth and give you tips and tricks for simple video production. Limited to: 100 participants. Presented by: Amanda Raines and Katherine Fedlhues

- 312 It's a Sing Thing Both**  
The use of music in programming enhances many events. Participants will discover ways to lead songs and chants, including motions and dance steps. The ability to carry a tune in a bucket is not required. Buckeye Leadership Workshop song CDs will be available (optional) at \$10 each. Limited to: 100 participants. Presented by: Larry Hall and Phil Goerig
- 313 Introducing The Newly Revised 4-H Cloverbud Volunteer Guidebook Both**  
Check out the new and improved 4-H Cloverbud Volunteer Guidebook designed specifically for volunteer leaders. It provides accurate and readily accessible information that is everything Cloverbud. The guidebook explores the goals and strategies to successfully implement the 4-H Cloverbud program. Participants will be actively engaged in best practices for using the 4-H Cloverbud Volunteer Guidebook along with take-home resources. Limited to: 50 participants. Presented by: Scott Scheer, Christy Millhouse, Rebecca Supinger, Rhonda Williams, Demetria Woods, and Bruce Zimmer
- 314 Making 4-H Meetings FUN! Both**  
This session was fostered from hearing 4-H volunteer concerns of running out of ideas to keep their meetings FUN and from 4-H Teens commenting that their club meetings were boring. FUN is why kids STAY in 4-H. Adults and teens will learn how to make their 4-H meetings more fun and youth-friendly with take home items which will include two complete lesson plans and a variety of activities to use to make 4-H meetings more fun and tips to make volunteer teaching more fun. Limited to: 50 participants. Presented by: Betty Wingerter
- 315 You've Been "Clovered" Adults**  
Are you struggling with new ways to market 4-H? What is the best method to reach first generation children and families? In this session learn about "clovering" your schools, businesses and 4-H volunteers. Using this marketing technique Gallia County almost tripled their new 4-H member enrollment in 2018! Participants will get to hear tips and suggestions on what worked and what didn't work and plan being made to improve the program for 2019! Limited to: 60 participants. Presented by: Tracy Winters and Tiffany Riehm
- 316 Tips for Becoming A Better Public Speaker Both**  
Most 4-H activities have some component where public speaking is needed. Many 4-H'ers say public speaking is the area they need the most improvement. This hands-on session will focus on communication skill development for teens, will provide practice for the beginner and refinement for the experienced speaker. Individual and small group exercises will be included. Volunteers will learn how to teach similar skills in a local club program. Don't miss the fun and lifelong learning. Limited to: 60 participants. Presented by: Ohio 4-H CARTEENS Design Team - Judy Villard Overocker, Brenda Sandman-Stover, Allison Cooper, and Kelly Royalty
- 317 Utilizing 4-H Camp Counselors as Teen Mentors Both**  
Camp counselors can get valuable hands on experience helping conduct county 4-H activities. Learn how using counselors for these events is a win-win for the teens and for your county 4-H program. Limited to: 100 participants. Presented by: Kristy Watters, Whitney Bauman, and Matthew Swearingen

- 318 Cutting Through the Confusion and Creating Clarity** **Teens**  
Are you willing to look at your patterns of thinking, processing and speaking? This session for teens will be fast-paced, fun, thought provoking, and will cover a multitude of life scenarios. It will be a fresh new way of considering your own personal development, with some tough love sprinkled throughout. Think outside the box and replace the future thoughts of If Only I would have known with I'm glad someone told me that. Being a teen today is hard; come to be encouraged, enlightened, and motivated. Limited to: 100 participants. Presented by: Amy Fleshman
- 319 Knox County Solar Eclipse Space Balloon Project**  
Students in Knox County flew two space balloons during the solar eclipse on August 21st, 2017, to perform live streaming video for NASA and to gather scientific data from student-designed payload packages. We'd like to share how we decided to perform this experiment and the resources we tapped to be successful. Limited to: 50 participants. Presented by: Jeremy Funk

<b>Workshop C - 2:00 - 3:30 p.m.</b>
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- 801 Advisors...You Are The Hub of The Wheel!** **Adults**  
Advisors have a lot of responsibility and sometimes there is so much information that they can be derailed. This workshop will celebrate the role of club advisors, Jr. Fairboard advisors, or 4-H Committee/Council members. Consider the purpose of 4-H, being an ACTIVE advisor, the relationship between advisor and educator, and how to balance it all. Add some tools on club communication, ideas on having efficient 4-H meetings, and staying on track towards positive youth development! Limited to: 100 participants. Presented by: Amy Fleshman
- 802 Bring Your SKILLS to Our Skillathon** **Both**  
Skillathon events are an exciting, effective way of learning or evaluating knowledge and skills through the experiential learning cycle of do, reflect, and apply. Join the team who coordinates the Animal Science Skillathons at the Ohio State Fair and Learning Lab Kits to demonstrate what you know, practice, and take home ideas to your clubs and fair! This workshop will feature both market and non-market species stations. Limited to: 60 participants. Presented by: Dustin Homan, Dara Barclay, and 4-H Animal Sciences Team
- 803 Recreational Dance: How to Keep Your Club Moving** **Both**  
Learn and dance some basic line and mixer dances that you can teach and dance with your club or group. These basic dances will be suitable for 4-H members and adults. Get your club mixing and moving to enhance the energy and enthusiasm at your 4-H gatherings. Limited to: 50 participants. Presented by: Christy Leeds
- 804 Is the Health "H" Part of Your Club Program?** **Both**  
Health is the fourth "H" of the 4-H program, but it is sometimes the "H" that gets overlooked. This workshop will focus on ways to include fun, health related activities for your club members without taking a lot of your club meeting time. Hands-on learning will include exercise ideas of music and dance, tasting healthy snack options, health related trips/tour ideas and other health related events/activities for volunteers, families and members to enjoy. No one will leave this session without having some fun! Limited to: 100 participants. Presented by: Judy Villard Overocker

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

### 401 Ohio State Junior Fair Board

**Teens**

It's a fun and exciting environment to work alongside youth from across the state and network with adults in all aspects of life. From announcing livestock shows to ushering concerts, the role of a state junior fair board member has some interesting responsibilities. In this session, we will talk about how to get on the state fair board, the roles/responsibilities of state fair board, and the knowledge and experience you learn while serving on this leadership board. YOU will be inspired to work hard to try to serve on the Ohio State Junior Fair Board! Limited to: 50 participants. Presented by: Noor Alshafie and Kamala Sweeny

### 402 Let's Talk Teen Leadership Round Table

**Teens**

88 counties and 88 ways that teen programming is happening in Ohio. Join us for a round table conversation to share the great ideas, how to deal with conflicts, and brainstorm the possibilities of teen programming for the future. This session is specifically for a teen conversation. A separate concurrent adult volunteer round table session for teen programming will be facilitated so if you are an adult interested in this topic join the Let's Talk Teen Leadership Round Table for Adults (Session 403). Limited to: 50 participants. Presented by: Cassie Anderson and Members of the Teen Leadership Design Team

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**Adults**

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### 404 Leap into Literacy with Cloverbuds

**Both**

Cloverbud Reading Adventures is a program that includes games, crafts, science experiments, snacks and read-alouds focused around a particular children's book. You will learn how to plan activities, recruit helpers, advertise, choose books and themes and ways to finance your county program. Several pre-planned programs will be shared including all of the materials needed to easily replicate the program. Limited to: 50 participants. Presented by: Kathy Blackford

### 405 Goat Fun Night!

**Both**

Goat Fun Night is a interactive clinic for members to learn about their project. Using a variety of games and interactive learning, teach project related topics such as breed identification, diseases, herd management, feedstuffs and showmanship. Using colored modeling clay members can learn how many chambers a goat stomach has. Members can play a game of bingo or test their skills playing goat Jeopardy. Goat Fun Night can easily be adapted for other livestock projects. Limited to: 50 participants. Presented by: Melanie Cucco and Bonnie Malone

### 406 Communication Exploration

**Both**

Is your 4-H club having challenges communicating with members and families? Do you need to send a quick reminder to your Camp Counselors or Junior Fair Board? In this informative session, a team of Extension Professionals will share tips, tricks, apps, and ideas to create successful communication with clubs, committees, camp counselors, or other special interest groups within the 4-H Community. Limited to: 100 participants. Presented by: Morgan Domokos and Jenna Hoyt

- 407 (re)Building a Solid Foundation for 4-H Club Meetings Adults**  
Is your club meeting meaningful? Does it get things accomplished? Does it contain an educational component? Meetings and make or break the enthusiasm of a club. This session will provide you how to efficiently and effectively structure your club meetings so things are accomplished, how to actively engage members and parents, and add fun to club meetings. Limited to: 80 participants. Presented by: Alisha Faudie and Ashlee Dietz
- 408 On Your Mark, Set, Go Both**  
How someone starts a meeting can set the tone and enthusiasm of the participants for the rest of the event. Come learn some opening games and activities for any type of event. These simple, little prep activities can work for committee meetings, junior fair board meetings, camp counselor training, and 4-H club meetings. Participants in this session, will learn by doing and be engaged in activities throughout the session. Limited to: 100 participants. Presented by: Beth Guggenbiller
- 409 Sewing for Competition Both**  
Are you a 4-H sewer? Do you wonder what the judges are looking for when they interview each person in the class? Is the coolness factor important? What is working with the Seven Clues? How can you improve the finished garment? Bring your questions and learn from two past state fair judges who will be sharing some techniques and tips that can impact the 4-H clothing judging experience. Limited to: 60 participants. Presented by: Mary Roediger and Michele Eastlake
- 411 “No-Prop” or “Minimal Prop” Games Both**  
Designed for adults, Jr. Leaders, and club recreation leaders, this session will introduce or re-introduce ten easily taught games that will build fun, laughter, and friendships in your 4-H club. It is also a good way to encourage “on-time arrivals” because members won’t want to miss the fun! Limited to: 50 participants. Presented by: William Henderson
- 412 Animal and Me...Give Youth with Special Needs a Chance to Shine Both**  
This program is a wonderful addition to any county fair and began as a way to provide youth with special needs the opportunity to show an animal at fair. It is a simple concept that pairs a 4-H member with an animal project with an individual with special needs, which merits big impact. Come learn how to start this event in your county. Model and tools to execute this great event will be shared. Limited to: 60 participants. Presented by: Angela Holmes
- 413 10 Minute Science for 10 Club Meetings Both**  
Join Dr. Bob for some fast-paced ten-minute science activities that can be completed over the course of 10 club meetings. These hands-on activities are guaranteed to be fun, engaging, easy on the budget and simple enough for teen leaders and non-science adults to conduct. Participants will take part in variety of activities and receive instructions for using with club members. Take the starch out of club meetings by adding these fun activities to the agenda. Limited to: 50 participants. Presented by: Dr. Bob Horton
- 414 Zoonotic Diseases: Filling the Knowledge Gap For a Healthier Fair Both**  
Did you know that about 75% of emerging human diseases come from animals? With over 79,000 animal related 4-H project enrollments in Ohio last year, it is important that youth learn the risks associated with zoonotic diseases and prevention strategies. Come fill your toolbox with fun, hands-on lesson plans to teach youth how to prevent disease transmission between animals and humans. Demonstration of activities and lesson plans will be shared for your use. Limited to: 100 participants. Presented by: Jacqueline Nolting and Andrew Bowman

- 415 WAFFLE - Secret Code to Appropriate Conversation and Conduct Teens**  
As a camp counselor, language is important. In this session, participate in activities that challenge you to think about your language and how it will be perceived by your campers. You will leave with the tools to work with your counselor team, junior fair board, or teen leaders to implement your own secret code word to hold each other accountable when it comes to appropriate conversation and conduct. \*NOTE: This workshop is rated PG-13 due to mild language. Limited to: 100 participants. Presented by: Amanda Raines, Jami Dellifield, and Hardin County Camp Counselors
- 416 Ohio Military Kids 101 Both**  
What do Ohio 4-H and the military have in common? More than you know! Examine how The Ohio State University and The Ohio National Guard join efforts through the Ohio Military Kids (OMK) partnership and learn how to become involved. Learn about the fun and educational programming that OMK provides for the military, what it is like to be a "military kid" in Ohio, and how the program helps military families across the state. Limited to: 60 participants. Presented by: Mark Scherer and Andrew Seward, Erin Van Gorden,
- 417 Child Protection 1.50 Policy Annual Training Both**  
This presentation will educate participants on how to recognize child abuse and neglect in youth as well as indicators in parents, Ohio law and the Ohio State University policy regarding child abuse and neglect, reporting and training, what occurs after a report is made and how the Opioid epidemic is impacting our youth and child welfare system. Participants will have an opportunity to ask questions to the presenters who have experience in the child welfare system and the Ohio State University 1.50 policy. This session meets the annual training requirement. Limited to: 100 participants. Presented by: Lisa Siciliano-Miller and Kirk Bloir
- 418 Kids College Both**  
Encourage project exploration and completion while providing leadership opportunities for teen leaders. Pair 4-H members with volunteers, community members and teen mentors who have an interest in their project area to cover material in the project book and lead hands on activities. Spend the day getting a jump start on project completion. Limited to: 100 participants. Presented by: Kristy Watters and Bonnie Simpkins
- 419 Turn Green and White to Scarlet and Gray Teens**  
Are you unsure of what you want to do after high school, but have an interest in communication, education or leadership? Ohio State's Department of Agricultural Communication, Education, and Leadership will share with you opportunities to take the skills you use as a 4-H member to find the career of your dreams. With hands-on activities, 4-H members will gain information about the majors offered and learn about courses, projects, research and explore career goals. Limited to: 60 participants. Presented by: Emily Wickham and Dr. Tracy Kitchel
- 420 You've Been "Clovered" Adults**  
Are you struggling with new ways to market 4-H? What is the best method to reach first generation children and families? In this session learn about "clovering" your schools, businesses and 4-H Volunteers. Using this marketing technique Gallia County almost tripled their new 4-H member enrollment in 2018! Participants will get to hear tips and suggestions on what worked and what didn't work and plan being made to improve the program for 2019! Limited to: 60 participants. Presented by: Tracy Winters and Tiffany Riehm



- 421 Not Just Knots** **Both**  
 Come to this hands-on introduction to knot tying by the authors of the project book *Not Just Knots*. See some sample capstone projects too; from basic knot boards to halters, decorated walking sticks, and more. Whether you are just starting out or already have some knot know-how, you can use this presentation to jump start your own knot project or the knot projects of members in your club. Limited to: 50 participants. Presented by: Jane Wright, Glenn Dickey, and John Dickey
- 422 Engagement Roundtable with the Ohio 4-H Foundation** **Adults**  
 The Ohio 4-H Foundation works through the Ohio State University Development Fund to help individuals, businesses and organizations invest in a variety of new and established development programs. Join members of the Foundation's Board of Directors to explore how you can enhance your county program. There will be three areas of discussion: Grantsmanship – How Foundation resources can be used to fund programs and local activities, teen & adult leadership education, project clinics, camps, as well as special events at regional and state levels; Fundraising – Help your county 4-H endowment program grow through leveraging benefits provided through the Ohio State University Endowment Fund; and Partnerships – Discover areas where the Foundation can link national and local efforts, providing 4-H'ers meaningful and sustainable impact. Bring your questions and ideas to share! Limited to 60 participants.

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

- 501 Ohio 4-H Older Youth Opportunities** **Both**  
 Do you feel like you've been involved in 4-H forever? Do you feel like you've done everything possible? Well not so fast! There's more waiting for you! Don't miss out on the amazing things that Ohio 4-H has to offer high-school 4-H'ers. This fast-paced and interactive session will describe all of Ohio older youth opportunities and answer all of your questions. Limited to: 50 participants. Presented by: Noor Alshafie and Ohio 4-H Teen Leadership Council Members
- 502 Keeping Cloverbuds Involved Year Round** **Both**  
 Keep Cloverbuds excited about 4-H throughout the year by hosting an easy to prepare fall theme program outside of the typical 4-H season or give non 4-H members a taste of the Cloverbuds experience. This program can be hosted as a county-wide, multi-county event or easily transitioned into a club event. See how the program has been going over the past 5 years, what has and has not worked, tips for getting teen helpers involved and activity ideas to host your own! Limited to: 100 participants. Presented by: Allison Cooper
- 503 Empowering Youth Through History and Tradition** **Both**  
 Check out this unique 4-H camping experience for teens age 13-18 in which youth have the opportunity to try new things and gain valuable life skills including communication, working with others, public speaking, socialization and leadership skills. Teen camping allows older youth to stay involved in 4-H camping programs while working with trained counselors and staff who plan the camp. Limited to: 80 participants. Presented by: Erin Dailey, Kylee Castle, Annalee Warrens, Bethany and Carmella Armstrong
- 504 Character Counts in 4-H** **Both**  
 Character is what you exhibit when no one is watching. Participants will learn the six pillars of character based on examples of Character Counts and 4-H Focus on Character curriculum lessons. They will also have the opportunity to suggest ways to incorporate character education into your local 4-H programs. Limited to: 80 participants. Presented by: Larry Hall

- 505 Are YOUth Interview Ready? Teens**  
Do you have a job interview coming up or will you be interviewing for scholarships, awards, or older youth opportunities? Today, more than ever before, it is necessary to have great interview skills. The job market is highly competitive and scholarships and award selection committees are looking for the best of the best. Participants will explore preparing for an interview, including the proper handshake, dressing for success and creating their own professional pitch. Are YOUth Interview Ready? Limited to: 50 participants. Presented by: Angela Holmes and Mary Beth Albright
- 506 Team Building Activities for Teens and Adults Both**  
Learn activities to use to bring groups of teens and/or adults together to form a functioning team. Examine different learning and leadership styles while experiencing five stages of a group process in this interactive session. Gain communication skills essential for an effective team. Limited to: 60 participants. Presented by: Jenna Hoyt
- 507 Quilts of Valor Both**  
The mission of the Quilts of Valor Foundation is to cover service members and veterans touched by war with comforting and healing quilts. A youth component allows organizations to join the QoV Foundation at a special rate and obtain necessary guidance and support. Members sewing quilts connect with veterans and gain a greater appreciation for their personal sacrifice. Session attendees will learn how to register for this project as well as how to make and award quilts to veterans. Limited to: 60 participants. Presented by: Christine Kendle and Kiersten Heckel
- 508 Community Service During Camp Teens**  
4-H members pledge their "hands to larger service" everyday as they seek to live the 4-H ideals. There is a long history of community service in the 4-H Club setting that can be easily transferred to 4-H Camping. Counselors can help campers give back to their camp, their community, their country, and their world. Camp counselors will leave this session with project ideas to implement during their summer 4-H Camp experiences. Limited to: 50 participants. Presented by: Jamie McConnell and Jessica Rocky
- 509 De-Stress in Fifteen or Less Teens**  
Being a 4-H member can be stressful sometimes, but even more so when stacking school, family, friends, a social life and clubs on top of it. Sometimes it can be hard to take a breather, and you just feel overwhelmed. Join us to learn activities, try snacks, and make crafts that help reduce stress. As a perk, these activities all take fifteen minutes or less to complete. Limited to: 50 participants. Presented by: Chloe Millard and Caris Schneider
- 510 Making Effective and Efficient Meetings Both**  
Ever attend a meeting and wonder why? Ever sit through a meeting that lasted two hours and could have been done in half the time? Discover how to make the most of your 4-H meetings, committee meetings or any other meeting. In this interactive session, experience techniques that will make meetings more effective and efficient. Materials will be available to use during your 2019 4-H season. Limited to: 100 participants. Presented by: Melinda Morrison
- 511 Zoonotic Diseases: Filling the Knowledge Gap for a Healthier Fair Both**  
Did you know that about 75% of emerging human diseases come from animals? With over 79,000 animal related 4-H project enrollments in Ohio last year, it is important that youth learn the risks associated with zoonotic diseases and prevention strategies. Come fill your toolbox with fun, hands-on lesson plans to teach youth how to prevent disease transmission between animals and humans. Demonstration of activities and lesson plans will be shared for your use. Limited to: 100 participants. Presented by: Jacqueline Nolting and Andrew Bowman

- 512 Master Clothing Educator Spring Meeting** **Adults**  
 Calling all Master Clothing Educators - time to network with your fellow MCE's and be updated on Ohio 4-H Textile and Clothing project news. Join us for our regular spring meeting. Limited to: 80 participants. Presented by: Mary Roediger and Pam Montgomery
- 513 Camp Songs 101** **Both**  
 Camp Songs are a important part of the camp experience. Come and learn the fundamentals of performing camp songs. Learn some new ones and share your favorites. Limited to: 50 participants. Presented by: Crystal Sheppard, Jacacia Scott, DonYale Walker, and Adventure Central Teens
- 514 Child Protection 1.50 Policy Annual Training** **Both**  
 This presentation will educate participants on how to recognize child abuse and neglect in youth as well as indicators in parents, Ohio law and the Ohio State University policy regarding child abuse and neglect, reporting and training, what occurs after a report is made and how the Opioid epidemic is impacting our youth and child welfare system. Participants will have an opportunity to ask questions to the presenters who have experience in the child welfare system and the Ohio State University 1.50 policy. This session meets the annual training requirement. Limited to: 100 participants. Presented by: Lisa Siciliano-Miller and Kirk Bloir
- 515 What is a Self-Determined Project?** **Both**  
 Since there are so many Idea Starters and Self-Determined project possibilities, where does your idea or project actually go for judging? Topics will cover what is a Self-Determined project, what category does the project fall under, when is that project going to be judged at State Fair, do all Idea Starter and Self-Determined projects require a specific display presentation and any other questions that relate to how to clarify expectations regarding this project area. Limited to: 60 participants. Presented by: Tammie Strawser
- 516 Introduction to Avian Bowl** **Both**  
 The Avian Bowl is used to encourage youth to expand their knowledge of avian facts and become proficient in poultry management and related subjects. The mechanics of play ensure a fast-moving competition that appeals to contestants. Avian Bowl can make learning about poultry fun. Limited to: 50 participants. Presented by: C Diane Waits, Kathy Bruynis, Sara Newsome, and Eden Edenfield
- 517 Using Teen Volunteers to Deliver Ag and Earth Day Programs** **Both**  
 Adult and youth participants learn how to work with local schools to develop on-site agriculture and environmental science days for elementary-aged youth. Activity stations and hands-on learning will be shared for Earth Day and Ag Day activities used with kindergarten pupils at multiple schools. Participants will leave with a potential agenda and lessons, as well as valuable information about contacting teachers and school officials to set up a similar program in their community. Limited to: 50 participants. Presented by: Jo Williams, Josi Brodt-Evans, Leanne and Abby Fuhrmann
- 518 Meat Quality in Today's Market** **Both**  
 Farmers and 4-H members alike give great consideration to what their animals are putting in their systems. Do you know what antibiotics, steroids or dyes you are faced with when you eat meat from the grocery store? Is farm fresh the way to go? As responsible producers, we should take the time to carefully examine all feed and medications. Learn what your animals should be eating and should be avoiding so that you can produce the best meat quality on the market. Limited to: 60 participants. Presented by: Leeoria Willis