

2010 NC 4-H Volunteer Leaders' Conference

"Go Green - We Did!!"

February 5-7, 2010

The 2010 NC 4-H Volunteer Leaders' Conference will be February 5-7, 2010, at the Sheraton Imperial Hotel and Conference Center in Research Triangle Park.

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 350 conference participants gain skills and knowledge to help make the best better!

Pre-conference sessions will be offered on Friday, February 5. These three-hour sessions provide opportunities for intense topic investigation for focused learning. Regular conference registration opens Friday afternoon with the evening featuring an entertainment showcase and a service project.

Saturday features more than 40 offerings of workshops in either 90-minute or 60-minute settings. Everything from preparing healthy snacks to managing behavior, from leathercrafting to electric project work - there's sure to be something for everyone! A tentative list of sessions is included for your review. We wrap up the conference on Sunday morning with brunch and a great speaker. It's always a great training event!

Complete one form for each person registering for the conference. Payment must accompany registrations. For counties paying for delegates to attend, include payment and all registration forms for participants.

Registration forms and payment should be forwarded to Harriett Edwards, State 4-H Office, NCSU Box 7606, Raleigh, NC 27695-7606. Checks should be made payable to: NC 4-H Club Account.

Registration Fees:	Early Registration (through 1-22-10)	\$110
	Pre-Conference Seminar (Feb. 5, 2010)	\$ 30
	(Must register on or before 1-22-10)	
	Regular Registration (1-23-10 thru 1-29-10)	\$125
	Early Registration for Saturday Only	\$ 85
	(Present through 1-22-10)	
	Registration for Saturday Only	\$100
	(1-23-10 thru 1-29-10)	
	Registration for Saturday Only Without Banquet	\$ 70
	(Present through 1-29-10)	
	Registration for Awards Luncheon Only	\$ 30
	(Present through 1/29/10)	
	Registration for Awards Dinner Only	\$ 35
	(Present through 1/29/10)	
	Registration On-Site (or After 1/29/10)	\$135

Note that Hotel Reservations must be made directly with the Sheraton Imperial (919.941.5050 or use attached hotel registration form).

NC 4-H Volunteer Leader's Conference Registration

Name _____

Address _____

City, State, Zip _____

County _____ District _____

Phone: Day (____) _____ Evening (____) _____

Email: _____

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

Please List Special Dietary Needs _____

2009-2010 District Officer? Yes _____ No _____

2010-2011 District Officer? Yes _____ No _____

Former NC 4-H Volunteer Leaders' Association President? Yes _____ No _____

Member, NC 4-H Hall of Leadership Achievement? Yes _____ No _____

Member NC 4-H Hall of Fame? Yes _____ No _____

Registration Summary:

Full Conference \$ _____

Pre-Conference \$ _____

First Choice AM _____

Second Choice AM _____

First Choice PM _____

Second Choice AM _____

Saturday Only \$ _____

Saturday Luncheon Only \$ _____

Saturday Banquet Only \$ _____

TOTAL REGISTRATION FEE \$ _____

Friday Pre-Conference: You must pre-register for the specific session in which you are interested from the available choices listed below. Seating for each session is limited, so please indicate a first choice and a second choice so we can manage assignments.

**2010 NC 4-H Volunteer Leaders' Conference
Friday Pre-Conference Workshop Descriptions**

Morning (9:30 AM – 12:30 PM)

A.1. 4-H Science Extravaganza (Linda Semon, Barbara Byers, Daniel Semon)

Join our own 4-H science guy as he guides you through an extravaganza of easy activities that can be used to teach youth science skills. Encourage future scientists and engineers. Discover more about the 4-H science curriculum available to work with club members and after-school programs. Science is as fun as you make it!

A.2. Application, Resume, Interview (ARI): Dreams and Wisdom (Eleanore Getz, Shannon McCollum)

What is ARI? How does it help my 4-H'ers? What does it take to be an ARI judge? Come to this session to learn about one of North Carolina 4-H's most important youth leadership programs. Participants will learn how to train youth for ARI interviews, what a resume should look like, and get tips for coaching youth to successfully train in preparation for the competition that leads to trips to National 4-H Congress and National 4-H Conference.

A.3. Judging the 4-H Way! (Micki Earp)

Have you always wondered how those judges decide which presentations stand out from the rest? Would you like to be a judge at county or district activity day but you're not quite sure you have what it takes? This session will provide a basic overview of judging concepts and will include practice judging opportunities to help prepare participants to both coach young people interested in presentations and to serve as a judge for presentation competitions. Bring your pencils and be ready to learn all about constructive feedback, NC 4-H presentations score sheets, and your opportunities to get involved as a judge!

A.4. Starting a 4-H Club (Kate Guerdat)

Starting a 4-H Club can be quite a task – from youth recruitment to program planning to simply keeping all of the paperwork straight! The Discovery workshop is designed for volunteers who are just beginning the NC Club process as well as those interested in learning a little more before signing up for club responsibilities. The 3-hour session will be broken down into sections, delivered by state and county 4-H professionals, introducing and reviewing the following areas:

- Club basics – including but not limited to youth recruitment, developing a program year, and National 4-H club requirements. All participants will receive copies of the new NC 4-H Club treasurers guide as we review the guidelines for club financial management.
- The Club experience – Participants will have an opportunity to learn not only what is expected of them as club leaders, but will have the opportunity to express what forms of support they expect of their county 4-H professionals.
- Expanding the club – Participants will discover great ways to go from the gold seal to the emerald as they explore various civic & community opportunities, district and state events, as well as other 4-H delivery strategies of youth development.

Afternoon (1:30 – 4:30 PM)

P.1. 4-H Forestry Contest (Renee Strnad, James Jeuck)

Forestry is one of the top three industries in North Carolina and the state 4-H Forestry Contest is one way to help introduce youth to this vital part of our economy and natural environment. Come to this session to learn about the state forestry contest, national 4-H Forestry Invitational opportunities, practice some forestry skills, and learn about resources available to help you and your 4-Hers prepare for the state contest.

P.2. Starting with Club Curriculum: Exploring 4-H Treasures (Kate Guerdat)

Have you heard about 4-H Curriculum and not sure how it's used in your club? Looking for an experiential way for your club to choose subject matter that fits your club's purpose? Exploring 4-H Treasures is an excellent way to get your club's feet wet with 4-H curriculum. Workshop participants will learn about the process that 4-H promote in all of its learning experiences-experiential learning. We will review the Exploring 4-H Treasures curricula in the best way possible – through hands-on experience! Participants will have an opportunity to learn about some of the lessons within the curricula while discussing how to make 4-H curriculum fit into their local 4-H club. The Exploring 4-H Treasures session is an excellent follow-up to Discovering 4-H Clubs, and is targeted for newer volunteers who are exploring the world of 4-H Club programs.

P.3. Poultry Science – “Cool Chicks” (Melissa Scherpereel)

If you have any interest in poultry, you need to come to this hands-on workshop to learn more about events, opportunities and the science behind poultry! We will discuss basic poultry science principles including terminology, raising poultry, embryology and have a hands on egg quality and embryo staging lab. We will look at how a hen lays an egg in 24-26 hours, crack open eggs to look at fresh vs. stored commercial eggs, open fertile eggs to see the heart beating after 4 days of incubation, candle eggs, record heartbeats, and observe chicks hatching and post hatch. We will also discuss the numerous events held annually that your youth can be a part of and of course answer your questions. If you have ever thought about embryology, poultry judging, poultry presentations, turkey shows or learning more about poultry science, this workshop is for you. Come learn with us and share your ideas of how to incorporate more poultry in your programs.

P.4. The Victory Garden Project–Growing Great Kids and Gardens (Liz Driscoll)

'The Victory Garden Project: Youth Farming Food' is a pilot program to create a curriculum that connects youth to sustainable, local food production by furthering their ability to grow fruit and vegetables. Drawing from innovative research by graduate students in the College of Agriculture and Life Sciences, interactive, engaging lessons have been collaboratively developed. Project ideas incorporate research in plant growth and development, preparation and preservation of harvest, and healthy eating and living strategies. Be the first to try these activities with your youth and be a part of the development process. Participants will be grafting heirloom tomatoes, designing ecological experiments with insects and weeds, soil management and challenging their taste buds to a local foods throw down.

P.5. Win as Much as You Can!! (Arbie Allison, Shannon McCollum)

Win as much as you can? 4-H is not all about winning; however being the best you can be is what we are all about. In this session, the participants will learn the basic nuts and bolts of the 4-H Project Record and Cumulative Record Book Program. Participants will take home the skills that will be needed to help prepare their youth to have competitive records!

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2010 NC 4-H Volunteer Leaders Conference
Tentative Agenda

Friday, February 5, 2010

PRE-CONFERENCES (Pre-registration Required)

8:45 – 9:15 AM	Registration for Pre-Conference Sessions
9:30 – 12:30 PM	Pre-conference Workshops Session 1
12:30 – 1:15 PM	Lunch
1:30 – 4:30 PM	Pre-conference Workshops Session 2

CONFERENCE

5:00 – 8:00 PM	Conference Registration Open
6:00 – 7:30 PM	Executive Committee (State Officers) Meeting
7:00 – 8:30 PM	Service Project
8:00 – 8:30 PM	Orientation for First Timers
8:30 – 10:00 PM	4-H Volunteers Entertainment Showcase
8:30 – 11:30 PM	Hospitality Open

Saturday, February 6, 2010

6:30 AM	Coffee Available
7:00 – 8:30 AM	Breakfast/Refreshments Available
7:00 AM	Registration Opens
8:00 – 8:25 AM	Orientation for First Timers
8:00 – 8:25 AM	ACE Program Overview
8:30 – 10:00 AM	Workshop Session 1 (11 concurrent sessions)
10:00 – 10:20 AM	Break
10:20 – 11:50 AM	Workshop Session 2 (11 concurrent sessions)
12 Noon – 2:00 PM	Awards Luncheon & Opening Business Meeting (Presentation of Awards)
2:15 – 3:15 PM	Workshop Session 3 (11 concurrent sessions)
2:15 – 5:30 PM	NC 4-H Alumni & Friends Association Board of Directors Meeting
3:15 – 3:30 PM	Break
3:30 – 4:30 PM	Workshop Session 4 (11 concurrent sessions)
4:45 – 6:00 PM	District Meetings
7:00 PM	Banquet & Officer Installation (Black tie Optional) Entertainment and Presentations (Presentation of Michael A Davis Award & Achievement Hall Awards)
9:15 PM	Auction
9:30 – Midnight	Hospitality Open, Networking

Sunday, February 7, 2010

8:00 – 8:45 AM	Morning Devotions (Optional)
9:00 – 11:00 AM	Closing Breakfast with Guest Speaker Donna Ebron

2010 NC 4-H Volunteer Leaders' Conference
TENTATIVE Saturday Workshops

A CANTastic Program (Thearon McKinney & Shannon MCollum)

Knowledge and understanding are powerful tools in the battle to end hunger. In NC, one in five children go hungry everyday. When basic nutritional needs go unmet, a child's natural abilities and potential are diminished. NC 4-H and the Food Banks of NC are teaming up to promote awareness of hunger in NC and to make an impact in local communities through food drives. Come to this fun and informative session and get the scoop on our CANTastic initiative before it's officially unveiled in July.

ADD, ADHD, ODD (Kate Guerdat)

Diagnosis's such as ADD, ADHD, and ODD are common language in every formal and non-formal educational setting. As volunteer leaders, many are left to figure out on their own what these letters stand for and how we can handle behaviors and symptoms. In learning about the diagnosis, symptoms, medications and side-effects, audience members will learn of essential resources, support groups, and "hands-on" techniques that will increase effectiveness of program structure for all youth.

Adulthood, the Barrier Between Youth and Adults (Robin Roper)

Youth contribute to U.S. society in many positive ways; and yet often lack respect and have little power. This bias against youth is called adulthood and can be found in all aspects of society. This workshop will teach the concept of adulthood, how to recognize examples of adulthood, how adulthood plays out in the lives of young people. Participants will also learn adult ally behaviors that build respectful and positive relationships with our youth.

Are You Ready for "The Leadership Challenge"? (Angela Shaver, Cathy Brown)

What is a leader? Discover the many aspects of leadership with the NC 4-H Leadership Innovation in North Carolina (LINC) Interns as we explore Kouzes and Posner's book, "The Leadership Challenge". Learners will understand how to: challenge the process, inspire a shared vision, enable others to act, encourage the heart and model the way.

Beyond the Traditional 4-H Community Service (Mike Adams, Nichole Tadt)

Beyond the Traditional 4-H Community Service – Immerse yourself in learning different ways to involve your 4-H members in community service projects. Whether your club is a traditional community club, livestock, horse, sewing or cooking club, the sky's the limit on possible opportunities for your members to help others in their communities. We will explore different projects, prepare a couple of items in the workshop and provide time for others to share their own successes with projects.

Citizenship: What does it really mean? (Vanessa Spiron)

Citizenship is a big thing in 4-H, but many of us do not really know what it means. This workshop will teach participants what citizenship is about and what 4-H'ers can do to get more involved in Citizenship activities...and add to their project books! Participants will also learn how to help your 4-H program plan and carry out a Political Candidate Meet & Greet at the local level.

Conference 101 – First Timers' Orientation (Diane Sturges)

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

Creating a CANTastic Food Drive (Thearon McKinney, Shannon McCollum)

Every day in NC, one in five children goes hungry. NC 4-H and the Food Banks of NC are teaming up to promote awareness of hunger in NC and to make an impact in local communities through food drives. Come to this fun and informative session and learn how to organize a 4-H “CANTastic” Food Drive in your community. Get ready for some unCANny fun!

Designing Minds--4-H sewing projects and life skills (Karen Zika)

Participants will explore ways to incorporate design and spatial reasoning skills with sewing projects. Using origami to build spatial savvy, alteration of both patterns and finished garments, designing toys, and interior decorating will be among topics covered and practiced.

Electric Program Promotion (Leola Meador)

Ideas and information on Electric Programs, Electric Congress participation and “How to Tips” on submitting County Reports will be given. Information will be geared toward counties that do not send delegates to Electric Congress or counties that do not submit County Records.

Electric Project Kit and Program Overview (Grant Ellington, Wayne Huddleston)

This 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 the Power Companies serving North Carolina. 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.

Experience Through the Ages (Peggy and Allen Monk)

Mother and son discuss the numerous opportunities within 4-H for teenagers. Come join them to learn more about livestock, science & technology, national trips, ARI, Ambassador Program, and much more. They will be covering the pros and cons of each of these programs.

Exploring the Outdoors with a Digital Camera (Ted Jones, Kazu Noguchi)

Have a better understanding of Digital Photography and have several ways to engage 4-H youth with cameras and nature.

Holiday Cooking (Rhonda Glidewell)

Learn quick and easy snacks you can prepare for your club refreshments. The kids will be able to prepare them while having fun. This will be a hands-on workshop so come and enjoy new ideas and food.

Introduction to BugOut Curriculum (Steve Bambara)

Activities from the newly revised “BugOut” curriculum will be covered. Participants will try some of them out! Make a Life-cycle wheel, a house for observing crickets, and win not-so-valuable prizes playing Bug Parts Bingo.

Leadership and its Many Colors (Crystal Smith)

Leadership and its Many Colors is a PowerPoint presentation produced by Purdue University 4-H Development. PowerPoint presentation will be implemented along with hands-on activities.

Leathercraft Awareness and Education (Aubrin Rhem, Robert Mills)

Livestock Showing 101 – What to do and where to stand to smell like a rose at the end of the day! (Michelle Stumbo, Lauren Irby, Shea Ann DeJarnette)

If you've ever watched a 4-H livestock show, you have seen about 10% of the work that goes into hosting one! Come to this workshop if you are interested in learning more about the behind the scenes preparations that go into holding these events and get the bottom line on what to and not do during a show. We will share our tips to end the day smelling like a rose, and not something else...

Managing Club Finances (Kate Guerdat)

Considering handling funds in your 4-H club however not sure of the process? Workshop participants will walk through the NC 4-H Club finance procedures while sharing tips for working with our club youth on learning financial responsibility. From membership dues to appropriately recognizing donations, the workshop session will cover the required NC 4-H fund guidelines. All participants will receive a NC 4-H Club packet, including a NC 4-H Club Treasurers guide to use with their 4-H club.

My Personal Spa (Gail Bryson, Stephanie Minton, Sandra Conner)

Are you stressed and in need of a "me" day? Then this is the workshop for you. As 4-H volunteers, we often forget to save time to pamper ourselves. In this session, we will learn how to use inexpensive items found in your pantry to make you feel like a million dollars.

NC 4-H Alumni and Friends Association (Dwayne Watson)

Come learn the NC 4-H Alumni and Friends Association. Find out about the benefits of reconnecting them to help your club/county. We will also review the NC 4-H Hall of Fame and NC 4-H Alumni awards process and make suggestions how to identify and nominate individuals for these awards.

NC 4-H International Exchange Program (Carolyn Langley)

The workshop will focus on the NC 4-H International Exchange program. Information will be provided on hosting activities; both month long and year long, and review opportunities for International outbound travel for 4-H members. In addition, volunteers will participate in cultural activities that can be used with 4-H members to promote global understanding.

North Carolina 4-H Target Shooting Sports Program (Gene Shutt, Michael Bower, Jim Hancock)

This session will provide the participants information about the North Carolina 4-H Target Shooting Sports Program, including the state target shooting sports plan, what disciplines are being offered, and how to get started in the program. A couple of hands-on games from the hunting discipline will be presented as part of the workshop.

Program Offerings from Extension Forestry (Renee Strnad)

Volunteer leaders that have clubs interested in natural resources have a wide variety of opportunities to help feed this knowledge area – even if they don't have a strong background in natural resources! Extension Forestry has a wide range of program opportunities that can easily feed into presentation, project record books, and even national contests! This session will give an overview of the resources and programs available to volunteer leaders and 4-H youth from Extension Forestry.

Sew New--getting started with 4-H sewing Projects (Karen Zika)

Participants will learn about the scope of the 4-H sewing, fibers, and design projects, and explore several simple, engaging projects that teach essential skills to beginning sewers and provide opportunities for service. Ideas for obtaining materials and equipment will also be discussed. A handout of patterns and instructions will be provided.

Snack Attack (Rick Sloan)

This session will cover the basics of bringing healthy snacks into your club with fun and interactive ideas. You will have a chance to practice a couple of these ideas, such as “Robert’s Rules Trail Mix”, and How Many 4-Hers Does it Take to Make PB&J Relay.” We will even talk about incorporating snacks in Cloverbud programs to spark interests in Art and Design. You will “Taste” of these ideas in this hands-on Workshop.

Theme Cooking (Rhonda Glidewell)

Make your project book work fun by adding food snacks. Be able to take back to your club ideas on quick and easy snacks that go with fishing, hiking, and animals. Hands on activities will be done to go along with different themes. Come and join me for good ideas and food to eat.

Veterans, Boomers, Xers, Nexters as 4-H Volunteers (Heather Tart)

It takes a village to “make the best better”. Find out how to engage volunteers of all ages – from the 21 year old techie college “Nexter” to the sage 80 year old “Veteran” – in your 4-H program. This workshop will cover how to manage – and benefit from – the talents and abilities of Veterans, Boomers, Xers, Nexters within the context of the 4-H program.

The Victory Garden Project: Grafting Heirloom Tomatoes (Liz Driscoll)

The Victory Garden Project is a pilot program that connects youth to sustainable, local food production by furthering their ability to grow fruit and vegetables. There is a growing movement to plant heirloom, open pollinated tomato varieties for their tremendous taste qualities. Many heirloom tomatoes, however, are susceptible to pests and diseases. Participants will be learning how graft heirloom tomatoes to resistant rootstocks and ways to incorporate this research-based project into their club.

We Are 4-H: Then, Now and Forever (La'Meshia Whittington, Michael Drake, John Norwood, Ann Margaret Dietrich)

We are 4-H: Then, Now, and Forever – What are the hot jobs to have? What’s the big deal about going green? What do the trendy jobs and going green have in common? Come explore how to prepare your 4-H’ers for the next “Green Generation”. Your State 4-H Officers will showcase their ideas for the state 4-H project for this year.

Hotel Registration Information
2010 NC 4-H Volunteer Leaders' Conference
February 5-7, 2010

Hotel reservations are made directly with the Sheraton Imperial Hotel using this form. Reservations should be made by January 16, 2010, to receive the conference rate of \$90 for up to 4 people (there is an extra fee for roll away beds). The hotel requires one night's advance deposit that will be applied to the final bill or a credit card to guarantee any reservation. Please make additional copies of the reservation request form as needed.

Individual Name _____

Address _____

City _____ State _____ Zip _____

Business Phone (____) _____ Home Phone (____) _____

Arrival Date _____ Arrival Time _____ Departure Date _____

Type of Accommodation		Rates
Standard Room with Kingsize Bed	Single Occupancy ____ Double Occupancy ____	\$ 90.00
Standard Room with Two Beds	Single Occupancy ____ Double Occupancy ____	\$ 90.00

Sharing with _____

Special Request _____

This is a nonsmoking facility.

Your reservation, along with one night's deposit is due by **January 16, 2010**. All reservations should be made prior to this date in order to guarantee your room accommodations. Reservations made after this date will be accepted on a space-available basis. Your advance deposit will be applied to your account upon checkout or returned with 72 hours notice should cancellation be necessary. Failure to cancel will result in forfeiture of deposit. Check-In Time is 3:00 PM. Checkout Time is 12:00 Noon.

Advance deposits are accepted on Major Credit Cards.

Type of Card: AMEX MC VISA DINER'S CARTE BLANCHE CHOICE
DISCOVER

CARD NUMBER _____ EXPIRATION DATE _____

Signature of Card Holder _____ Date _____

Reservations should be sent to: Sheraton Imperial Hotel and Convention Center, PO Box 13099, Research Triangle Park, NC 27709, Attention: Reservations Manager. Phone Number for the Sheraton is 919/941-5050. FAX Number is 919/941-2958