



## 2020 NC 4-H Volunteer Leaders' Conference January 31-February 2, 2020

The 2020 NC 4-H Volunteer Leaders' Conference will be January 31 – February 2, 2020, at the Hilton Durham near Duke University. This is your opportunity to participate in workshops and seminars designed especially for 4-H volunteers and agents to create positive learning experiences for young people across the state. Annually, more than 200 conference participants gain skills and knowledge to help make the best better!

Friday night will showcase a curriculum make and take. Come experience the curriculum and take home an activity to use in your clubs! Saturday features a variety of workshops in either 75-minute or 60-minute settings. We wrap up the conference on Sunday morning with an optional morning devotion, brunch and a great capnote speaker. We hope you can join us for this great training event!

Again this year, each participant must register through his or her county Extension office. County Extension offices are responsible for registering volunteers to attend the conference. One invoice will be sent to each county and we request that one check be sent from each county for the total amount of the invoice. An online registration link will be sent to county Extension offices. **All registrations must be entered online.**

Payments should be forwarded as **one county check** to the State 4-H Office at the following address: Sarah Kotzian, Volunteer Leaders Conference, NCSU Box 7655, Raleigh, NC 27695. Checks should be made payable to: NC 4-H Club Account.

### Registration Fees:

Early Full Time Registration	\$130 (Friday – Sunday)
Regular Full Time Registration	\$150 (Friday – Sunday)
Saturday Only Registration	\$110 (Including Banquet)
Saturday Only Registration	\$95 (Without Banquet)
Awards Dinner Only Registration	\$50

Early full time registration will close on **January 6, 2020 at 5:00 pm**. All other registrations must be entered by the county no later than **January 13, 2020 by 5:00pm**. Please note that your county office will have an earlier deadline for you to register. **Be sure to check with your county to see what their deadline is to register.** The system is set up so that all registrations must be entered by a county Extension professional. No cancellations will be accepted after January 13th at 5:00pm. Counties will be invoiced based on those registered as of 5:00pm on January 13<sup>th</sup>.

## **Hotel Information**

A block of rooms have been reserved at the conference hotel for your convenience.

### **Hilton Durham**

- Phone Reservations: Guests can call 1-800-HILTONS (445-8667). Reference Group Code: 4H
- Online Reservations: The following will allow guests to create reservations on the personalized group reservation link:  
<https://www.hilton.com/en/hi/groups/personalized/R/RDUDHHF-4HV-20200131/index.jhtml>
- Rate: \$107 plus tax per night
- Cutoff Date for Rooms: January 1, 2020 (or until the group block is sold out – whichever comes first)

**2020 NC 4-H Volunteer Leaders' Conference**  
**January 31-February 2, 2020**

This form is solely for you use in collecting information needed to complete the online registration process. All registrations must be entered online. Early full time registration will close on **January 6, 2020 at 5:00 pm**. All other registrations must be entered by the county no later than **January 13, 2020 by 5:00pm**. No cancellations will be accepted after January 13th at 5:00pm. Counties will be invoiced based on those registered as of 5:00pm on January 13<sup>th</sup>.

Name \_\_\_\_\_

County Where You Volunteer \_\_\_\_\_ District \_\_\_\_\_

Email \_\_\_\_\_ Day of Contact Phone: (\_\_\_\_) \_\_\_\_\_

Please List Special Dietary Needs \_\_\_\_\_

Please List Special Accommodation Needs \_\_\_\_\_

Is this your first 4-H Volunteer Leaders' Conference? \_\_\_\_\_ Yes \_\_\_\_\_ No

Participant type (select one): Extension staff \_\_\_\_\_ Volunteer \_\_\_\_\_

2019-2020 District Officer? Yes \_\_\_\_\_ No \_\_\_\_\_

2020-2021 District Officer? Yes \_\_\_\_\_ No \_\_\_\_\_

2019-2020 State Officer? Yes \_\_\_\_\_ No \_\_\_\_\_

Media Release Information

\_\_\_\_\_ I have on file and can produce if necessary the required paperwork GIVING North Carolina State University permission to take photographs and/or record video and/or audio or otherwise record images and likenesses of the youth or adult delegate I am registering.

\_\_\_\_\_ I have on file and can produce if necessary the required paperwork NOT GIVING North Carolina State University permission to take photographs and/or record video and/or audio or otherwise record images and likenesses of the youth or adult delegate I am registering.

Sharing Information

\_\_\_\_\_ Yes, you have permission to share and publish in conference materials this delegates name, county, email address and phone number.

\_\_\_\_\_ No, you do not have permission to share and publish in conference materials this delegates name, county, email address and phone number.

4H Online

\_\_\_\_\_ Yes, this 4-H volunteer is registered in 4H Online.

Registration Summary:

Early Full Time	\$ _____
Regular Full Time	\$ _____
Saturday Only (with Banquet)	\$ _____
Saturday Only (no Banquet)	\$ _____
Saturday Banquet Only	\$ _____
TOTAL REGISTRATION FEE	\$ _____

**North Carolina 4-H Volunteer Leaders' Conference**  
**January 31 – February 2, 2020**  
**Tentative Agenda**

**Friday, January 31**

5:30 – 8:30 PM	Conference Registration Open
7:00 – 9:00 PM	Group Evening Activity
7:00 – 9:00 PM	Hospitality Open

**Saturday, February 1**

6:30 – 9:00 AM	Exhibit Set Up, Raffle Set Up, Silent Auction Set Up
7:00 AM	Registration Opens
7:45 – 8:15 AM	First Timers Orientation
8:00 AM – 5:30 PM	Country Store
8:00 AM – 6:30 PM	Silent Auction & Basket Raffle Open
8:30 – 9:45 AM	<b>Workshop Session 1</b> <ul style="list-style-type: none"><li>• 4-H Electric Program</li><li>• Fun with Paper</li><li>• Pick Our Brains about Sewing in 4-H</li><li>• Straw Science: Inexpensive Ways to Have Science Fun</li><li>• You CAN Coach A Forestry Team</li><li>• You Had Me at Woof!</li></ul>
9:55 – 11:10 AM	<b>Workshop Session 2</b> <ul style="list-style-type: none"><li>• 4-H Electric Program</li><li>• Building Critical Skills Through WHEP</li><li>• FUNdamentals of 4-H</li><li>• Growing Literature in Your Garden</li><li>• Playing Chicken! The Unique Tool of Poultry Judging</li><li>• The Skinny on 4-H Records</li></ul>
11:20 – 12:00 PM	Opening Assembly & Business Meeting
12:10 – 1:15 PM	Lunch with District Meetings

## **Saturday Continued**

1:30 – 2:30 PM

### **Workshop Session 3**

- Embryology in an Eggshell
- Projects to Contests: Extension Forestry 4-H Programming
- TEAM work Matters
- The Bee You Project
- Wear Tech
- Dive Into Google Drive

2:45– 3:45 PM

### **Workshop Session 4**

- Iris Paper Folding Fun
- Kitchen Safety with Children
- Lil' Sprout Fun
- Paper Circuits
- Team-Building
- Why Judge Livestock

3:45– 4:00 PM

Break

4:10 – 5:10 PM

### **Workshop Session 5**

- 4-H “Bee” GREAT!
- Club Wrap Up – T-Shirt Quilting
- Community Service: Learning through Action
- Environmental Science Saturday Academy: A 4-H Pilot Program
- What To Do With That Wool: Fun With Needle Felting
- What Would You Do If?

6:15 – 6:50 PM

Photos for Award Winners

7:00 – 10:00 PM

Awards Banquet & Auction

## **Sunday, February 2**

8:00 – 8:30 AM

Morning Devotion (optional)

8:45 – 10:45 AM

Closing Session

10:50 AM

Conference Adjourns

## **Workshop Descriptions**

### **4-H "Bee" GREAT!**

4-H is making the "Best Better" we want our 4-Hers "Bee" GREAT! We are taking this literally by introducing S.T.E.A.M. techniques to the topic of pollinators. Participants will have the opportunity to increase their knowledge about pollinators, make-n-take activities, and explore new technologies to support the topic. So let's "Bee" GREAT together!

### **4-H Electric Program**

The hands-on electric workshop provides the first training opportunity for volunteers, county agents and program assistants to become eligible to receive the free electric kits for their county. Funding is provided by Duke Energy and Dominion Energy. Each year a new kit is introduced and training is required. This is also an opportunity for Volunteers and Agents to learn more about the Electric Program.

**Embryology in an Eggshell** "This workshop is designed to share the basics of embryology so that the learner can understand and share what is needed to go from egg to chick. Embryology is a great first step in introducing any student to the egg-citing world of poultry science.

### **Building Critical Thinking Skills Through WHEP**

"North Carolina has over 18 million acres of forestland, and over 60% of that land is owned by private forest landowners. How that forest land is managed can greatly affect the wildlife across the state. The 4-H WHEP (Wildlife Habitat Education Program) can help youth understand how forest management can have implications for our wildlife populations; whether it be for hunting, bird watching, or other recreation enjoyment. This session will introduce participants to the NC WHEP Program components, resources, and training tips. All levels of 4-Hers can take part in WHEP, even Cloverbuds!"

### **Club Wrap Up- T-Shirt Quilting**

Participants will learn how to incorporate 4-H curriculum into a club or county program to assemble a t-shirt quilt. This specific curriculum is designed for a 4-H Spin Club and easy to follow. The activities are best suited for youth ages 10 and up or that may have previous sewing experience or knowledge.

### **Community Service: Learning through Action**

Service learning has long been a model for 4-H. In this session, participants will discover ways that 4-H members can: a) make an impact in their communities and b) develop their individual skill sets.

### **Conference 101: First Timer's Orientation**

"What is this? What room is it in? Where am I?" First time at Leaders' Conference, huh? Check out this session to get the knowledge and tools to help you navigate through this weekend. Find out what it is all about; have fun, meet new friends and ENJOY!

### **Dive into Google Drive**

It's not just a search engine! Go from "Tech Challenged" to "Tech Savvy" with this workshop that introduces the multiple uses for Google that will help you share and collaborate in real-time with your club or community. This workshop will delve into G-Suite including: Google Drive, Slides, Docs, Calendar, Forms, Photos, and Classroom. Participants will walk away with everything they need to be a "Google Guru" as well as their own, fully customized, G-suite account ready for sharing and collaboration. Devices with internet connection highly recommended!

### **Environmental Science Saturday Academy: A 4-H Pilot Program**

"Program leaders will present and describe the Orange County 4-H Environmental Science Saturday Academy (ESSA). ESSA is a pilot 4-H environmental science program that promotes collaboration between different local and regional environmental conservation entities and focuses on water quality in local streams and rivers in Orange County.

ESSA has both an education and a community service component. In small-groups, participants will explore sample activities and equipment, and discuss how to apply elements of this program in their own county. In a large-group session, participants will share their ideas; identify resources to support their plans; and discuss anticipated implementation challenges."

### **Fun with Paper**

Quilling, cutting, folding, scrunching are just some of the fun, hands-on activities we will enjoy as we create fun gifts.

### **FUNDamentals of 4-H**

How is 4-H related to Cooperative Extension? What really is the history of 4-H? How is it set up and organized? All these answers and more will be presented with a fun, final Jeopardy review game using buzzers to discover who REALLY knows 4-H.

### **Growing Literature in Your Garden**

Explore and learn about Literature in the Garden. This amazing curriculum integrates reading, art, science, environmental education, community action and much more! Activities can be used individually or as a whole for certification. Stations will highlight the 6 picture books used in the curriculum and activities for each. We will also share classroom success stories, service projects and extensions related to this curriculum. Come grow your garden of literature and resources with us!

### **Iris Paper Folding Fun**

"Iris paper folding is a craft created by arranging and layering strips of paper or fabric in a spiraled pattern that resembles the iris of a camera lens. You can use this craft technique to create beautiful pictures, cards, or even embellishments for scrapbook pages. While the finished product looks complicated, iris folding is actually pretty easy and even a little addicting. The most difficult part is following the numbered patterns. Once you understand the basics of iris folding, you can easily follow any numbered patterns you find or even create your own patterns.

### **Kitchen Safety with Children**

Teaching children to cook is a lot of fun but can have many consequences. Join Family and Consumer Science Agents to learn fun activities to teach kitchen safety to your 4-Hers.

### **Lil' Sprout Fun**

Participants will be able to make and take simple hands-on plant/growing activities back to their clubs and teach youth about seed germination, plant life cycle and the ease of growing your own food/herbs. These activities are a fun and inexpensive way for youth to experience some fun with dirt, seeds and plants. This workshop is great from cloverbud age through teen age 4-Hers and their adults.

### **Paper Circuits**

Learn electric concepts with hands on projects for youth of all ages. You will have lots of projects that you can easily take back to do with your clubs. No PowerPoints' in this class.



### **Pick our Pick Brains about Sewing in 4-H**

Do you love to sew? Do you want to get some new ideas? Come pick our brains about sewing, easy projects to use with kids, and custom-designed printed fabric that's accessible to anyone with a computer! We have over 40 years of combined experience with 4-H and sewing! In this workshop, we are going to talk about sewing machines with speed controls, kits that have everything a beginner needs for \$10 (and it's decent stuff), why you should always make a pillowcase as a first project, where to find completely free 4-H curriculum on the Internet, and much more!

### **Playing Chicken! The Unique Tool of Poultry Judging**

What started as a one in-school club for teaching poultry turned into a chicken extravaganza as 4 schools now utilize the program across 3rd – 9th Grades. Youth from both city and farming backgrounds joined to learn about this very hands-on, portable program. We will explore different resources and tools as well as suggestions for starting your own group. In addition, we'll look at how you can take students from learners to teachers and expand the program!

### **Projects to Contests: Extension Forestry 4-H Programming**

"NCSU Extension Forestry offers a variety of opportunities for youth interested in learning about forests and wildlife around them. From projects for individual 4-Hers to statewide contests for 4-H teams, Extension Forestry has it all! We are also the home for the national curriculum, Project Learning Tree, which is correlated to the 4-H Life Skills and provides a great resource for adult volunteers. This session will provide an overview of the materials and resources available, as well as suggested ways to scaffold the programs for maximum learning and fun."

### **Straw Science: Inexpensive ways to have science fun.**

Using straws to discover the science of sound, air pressure, physics and more as we make horns, whistles, bubble shapes & rockets.

### **TEAM work Matters**

Come enjoy participating in team building exercise ideas that you will be able to take back to your group. We will have several interactive games to encourage youth to consider everyone's ideas as they try to decide how to complete the task at hand. This will involve communication and leadership skills as we work together to reach the goal at hand.

### **Team-Building**

Why is team building important and how can you incorporate it into your regular meetings? Hands-on learning as we discover various team-builders to use in your club.

### **The Bee You Project**

This workshop is a training to help build leaders, who desire to educate youth on the amazing world of bee's. This workshop will include fun hands on activities, that will leave each child wanting to learn more. When teaching smaller children it is best to focus on one topic at a time. Attendees will learn how to use an observation hive to teach kids about the roles in the bee hive. How to identify different bees in the hive. It is also a great time, to discuss how bees communicate in the hive. This workshop will also support how to plan a successful workshop that encourages family engagement and future bee keepers. I will incorporate hands on activities that will help make the learning environment, fun, interactive and a learning experience each child will remember. Community support is a huge part of bee keeping and we will cover, how to be successful at receiving community. This workshop is driven to build more leaders how actively, support teaching children the importance of bee's and pollination. This sets the path to build more environmentally conscious youth in our communities.

### **The Skinny on 4-H Records**

The 4-H program has a long history of record keeping. The focus reflects the importance of this life skill in our daily lives. In 4-H, young people keep up with their activities, events, profits and losses, skill development and learning experiences, and so much more using the 4-H Record Book system. In addition to record-keeping, the 4-H Record Book gives members an opportunity to reflect on their year, measure their achievements and growth, and set goals, and develop plans to meet those goals. Record keeping is an ongoing process that does not end when the 4-H year ends. In this session, participants will learn what is required to complete a 4-H project record book for competitions and also get a glimpse of what is to come in the future....

### **Wear Tech**

Combine technology and fabric to create an item of tech-clothing. Design a circuit and make a battery switch, use copper tape, button batteries and an LED light

### **What to do with that wool...Fun with Needle Felting**

Needle felting is a fun, creative and inexpensive fiber craft in which wool fleece or roving is sculpted, using special barbed needles. In this class, you will learn a variety of needle felting techniques and create your very own original piece. These techniques can then be used to create many different items including 3-D sculptures, wool paintings, jewelry, ornaments, embellishments and more. You can also use needle felting techniques to applique wool onto your favorite projects including bags, hats, scarves, and other items.

### **What would you do if?**

Real health and safety situations that have happened in youth programs will be presented to each small group gathered at round tables. Small groups will discuss the situations and talk through how they would handle them and then each group will share their situations and ways to deal with them with the large group.

### **Why Judge Livestock**

Why Judge Livestock Workshop will provide information on Livestock Judging events in North Carolina and opportunities available to NC 4-Hers. The workshop will provide information on what you are looking for and how to judge livestock and well as hearing from members of the Lenoir County Livestock Judging team on why they judge and how it has helped them with their 4-H projects.

### **You CAN coach a Forestry Team!**

The 4-H Forestry program is an easy introduction to outdoor skills for Cloverbuds to your Senior level 4-Hers! This session will introduce volunteers leaders to the all portions of the contest, including hands-on practice (outdoors if the weather permits, indoors if not!) with some of the tools used in the contest. We will also be discussing and sharing local resources and tips to help leaders coach their teams. The NC 4-H Forestry contest is one of two national contests that Extension Forestry leads at the state level.

### **You Had Me at Woof!**

Dogs are everywhere and kids love dogs! Come learn how to put this to use by starting a dog club in your county or adding dog activities to your current club's focus. You will learn what's involved and how you might handle the issues and liabilities. Then we'll try some learning activities you can do with your youth and test your knowledge of some dog info! Also learn how you might set up a short dog activity camp in your summer program. Find the connections between 4-H and the major dog registries as well.