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**North Carolina 4-H Volunteer Leaders’ Conference**

**February 5-6, 2021 : Virtual**

***Friday, February 5***

6:00 – 6:45 PM **Welcome To Conference**

* *NC 4-H Volunteer Leaders’ Association State Officer Team*
* *Extension Administration*

7:00 – 8:00 PM **Experience 4-H Curriculum:**

**(Sponsored by Dr. Ed Maxa & Family)**

*Choose 1*

* All Stressed Out!
* Growing Your Healthy Habits
* How to be an Eggspert on Egg Quality
* Plant Power! Celebrating the Purpose of Plants
* What Does It Take To Show An Animal?

***Saturday, February 6***

8:00 – 8:45 AM **Morning Session: Cook A Long with Beth!**

*Mrs. Beth Pugh Farrell*

9:00 – 10:15 AM **Workshop Session 1**

*Choose 1*

* 4-H & STEM
* Deer and Turkey and Oaks, Oh My!
* Earth Day Every Day
* Electric Project Kit and Program Overview
* Growing Resilient 4-H’ers
* Increasing 4-H’er Involvement Through Club Committees
* No Sewing Machine, No Problem!

10:30 – 11:45 AM **General Session**

*Mental Wellness : The Poe Health Center*

11:45 – 12:15 PM **Business Meeting**

*Officer Candidate Introductions*

*Election of State Officers*

12:45 – 1:15 PM **District Meetings**

 Southeast

West South Central North Central Northeast

1:30 – 2:30 PM **Workshop Session 2**

*Choose 1*

* Basics of the Cherokee Syllabary: Tools and Resources for Incorporating Cherokee Culture Into Youth Activities
* Building a Volunteer-Agent TEAM!
* Growing sustainable 4-H projects
* Nature Activities for Families
* NC 4-H Horse Program Updates
* One step at a time: A Month by Month Project Guide
* Using Technology to Boost Workshop Engagement

2:45– 3:45 PM  **Workshop Session 3**

*Choose 1*

* Be a "NASA Scientist"
* Engaging Youth with 4-H Activity Kits
* FUNdamentals of 4-H
* It's a Win-Win with 4-H Teen Leaders!
* Leading Like a Honeybee
* Making the Best Better: Lessons Learned from 4-H Educators
* Telling the Tale: Incorporating Storytelling into your Programming

4:10 – 5:10 PM **Workshop Session 4**

*Choose 1*

* How To Create Zoom Backgrounds and More
* Meeting Together or Apart: Taking your programming beyond the meeting
* NC 4-H Honor Club: New Application Training
* Sharing the Cloverbuddy Way
* The World is Our Classroom...Connecting People with Cultural Cuisine
* Therapy Dogs Here There and Everywhere
* Windowsill Wonders: Super Seeds to Save the Day

7:00 – 9:00 PM **Closing Session**

*Remembering 4-H Volunteers*

*Awards Recognition*

 *Extension Administration Greetings*

*Closing Business Meeting*

*Officer Installation*

*Conference Wrap Up / Celebration*

**Friday “Experience 4-H Curriculum” Descriptions**

**All Stressed Out!**

*Mary Lindsey Edwards, North Carolina 4-H Healthy Living Intern*

Are you feeling stressed out? Have you ever taken the time to think about what is causing you stress? Are you struggling to find healthy ways to manage it? If you haven’t, now is the perfect time to start handling your stress. Join Mary Lindsey Edwards in participating in some fun activities to help us understand stress and how it influences our decisions. By taking a closer look at the stressors in our lives, we will identify what is causing us to stress and think about some positive ways to decrease stress. We will explore how tobacco, alcohol, and other drugs relate to stress. This session will give you a taste of Health Rocks! which is the substance prevention curriculum that NC 4-H uses. We will be navigating through a lesson from Health Rocks! and will be utilizing materials from our new My Health Rocks! Knowledge journal.

Materials you will need from home:

* Cups (2)
* Paper towels
* Water
* Pencils/pens

**Growing Your Healthy Habits**

*Kenan Bridges, North Carolina 4-H, NC State Extension*

Do you know all the things that it takes to grow a strong and healthy plant? Let's get crafty and learn about plants' needs and how we need them to stay healthy. Fruits and vegetables offer so many tasty nutrients that keep us well. Join Kenan Bridges to explore just how easy it is to incorporate more plants into your meals. We will dive into Healthy Habits, a 4-H Healthy Living program that is flexible youth of all ages. Bring your best crafting skills and be ready to engage with your fellow 4-H friends.

Things you will need from home:

* Miscellaneous decorative craft materials such as construction paper, balloons, feathers, bows, ribbons, or pipe cleaners.
* 2 sheets of newspaper or construction paper
* 1 pen or pencil
* tape of any kind

**Plant Power! Celebrating the Purpose of Plants**

*Liz Driscoll, NCSU Crop and Soil Sciences*

Did you know that plants hold secret powers? It's true! Some plants can be transformed into candles, others woven into clothing, some plants brewed into mysterious beverages, and others called into healing medicines. Join Liz Driscoll to explore how plants are useful and interesting in our daily lives. We will be investigating plant dyes with henna doodles and turmeric bookmarks. We will craft a specialty blend of herbal tea and finish with fiber fun! All these projects are great for your club members of all ages.

Things you will need from home:

* Paintbrush or toothpicks
* Large, flat craft sticks
* Two lemons or limes
* 2 small bowls to mix the dyes - that won’t be used for food again
* Muslin fabric scraps cut into 8” x 3” (bookmark size) - washed to remove any sizing
* Empty tea bags (just take cheap tea bags and empty them into the compost)
* Pineapple (optional)
* Plastic knife (optional)
* Kahoot app on your smartphone (optional, can use kahoot on your computer)

**How to Be An Eggspert on Egg Quality**

*Dr. Mary Fosnaught, NCSU Prestage Family Department of Poultry Science*

Ever wondered what makes a good egg? We will learn the basic skills of candling eggs to look inside the egg at the changes in the aircell which is an indicator of freshness. We will learn the basic design and physiology of the eggshell which makes these changes in the aircell possible. With this, we will be able to teach these STEM based facts about eggs to future "Eggperts", both youngsters and oldsters, in our 4-H communities. This is an 'eggcellent' opportunity to learn an easy, fun, practical, and virtually-teachable skill!

Things you will need from home:

* Dozen Eggs (great if you can have some fresh and some a bit older)
* A dark room
* A cell phone

**What Does It Take To Show An Animal?**

*Brent Jennings, NCSU Animal Science and Jacob Hinson, NCSU Animal Science*

In this session, we will cover the basic needs of starting a livestock project. This presentation would be directed towards small ruminants and swine to discuss topics such as facilities, daily care, feeding, basic costs, and available shows. Join us to learn more!

**Saturday Workshop Descriptions**

**4-H & STEM**

*Danny Lough, 4-H Agent - Davie County*

This will be an investigative workshop where volunteers will be able to get hands-on learning and interaction with common STEM curriculum used throughout North Carolina.

**Basics of the Cherokee Syllabary: Tools and Resources for Incorporating Cherokee Culture Into Youth Activities**

*Sally Dixon, 4-H Agent - EBCI and Chi Shipman, 4-H Volunteer*

The Cherokee language is currently categorized as endangered according to the United Nations Educational, Scientific, and Cultural Organization (UNESCO). Additionally, the Tri-Council of the Cherokee People (consisting of the EBCI, Cherokee Nation, and the United Keetoowah Band of Cherokee Indians) has proclaimed that the language is in a state of emergency. There are less than 210 fluent speakers of the Kituwah (gi-doo-ah) dialect spoken in North Carolina. An easy way to increase youth exposure to the Cherokee language with 4-H club meetings, 4-H programs, or other community youth development entities is to incorporate simple activities and resources about the Cherokee syllabary writing system."

**Be a "NASA Scientist"**

*Alesia Moore, 4-H Volunteer*

These days, everyone has a cell phone. Together we will explore fun engaging resources to help our youth put those phones to good use and discover how they can make observations and participate in a global earth science project. We will explore the GLOBE Observer App and learn how to use it to determine tree heights (to track how trees change over time) and to help estimate the number of trees that make up an area. Youth (and adults) can then contribute this data to a global data archive helping scientists, researchers and participants understand how trees help balance the earth’s carbon budget. Participants will also be able to access teaching and research resources and examples of student investigations on the GLOBE website www.globe.gov

**Building a Volunteer-Agent TEAM!**

*Sandy Hall, County Extension Director - Nash County, Molly LaHay, 4-H Volunteer, and Crystal Smith, County Extension Director - Warren County*

What are all the ways my agent can help me better my youth? Understanding the relationship between a county 4-H agent and their volunteers will help you maximize the potential of your club members and lead you to maximize your potential as a volunteer. Come explore tools to help you succeed and grow tomorrow’s leaders as well as yourself!!!

**Deer and Turkey and Oaks, Oh My!**

*Renee Strnad, NCSU Extension Forestry*

NCSU Extension Forestry hosts two statewide competitions focusing on wildlife and forestry. These events are open to individuals as well as teams, and are most often coached by volunteer leaders who have youth interested in the outdoors. This session will introduce participants to these two contests and the resources available to help coach teams, discuss tips for successful teams, and practice some of the activities.

**Earth Day Every Day**

*Barbara Byers, 4-H Program Associate, Wayne County and*

*Linda Semon, 4-H Volunteer*

Earth Day is 50 years old. Let’s celebrate past accomplishments and begin working towards the next 50! Join us as we look to understand the importance of protecting the environment with some fun, hands-on activities ready to take back to your club and programs.

**Electric Project Kit and Program Overview**

*Dr. Grant Ellington*, *NCSU Biological and Agricultural Engineering*

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.

**Engaging Youth with 4-H Activity Kits**

*Sally Dixon , 4-H Agent - EBCI*

Are you interested in putting together activity kits for youth to do at home during COVID-19 (or school breaks, vacation, etc.) as an option for your 4-H club or program? Come see how we have facilitated activity kit giveaways for our 4-H program and get great ideas for cheap (but awesome) kits, logistics from registration to contactless pickup, and how to use these kits as an engagement tool for current members and a recruiting tool for those not currently in 4-H.

**FUNdamentals of 4-H**

*Molly LaHay, 4-H Volunteer*

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

**Growing Resilient 4-H'ers**

*Liz Peterson, 4-H Agent - Pender County, Tamra Church, 4-H Volunteer,*

*Samantha Bennett, 4-H Agent - Jones County, and*

*Carey Sipp - Southeastern Regional Community Facilitator, ACEs Connection*

Adverse childhood experiences (ACEs) are traumatic events that occur in childhood. They include experiencing abuse, neglect, and witnessing violence in the home or community. ACEs are linked to chronic health problems, mental illness, and substance misuse in adulthood. However, ACEs can be prevented. Creating and sustaining safe, stable, nurturing relationships and environments for youth can prevent ACEs and help them reach their full potential. In this interactive, conversational workshop, you will learn about ACEs, the science of resilience, and tools to reset your own nervous system, which will allow you to help the youth you serve to do the same.

**Growing Sustainable 4-H Projects**

*Kim Nead, 4-H Volunteer and Russell Nead, 4-H Volunteer*

Join us for an interesting twist on a traditional and not so traditional topic We will explore both sides of this cowpie! Betcha never thought about the growing process like this. We will lasso-up all the details, drive them down the path to a great future.

**How To Create Zoom Backgrounds and More**

*Dr. Mitzi Downing, North Carolina 4-H, NC State Extension*

Have you ever wanted to know how to create a cool Zoom background? Want to learn more about setting up a bitmoji or Google slides? If so, join us as we explore some fun technologies together that will take your virtual experience to the next level!

**Increasing 4-H’er Involvement through Club Committees**

*Melinda Barrick, 4-H Volunteer and Carla Arrowood, 4-H Volunteer*

The use of committees in the club setting fosters greater member participation. This workshop will cover different types of committees, how to organize them, and how to help them function in a productive manner within the club setting. Participants will have the opportunity to experience a planning session in a committee meeting within a limited time frame.

**It's a Win-Win with 4-H Teen Leaders!**

*Nicki Carpenter, 4-H Agent - Burke County*

Teen 4-H’ers are a true asset to every 4-H program! Learn how to promote teen involvement, foster their leadership skills, encourage career development and utilize their positions in your club and county programs. 4-H Teen Leaders lead the way for youth and adults with hands on training & teaching.

**Leading Like a Honeybee**

*Sydney Loflin, State 4-H Council Secretary-Treasurer*

*Chloe Allen, State 4-H Council President*

*Samantha Corduan, State 4-H Council Vice President*

*Sydney Blair, State 4-H County Reporter*

Did you know that bees are some of our smallest leaders? From their attention to detail to how they communicate with others in their hive, we have a lot to learn from them. In this workshop you will grow your leadership skills through fun and engaging activities. This will be a memorable time of growth, reflection, and learning all we can from our pollinator friends!

**Making the Best Better: Lessons Learned from 4-H Educators**

*Dr. Autumn Guin, North Carolina 4-H, NC State Extension*

If you ever attended curriculum training and wondered what the trainers were thinking when they designed the activities, you won’t want to miss this workshop. Participants will learn about recent work to understand what it takes to produce effective professional development experiences that increase 4-H educator confidence in teaching STEM content to youth. The 4-H Educators (volunteers, program assistants, and agents) who attend this workshop will contribute to improving the STEM professional development model that is used to create curriculum trainings and will walk away with an understanding of their personal needs for professional development to teach STEM to youth.

**Meeting Together or Apart: Taking Your Programming Beyond the Meeting** *Abigail Isom, 4-H Agent - Lincoln County and*

*Ahmani Pegues, 4-H Program Assistant - Lincoln County*

Meeting Together or Apart will give you tools to help youth continue project work over the summer or when your club/group is unable to meet in person. Over the past year we have all had to adjust how we do 4-H: Zoom calls, virtual classes, and videos have become part of our everyday vocabulary. What does this mean moving forward? How can we keep our youth interested in 4-H when their online options are plentiful? We’ll take a creative look at 4-H programming and how to use online tools during times of social distancing and beyond.

**Nature Activities for Families**

*Renee Strnad, NCSU Extension Forestry*

When people think of Project Learning Tree, they often think of our large curriculum guide, day-long professional development workshops for educators, and using the activities with 4-H youth. This session will introduce participants to the Nature Activities for Families, walk through some of the activities, and generate ideas how this resource can be used at the county level.

**NC 4-H Honor Club: New Application Training**

*Dr. Shannon McCollum, North Carolina 4-H, NC State Extension*

The North Carolina 4-H Honor Club was organized in 1931 by Mr. L.R. Harrill as a way to develop a statewide 4-H service organization. Today, the NC 4-H Honor Club has almost 3000 members from across the state and nation.Being a North Carolina 4-H Honor Club member is more than just an honor. It is the chance to give back to the 4-H program a small part of the knowledge and skills that the 4-H program helped to develop. Honor Club is looking for members who want to have this chance to contribute to the club’s motto – Service. Join us in this session to learn about the new and exciting application process.

**NC 4-H Horse Program Updates**

*Alaina Cross, NCSU Animal Science and Lori Stroud, NCSU Animal Science*

This session will provide an update on 2021 activities for the NC 4-H Horse Program, including several new programs, opportunities, and resources.

**No Sewing Machine, No Problem!**

*Sally Dixon, 4-H Agent - EBCI and Diane Floyd, 4-H Volunteer*

Looking for some simple sewing projects that only involve a needle and thread, especially if you are doing virtual or socially distanced programming where it may not be feasible for everyone to have a sewing machine? We will be creating several easy, handsewn projects you can do with 4-H youth to still keep them engaged with sewing... even if you can't have sewing machines!

**One step at a time: A Month by Month Project Guide**

*Tracy LeCompte, 4-H Agent - Cabarrus County*

Project Records are always a struggle - pushed to the end of December with the deadlines looming. Wouldn't it be nice to enjoy the holidays? Help our 4-H youth plan and complete their 4-H project records throughout the year to make that end of the year rush a little lest painful. Join us for a monthly outline that can easily be incorporated into your 4-H club meeting. Help youth make a checklist and timeline to complete their project record as they do things throughout the year.

**Sharing the Cloverbuddy Way**

*Tracy LeCompte, 4-H Agent - Cabarrus County and Tess Sullivan & Emma Hogle, Youth Assistants*

Sharing among peers comes naturally for our youngest 4-H club members. Learn how to focus the excitement of Cloverbuds without dimming their light with this easily replicated meeting structure which includes teen led activities and member led business meetings in short segments with transitions through the Cloverbuddies Way.

**Telling the Tale: Incorporating Storytelling into your Programming**

*Jenny Jordan, NCSU Agricultural and Human Sciences*

Storytelling creates a magical mysterious world for both the teller and the listener. Stories and storytelling can build problem solving skills, critical thinking and creative thought. Spend some time telling stories and considering how we can incorporate storytelling into our programs. Whether around a campfire, at the end of the day, or during a program, storytelling helps us connect and create with our programs, our peers, and ourselves. During the session we will explore strategies to storytelling, determine different tools to add stories to an activity, and yes, we will tell stories.

**The World is Our Classroom...Connecting People with Cultural Cuisine**

*Tina Sharpe, 4-H Volunteer and J. Scott Enroughty, 4-H Agent - New Hanover County*

In this class, we are going to teach you how to make your own creative sushi rolls with a few simple ingredients that are usually kept in the normal household. Even if you don’t have the usual sushi ingredients at home, you can make simple sushi rolls with ingredients for sandwiches.Let’s take an advantage of this quarantine period to learn a new cooking skill or for enjoying family time together. Also, you can use this new skill with your 4-H members remotely cooking activities with friends you cannot see in person. Participants will learn how to make sushi without the use of seafood. We will share the art of Japanese style sushi making. After the course is finished, students will be able to create their own sushi, using the learned techniques of rolling and cutting their own rolls. Volunteers will be able to present and display a beautiful presentation of sushi all on their own. What a great way to introduce this to your 4-H members!

**Therapy Dogs Here There and Everywhere**

*Pam Davis***,** *4-H Volunteer*

Do you see therapy dogs out and about in settings around you? Wonder what it takes to train one and visit with one? Join me to talk about therapy work with dogs and learn about settings, training, certification and possibilities. I will have curriculum available to look at that helps 4-Hers interested in therapy work with their dogs to get started. If we are in person, at least one therapy dog will be there! We will be focused on therapy dogs in this session, not personal service dogs.

**Using Technology to Boost Workshop Engagement**

*Anna Marie Vagnozzi, 4-H Volunteer*

Looking for ways to avoid blank stares and sleepy nods in your workshops? There are tons of free technology tools that will help you engage your workshop participants! In this workshop, we’ll explore tools like Kahoot, Menti, and others that you can incorporate into your workshop sessions and 4-H events. All you need is a smartphone!

**Windowsill Wonders: Super Seeds to Save the Day**

*Liz Driscoll, NCSU Crop and Soil Sciences*

Make room on your windowsill and get growing with your 4-H'ers with a number of fun, hands-on seed propagation activities. We will be growing microgreens, scarifying and stratifying seeds, setting up seed experiments, making seed jewelry, seed bombs and simply celebrating seeds! Each participant will be mailed a kit brimming with weird and wonderful seeds to use during our virtual session.