



NC STATE

EXTENSION

***North Carolina 4-H Volunteer Leaders' Conference 2022:
4-H Family Reunion, Together Again***

Tentative Agenda

Friday, February 4

3:00 – 5:00 pm Pre-Conference Curriculum Sessions (*optional*)

Craft and Code with Makey Makey

Dr. Misty Blue-Terry - 4-H STEM Specialist

The Makey Makey allows you to take everyday objects and combine them with the internet. Using the alligator clips attached to any conductive material you can control the keyboard of your computer, and left click of the mouse. Participants will get hands-on experience with the Makey Makey, create at least one craft and bring it to life using the Makey Makey.

Cultivating Cloverbuds

Kristin Bedell - NC 4-H Curriculum Writer

We will examine CloverQuest, a new curriculum from NC 4-H for youth ages 5-7. As part of our work, we will explore developmental characteristics of youth across that age span and practice modifying sample CloverQuest lessons to meet a range of developmental needs.

Explore Your Environment with Project Learning Tree

Renee Strnad - PLT State Coordination and Environmental Educator, Extension Forestry

From summer camps to in-school programs to individual club activities, Project Learning Tree's Explore Your Environment curriculum guide provides educators of all experience levels with activities that have been tried and tested for over 45 years. This updated guide contains 50 activities to help learn about the natural and built world, explore careers, and get outside! Participants will explore the guide, participate in activities, discuss implementation ideas, and learn how to bring PLT to their county. All participants will leave with a copy of the guide.

My Health Rocks!

Kenan Bridges - NC 4-H Healthy Living Program Coordinator

Mental health is a significant issue for young people in the U.S. with 7 in 10 teens experiencing struggles. With Health Rocks!, you can strengthen social and emotional skills in youth through hands-on and engaging 4-H activities. Together we will explore new resources like the My Health Rocks! youth journal!

5:00 – 8:00 pm Conference Registration Open

7:30 – 9:00 pm Fun Group Activity

Saturday, February 5

6:30 am – 9:00 am Exhibit Set Up, Raffle Set Up Silent Auction Set Up

7:00 am – 6:30 pm Registration Open

7:00 – 8:00 am Floating Breakfast Open
(open for all conference participants)

7:45 – 8:15 am First Timers Orientation

8:00 am – 5:00 pm Country Store

8:00 am – 6:00 pm Silent Auction & Basket Raffle Open

8:30 – 9:45 am **Workshop Session 1**

- 4-H Awards Program
- 4-H Horse Program Update
- Diving into Digital Without Zoning Out on Zoom
- Electric Program Overview and Project Kit Activity
- NC CATCH - Demo of a Fishing Clinic
- Pathway to Ultimate 4-H Achievement
- Programming Adventures With micro:bit

10:00 – 11:15 am **Workshop Session 2**

- 4-H Ages and Stages
- 4-H Presentation Program
- Basic First Aid & Hands Only CPR
- Electric Program Overview and Project Kit Activity
- Enriching Soil in Your Garden
- Hippology: The Ultimate Test of Equine Knowledge
- Learning to Sew by Hand

Saturday, February 5 (continued)

- 11:30 am – 1:00 pm **Lunch / Business Meeting / Awards Ceremony**
Greetings
- Dr. Mike Yoder - Associate Director and State Program Leader, NC State Extension
 - Dr. Claudette Smith - Associate Administrator, NC A&T
- 1:30 – 2:00 pm **District Meetings**
- 2:30 – 4:00 pm **Lightning Session**
- 4:15 – 5:00 pm **Closing Session**
Officer Installation
Closing Business Meeting
Conference Wrap Up / Celebration

Workshop Descriptions

4-H Ages and Stages

Danny Lough - 4-H Agent, Davie County

4-H Volunteers will learn about different youth stages of development. They'll also get to see what 4-H has to offer at each of these stages to engage youth that not only is fun, but also appropriate for their development.

4-H Horse Program Update

Alaina Cross, Extension Associate - NC State Extension and Lori Stroud, Extension Assistant, NC State Extension

This informational session is geared towards new volunteers and agents to provide information about the NC 4-H Horse Program annual activities as well as to provide updates for activities in 2022 for returning volunteers and agents.

Basic First Aid & Hands Only CPR

Venessa Therrien and Dina Newcomb - 4-H Volunteers, Wayne County

Basic first aid and hands-only CPR for leaders and clubs. This is an activity Dina and Venessa taught to their club. Dina is a nurse with up to date First Aid and CPR certification. This activity was successfully presented to a multi-age covering the basics of recognizing an emergency, simulating what to say when you call 911, wrapping a wound appropriately (using stuffed animals), demonstrating how and when to use the Heimlich maneuver, showing them an AED unit, and teaching them hands only CPR (again using stuffed animals for practice as well as training dummies borrowed from the hospital). We have videos and handouts from Red Cross and American Heart Association that we will use during the session. This is hands-on info that can be used as a club event, HOWEVER, we are NOT certified instructors so we CANNOT offer official certification. This is meant to offer the opportunity to learn the skills and know how

to present them to your club of any age range. You do not have to be a certified instructor to teach this, as long as it is made clear that this is a hands-on informational presentation as a club activity. This session will be taught using similar hands-on methods as was used when presented to the club. There will be slight differences in order to observe proper sanitary procedures and distancing, if required.

Diving into Digital Without Zoning Out on Zoom

Heather Schaffer - 4-H Program Manager, Wake County

Zooms, Padlets, Kahoots, scavenger hunts and Waterfalls in 4-H Meetings? Yes! In-person learning is the best way to learn by doing, but, at times, we have to go digital. The Internet has gotten creative during COVID and there are many ways to facilitate online meetings in a way that is safe and engaging for youth. This workshop will cover some of the basics that we have used for groups of 20 to 75 youth in online meetings. You will leave with a list of resources and sample activities to try the next time you find yourself diving into digital meetings.

Electric Program Overview and Project Kit Activity

Dr. Grant Ellington - Extension Specialist, NC State Extension

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, Agents and Program Assistants to learn more about the Electric Program and Electric Congress.

Enriching Soil in Your Garden

John and Karen Zika - 4-H Volunteers, Iredell County

Organic matter improves physical and chemical properties of all mineral soils for many reasons.

Daily in our society significant amounts of valuable organic matter are buried in landfills.

This workshop focuses on one family's seven-year journey – an “Experiment” – in recovering organic matter and routing it into their home garden. From November 2014 to the present, 20+ tons of coffee grounds have been added to a .10 acre garden. Besides coffee grounds, nearly all household waste paper has been composted, along with the more common compostable items -- food scraps, lawn clippings, and leaves.

Hippology: The Ultimate Test of Equine Knowledge

Alaina Cross, Extension Associate - NC State Extension and Lori Stroud, Extension Assistant, NC State Extension

The 4-H Horse Program Hippology Contest is undergoing some big changes for 2022 to align with national competition rules and practices. In this workshop, participants will be able to practice these new additions to the contest, learn about rule changes, and get ideas to better coach or start a hippology team in their club or county.

Learning to Sew by Hand

Sara Villwock - 4-H Agent, Northampton County

Learn to thread a needle, cut a pattern, basic hand stitches, how to sew on buttons and stuff a cactus to make a fun plushy toy, all while learning about wool and fibers. Northampton County 4-H presents this simple project used for Summer programs or club meetings.

NC CATCH - Demo of a Fishing Clinic

CC King - Regional Education Specialist, NC Wildlife Resources Commission

Come try a handful of education stations you can run with your 4-H leaders and students.

Based on the NC CATCH program from NCWRC, taught by seasoned NC Wildlife educator, CC King, this session allows you to try your hand at the learning stations and consider how you might adapt for your students and location. NCWRC partners with 4-H regularly to help run fishing clinics; this will allow you to run your own!

Pathway to Ultimate 4-H Achievement

April Dillon - Western Area Regional 4-H Agent, Peggie Lewis Joyce - Central Area Regional 4-H Agent, and Lori McBryde - Eastern Area Regional 4-H Agent

How does a 4-Her achieve all that they can from the 4-H program? Participants will learn about the new 4-H Achievement Program which will help youth track all their 4-H experiences in a point-based system helping them achieve green, bronze, silver, gold, and achievement levels. While at the same time completing the application requirements for the NC 4-H Honor Club application and more! Be the first to know and experience the NEW 4-H Achievement Program!

Programming Adventures With micro:bit

Popi Makris - 4-H Volunteer, Rockingham County and Morgan Maness - 4-H Agent, Rockingham County

The micro:bit is a very small and affordable computer (under \$20) that teaches children (and adults) to program by creating fun projects that are easy and quick to learn. In this workshop, participants will be introduced to the micro:bit and to a few projects that can get all teachers and volunteers proficient enough to start using these devices in their programs as well. We have started using this device in Rockingham County and are having a lot of fun (and educational value) from these devices and workshops!