



## CONGRESS 2019

# STATE 4-H CONGRESS 2019

## General Information Packet June 24-27, 2019



**Virginia Cooperative Extension**

Virginia Tech • Virginia State University

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If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Joi Saville, State 4-H Office, at 540-231-9410/TDD\*) during business hours of 8 a.m. and 5 p.m. to discuss accommodations 5 days prior to the event.

\*TDD number is (800) 828-1120



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## **Mission of Virginia 4-H State Congress**

The mission of Virginia 4-H State Congress is to provide competitive and non-competitive educational experiences to Virginia teens and the adults who work with them, helping them to develop life skills and leadership abilities to become contributing citizens in their communities.

## **Goals of Virginia 4-H State Congress**

1. Provide a high-quality educational experience for 4-H youth ages 14-18.
2. Promote 4-H as a major statewide educational youth program;
3. Provide educational, recreational and social experiences for youth that would not normally be available at the unit or district level;
4. Enhance skill development through all 4-H Congress activities including the Great Summer Showcase Educational Workshops, Service Learning, Competitions, & and the Civic Engagement Session;
5. Recognize all competition and award winners in front of their peers at a Statewide event;
6. Recognize the support of volunteer adult 4-H leaders that support 4-H Congress;
7. Promote an understanding of the value of diversity among Congress participants;
8. Enhance delegate's sense of personal and social responsibility through an environment that fosters independence, accountability, decision-making and time management.

## **2019 PROGRAM INFORMATION & HIGHLIGHTS**

**MONDAY EVENING WELCOME PICNIC AND MIXER:** On Monday evening, you will get an opportunity to enjoy an informal welcome picnic. This picnic will consist of music, food, and fellowship designed to allow delegates to mix and mingle and get to know each other in an informal setting.

**CLOVERFEST CARNIVAL:** Join us this year on the drillfield for a fun evening on the midway! Obstacle courses, human foosball, putt-putt, ice cream and popcorn are just a few of the activities for this exciting evening. There will also be an opportunity to participate in a fun run that will end at the CloverFest Carnival on the drillfield. As in last year, runners/walkers will receive medals for participating. All Delegates must participate in the CloverFest Carnival.

**DANCES:** Two dances will be held. Monday evening's dance will be informal; this is another great opportunity for delegates to mingle and meet other Congress participants. Wednesday evening's dance will be a semi-formal dance. Both dances will include a **VARIETY** of music. Alternate recreation will be available for those delegates who choose not to attend the dances.

**GREAT SUMMER SHOWCASE EDUCATIONAL WORKSHOPS:** The "Great Summer Showcase" (GSS) will provide 4-H Congress delegates with exciting learning opportunities, including hands-on, interactive workshops in morning sessions both Tuesday and Wednesday. Workshops will range in length from an hour and fifth teen minutes in to three (3) hours. Participants can choose from different content areas which include: Animal Science, Healthy Living, Environmental Education, Leadership, Citizenship, and STEM (Technology, Engineering and Math; Science is included in separate animal science and environmental science tracks). There is a listing of 2019 workshops on the Congress website. REMINDER: **Workshops are assigned on a first come, first served basis so be sure to register within 4-Honline and submit payment on or before deadline. For those delegates registering themselves in 4HOnline, they will not need to rank their choices. They will just choose the workshop they would like to attend. If the unit office will be registering on behalf of the youth, the unit will have to have their delegates rank their choices.**

**4-H STATE COMPETITIONS:** 4-H members have a chance to compete with their peers from across the state. Please review the policy and guidelines found in this packet. Participants with high scores in each blue ribbon category will be highlighted at the Share-The-Fun Show on Wednesday. Please see the competition information for more details.

**RECOGNITION OF 4-H ALL STARS:** This year marks the 98<sup>th</sup> Anniversary of Virginia 4-H All Stars. Those who will be tapped into the 4-H All Stars will be recognized during the 4-H Congress Opening Assembly by standing as a group. The tapping ceremony will be held on Wednesday afternoon. Newly tapped 4-H All Stars will be invited to the Recognition Banquet on Wednesday evening and will again be recognized by standing as a group.

In addition, 4-H All-Stars would like to collect two digital pictures of each delegate who will be tapped into 4-H All-Stars, preferably pictures depicting members in their major 4-H project area. **Each 4-H All Star who is being tapped is asked to upload their photos when registering for Congress within 4HOnline.** Be sure to save your photos with your name and unit included. For those who are being tapped, but not attending Congress please submit your photos to your local Extension Agent. The Extension Agent will be responsible for submitting these photos to Joi Saville (jdyer@vt.edu).

**4-H ALL STAR TAPPING:** The 4-H All Star tapping will be held on the Drillfield in front of the War Memorial Chapel on Wednesday afternoon (2:30-3:15 PM). **All delegates are expected to attend the All-Star tapping.**

**4-H ALL STAR ORIENTATION:** The All Star orientation will be held on Wednesday from 3:15-4:00 PM in the War Memorial Chapel. The rain location will be in the War Memorial Gym.

**4-H ALL STAR ICE CREAM SOCIAL :** This event will be held on Tuesday from 8:00 – 9:00 PM during Clover Fest on the Drillfield. This event is sponsored by the Virginia 4-H All Stars.

**CIVIC ENGAGEMENT - Professionalism, Telling My 4-H Story, and How a Bill Becomes a Law:**

Three sessions on Tuesday afternoon will provide delegates with the opportunity to learn how to present yourself and make good first impressions. You will learn to prepare your 4-H Story/Elevator Speech about 4-H impacts to share with legislators and others. Delegates will have an opportunity to engage with state legislators. Through a hands-on interactive game, you will learn How a Bill Becomes a Law.

**SHARE-THE-FUN SHOW and STATE AWARDS:** This year's Share-the-Fun Show will highlight outstanding performing art acts. In addition to Share-The-Fun, all competition winners will be honored for their achievements, and the 2019 National 4-H Congress Delegation will be announced. The show will be held in Burruss Hall on Wed. June 26, 2019 beginning at 7pm.

**WEDNESDAY NIGHT PIZZA PARTY:** Leave your money at home and join in on the fun as we end the week of Congress with laughs, pizza, and fun for everyone! The pizza party will be held during the dance on Wednesday night.

**STATE 4-H LEADERSHIP POSITIONS:** Consider running for a **State 4-H Ambassador or Cabinet Officer position.** Information about the positions and the application form are posted on the 2019 Congress website. The application deadline is May 24. Qualifying candidates will need to have their campaign speech approved by their 4-H agent or program assistant before coming to Congress. See

elections packet for specific information.

**SERVICE LEARNING PROJECT WITH VT ENGAGE:** The Campus Kitchen is a VT Engage program that combats hunger and food waste by redirecting quality, unserved food from VT Dining Services to area hunger relief agencies. Since launching in fall 2015, we have: Diverted over 132,377 pounds of quality, unserved food from campus to community. Curious how much that is? Well, one female African elephant is 6,600 pounds - so that's about 20 elephants! Worked with six hunger relief agencies and other nonprofits: Radford-Fairlawn Daily Bread, the Giving Tree Food Pantry, Plenty! Farm and Food Bank, New River Valley Agency on Aging, Warm Hearth Village, and the YMCA after school program. Worked with six Virginia Tech dining centers: Dietrick, West End, Owens, Squires, Southgate, and Turner Place. While there isn't the time to take attendees on a regular Campus Kitchen delivery shift, participants will get to learn about food insecurity and participate in a Dry Meal Packing Event. This Campus Kitchen program works with the New River Valley Agency on Aging's Meals on Wheels initiative to provide prepared dry meals for the agency's clients. These meals require only adding hot water, and are easily stored for later use. **To contribute to this effort and to help in the packaging of Cranberry Pecan Oatmeal, Congress attendees are being asked to donate one of the following items:**

<ul style="list-style-type: none"><li>• Quart-sized Ziploc Bags</li><li>• Quick 1- Minute 100% Whole Grain Oats</li><li>• 32oz. Instant Non-Fat Dry Milk</li><li>• 6.5oz. Ground Cinnamon</li><li>• 1lb box dried cranberries no sugar added from Amazon</li><li>• 10oz Fisher Chef's Naturals Chopped Pecans</li></ul>	<ul style="list-style-type: none"><li>• 18oz Quick 1-Minute 100% Whole Grain Oats</li><li>• 32oz. Instant Non-Fat Dry Milk</li><li>• 4oz. Ground Cinnamon</li><li>• 1lb box dried cranberries no sugar added from Amazon</li><li>• 10oz Fisher Chef's Naturals Chopped Pecans</li></ul>
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**Most of these items can be purchased at your local grocery store (i.e. Kroger) or purchased through Amazon.**

**CONGRESS DELEGATION PHOTO:** The entire Congress delegation will come together for a group photo on Monday evening. The photos of the Delegation may be purchased for \$5.00 each. Delegates must pay for photos in advance through the registration system. Photos will be provided to units during Congress.

**UNIT PHOTOGRAPHS:** Unit delegation photos are scheduled for Wednesday and more details will follow once delegates arrive on site. Delegates and chaperones will be in semi-formal attire. Each unit will be designated a time slot for their photo. The unit photos may be purchased for \$5.00 each. Only those participants from the Unit that paid for their photo will be provided a copy.

**CONGRESS SLIDESHOW DVD:** Do you ever wish you could have a copy to take home of the slideshow that is produced at Congress? Well now you can! DVDs with the 2019 Congress Slideshow can now be purchased for \$5.00 each. DVDs will be mailed to the units for distribution after Congress.

**CHARACTER COUNTS!** The six pillars of character are trustworthiness, respect, responsibility, fairness, caring, and citizenship. They provide the foundation of which Virginia 4-H character is grounded. Each participant will be expected to use these six pillars to guide their thoughts and conduct throughout the week. To assure that good character is kept in the forefront of delegates minds we will

be celebrating one or two pillars each day.

Monday, June 24<sup>th</sup> – Respect & Trustworthiness Day

Tuesday, June 25<sup>th</sup> – Caring & Responsibility Day

Wednesday, June 26<sup>th</sup> – Citizenship Day

Thursday, June 27<sup>th</sup> – Fairness Day

**REGISTRATION PROCESS FOR DELEGATES AND ADULTS:** Complete all paper forms received from your unit Extension Office or register online via 4HOnline. Be sure to select your competition area if you are competing this year, choose your Great Summer Showcase Educational Workshops, and return all paper work with payment to your local Extension Office. Registration in the online registration system and registering for workshops will begin on April 26. Please check with your unit office to see how online registration will be handled in your locality. The unit office will be provided a handout with instructions on how to register all youth and adult participants within the 4-H Online Events System. Units are responsible for submitting documentation of appropriate request for payment as indicated in the 4-H Agent Congress Packet, page 10, by June 3.

**REFUNDS** – Refunds will be provided up until June 5, 2019 however, **a \$25.00 processing fee will be assessed to all cancellations up until June 5. Beginning on June 6, 2019, no refunds will be issued.** All refund requests should come to the State 4-H Office by June 5, 2019.

# STATE 4-H AREAS OF COMPETITION

## Held at State 4-H Congress; Congress registration (1 day or 4 days) required

Agriculture Discussion Meet

Chicken Que<sup>†</sup>

Egg Preparation Demonstration<sup>†</sup>

Extemporaneous Speaking

Fashion Revue

Constructed Garment

Fashion Revue

Purchased Garment

Food Challenge –Texas Food Challenge Site, <https://texas4-h.tamu.edu/projects/food-nutrition/>

Presentation – Animal Science – Dairy/Livestock/Poultry/Horse\*/Camelid/Domestic Food or Fiber Animal

Examples: How to Groom a Horse, Dairy Free Stall Barn Design, How to Shear an Alpaca

Presentation – Animal Science – Pet

Examples: Geckos, Dogs, Cats, Exotic animals

Presentation – Careers, Entrepreneurship, & Economic Education

Examples: How to Start Your Own Business, Careers that Interest Me, How to Budget Money

Presentation – Citizenship and Leadership

Examples: The History of the Constitution, How to Be a Good Citizen in My School, Parliamentary Procedure

Presentation – Food Demonstration (includes food preparation)

Examples: How to Make Chocolate Chip Cookies, How to Preserve Garden Vegetables

Presentation – Food Knowledge

Examples: How to Prevent Foodborne Illness, Cooking Methods for Beef, Gluten Free Recipes

Presentation – Home, Family & Personal Management

Examples: How to Prepare Meals on a Budget, Furniture Upholstery, How to Manage Your Time More Efficiently

Presentation – Natural Resources & Environmental Education –

Examples: Forestry, Wildlife, Conservation, Fisheries, Recycling

Presentation – Nutrition, Health, and/or Fitness

Examples: How to Prepare to Run a 5K, Proper Tooth Care and Hygiene, Vitamins and Minerals

Presentation – Outdoor Adventure, Sports & Recreation

Examples: Fishing, Hunting, Trapping, How to Dribble a Basketball, Safety Gear for Rock Climbing

Presentation – Communications & Performing Arts

Examples: Ballet, Knowledge presentations about instruments (How to Care for your Violin), HAM radio, How to Give a Presentation

Presentation – Plants, Soils, & Entomology

Examples: The Importance of the Honey Bee, Establishing a Community Garden, Amending Soil to Grow Fruit Trees, How to Grow a Plant from a Seed, Understanding Invasive Plant Species

Presentation – Shooting Education

Examples: Understanding Shooting Disciplines, Precision and Accuracy for Hitting the Target, Safety Whistle Commands on the Archery Line

Presentation – Science, Technology, Engineering, Math (STEM Topics)

Examples: Minecraft, Coding, Web Page Design, Gravity, The Importance of the Triangle in Designing Structures, How to Use a 3D Printer, How to Create Effective PowerPoint Presentations

Presentation – Visual & Creative & Constructive Arts

Examples: Tie Dye, Friendship Bracelets, How to Make Paper, Duct Tape Art, How to Compose a Photo, Architecture Styles, How to Use a DSLR camera

Public Speaking

Table Setting

Radio Spot/4-H Promotion

Science Fair Presentation & Display Experiments, Research

Share The Fun – Combination

Share The Fun – Dance

Share The Fun - Drama

Share The Fun – Instrumental

Share The Fun – Variety

Share The Fun – Vocal

Turkey Que <sup>†</sup>

<sup>†</sup> = denotes national contest availability

\* state winner for horse (and qualifying event for Southern Regional and Eastern National) is awarded at EquiSmartz, but horse presentations CAN compete at Congress



## **State 4-H Congress Competition Policies and Guidelines**

1. Participants have a responsibility to review the rules, resource documents, and score sheets which can be found on the state 4-H website at:
  - a. <http://ext.vt.edu/topics/4h-youth/competitions/index.html>.
2. State contests will use the rules, score sheets, etc. posted only on the competitions web page listed above, regardless of how qualifying county and district contests are run. Local units and districts are encouraged to adopt and abide by the state rules out of fairness to youth participants. For contests in which there is a national event, contestants should check the national rules for any differences at that level of competition.
3. 4-H Congress (and therefore state level competition at Congress) participation is limited to senior age 4-H youth, those ages 14-19 as of September 30 of the 4-H year. Mixed-age acts that competed at the unit or district level will be ineligible at the state level. (Example: four young people in a Share-the-Fun act where at least one is age 13 or less would not qualify.)
4. All Congress competitors must have participated in a qualifying event whether at the unit or district level, depending on local situation. All units and districts are encouraged to hold contests prior to Congress.
5. A list of sample topics is provided for additional information only. Participants are not limited on subjects, but do have to fit into one of the above categories. Contestants should be prepared to show judges the connection/correlation to the category area. Judges' or contest managers' decisions are final.
6. Competition scoring will follow the Danish Awards System (Blue: 90-100; Red: 75-89; White: 74 and below). Overall high score blue ribbon winner in each category will receive a medal. Modifications have been made for competition categories where the total score is greater than 100 points.
7. A 4-H member can participate in only one competitive event during Congress even if he/she qualified in more than one contest at previous levels of competition. It is difficult when youth are assigned to multiple competitive event locations and difficult to arrange the scheduling of two competitions to accommodate one individual at two different events.
8. At 4-H Congress, the Share-the-Fun contests have limits on the number of acts each unit can send. Each unit may send one act per Share-the-Fun category.
9. At 4-H Congress, the Electric Energy Challenge and Arc Welding have limits on the number of youth each unit can send. Each unit may send one youth in these categories.

10. A unit may send more than one participant in all competition categories except Share-The-Fun, Arc Welding, and the Electric Energy Challenge. For example, a unit may send more than one 4-Her to compete in public speaking, fashion revue, presentations, etc. Check specific team contest rules for the number of teams and the number of participants on a team allowed in state competitions.
11. The genre of presentations, demonstrations, public speaking, STF acts, fashion review garments, etc. must remain consistent between unit/district and state competitions. Improvements based on input provided by the last judging panel can be incorporated, but the genre of the work cannot be changed.
12. Once a youth is the overall state winner in a competition category, he/she cannot compete in that category again at the state level. For instance, if a youth is the overall winner in vocal, he/she cannot compete in vocal again, but could compete in another category such as instrumental, variety, forestry, or foods, etc. State medal winners should not repurpose their act in order to try to fit into another category in another year.
13. State competition contestants are encouraged to attend 4-H Congress, but are not required to. Competitors may register as one-day participants in order to compete. Pre-registration is required; see Congress information for deadlines.

## **Great Summer Showcase Educational Workshops**

### **Workshop Descriptions**

**Tuesday & Wednesday Morning – June 25 & 26**

The Great Summer Showcase Workshop has a great selection this year! They are **offered on a first to register, first to participate basis. Make your workshop preferences within 48 hours of online registration.** There will be no changes in workshop assignments upon arrival at Congress.

### **Animal Science**

#### ***Grass...Goats...and Uninvited Guests!***

Grass... Goats... and Uninvited Guests! is a new, fun, multi-part STEAM (Science, Technology, Engineering, Agriculture, and Math) activity designed for youth using stuffed animal models and edible treats! In the activity, participants will learn about the barber pole worm life cycle, the signs & symptoms of parasite infection in goats, the use of tools to diagnose parasitic infections, and the appropriate time to use medicine/treatment to deworm animals. Participants will learn about real animal science concepts such as the FAMACHA® eye chart and hematocrit determination for blood samples to diagnose anemia, the SIL dag score scale, body condition scoring, fecal worm egg counts, and treatment for barber pole worm.

#### ***Overview of Poultry Judging Contest***

This presentation will focus on the State Poultry Judging Contest held in April. An overview of the different classes and how to prepare for the contest will be given.

#### ***Do-It-Yourself Cows***

In this workshop, you will learn more about the anatomy and physiology of the female bovine reproductive system with hands-on experience with reproductive tracts, as well as with the different reproductive technologies used in and out of the lab. Students will learn more about the processes of in-vitro fertilization and embryo transfer and their uses in cattle. They will have the chance to look at real bovine semen, oocytes and embryos and try their hand at determining embryo stage, fertilizing oocytes, and loading artificial insemination and embryo-transfer guns. Students will also learn how these lab technologies connect to real world producers and their cattle by having the chance to perform rectal palpation and ultrasonography.

#### ***Project Runway – Equestrian Style***

This workshop will explore what it takes to dress for success AND on a budget as you enter the horse show world! Participants will dress their model for a selected discipline and then walk the runway with their model explaining their choice of outfits and style!

#### ***Udderly Amazing***

Hey, there's more to that glass of milk than meets the eye! In this workshop, participants will explore the science behind many of the processes that take place on the dairy farm. There will be plenty of hands-on activities allowing you to learn about the biology of the dairy cow and what makes her so special. Udders, milk samples, genomics, oh my! Who said science can't be fun?

### ***Canine Scientists: Learning About and From Dogs***

Have you ever wanted to talk to your dog and have him talk back? Canine science is a flourishing research field and can help us understand our dogs better. We will discuss how to read dog behavior, and how to use positive reinforcement to communicate with your dog what you want. We will watch a dog be trained using shaping. Finally, the participants will become real canine scientists! We will use published research methods to test participants' hypotheses about dog behavior and improve their ability to ask the dogs for answers.

### ***Alpacas- Introduction To Yarn Farming***

Learn about the incredible alpaca. Students will have the opportunity to work with an alpaca in a show style environment, learn about their fiber and use in home and fashion, the history of the alpacas, and complete a craft. Those that attend need to wear tennis shoes, no flip flops.

### ***Introduction to 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, create your very own original piece and go home with all the materials you need to continue felting!

### ***Graze 300; How to Winter Livestock with Less Hay while making more Money***

Graze 300 is a statewide VCE program. Participants will learn how to increase days of grazing in order to improve bottom line for livestock projects.

### ***Ag in the Classroom***

Have a desire to lead programs in your county or city 4-H program? Come learn fun ways to teach agriculture concepts to youth! It's more than just cows, corn, and tractors! Participants will be engaged in hands on activities they can bring back to their unit programs and use with younger 4-H members. You will leave with detailed instructions so you can replicate the lessons with youth in your locality.

### ***So what's it like to be a USDA Veterinarian or Vet Tech?***

You will learn of the mission of the USDA's Animal and Plant Health Inspection Service, Veterinary Service through presentations, games and exercises. This agency works to maintain the health and marketability of our nation's herds and flocks while assisting in domestic and international movement of animals and products.

## **Civic Engagement**

### ***Living the Code: A Cowboy's Tale***

What does it mean to 'live by a code'? What does it show about a person's character to have something to stand for that they use in everyday life, both personally and professionally? In this 1 hr and 15 minute workshop, you will be shown a glimpse into 'the way of the cowboy' and how it can mean something for everyone, not just those wearing Stetson hats and chaps. Come along for the ride and learn what The Cowboy Code can mean to you.

### ***Exploring Environmental Economics, Ethics & Justice***

Environmental issues pose complex scientific, social, political, and philosophical problems and challenges in need of critical thinking, integrated analysis, and holistic solutions. Like a three-legged stool, all dimensions of the situation must be managed in harmony to ensure a

sustainable planet. Participants will explore actual environmental problems and evaluate possible solutions.

### ***LifeSmarts***

Come experience “LifeSmarts”, a quiz bowl style competition. We’ll introduce you to the topics and then you’ll get a chance to test your knowledge by competing in a competition against other 4-H’ers. Each year the winner from the Virginia state competition in February represents us at the national competition. Come find out what you need to do to form a team and how the statewide competition works.

### ***Safety Security and Preparedness***

Participants in the work shop will learn about improving individual safety. Several emergency scenarios will be reviewed; including active shooter, fire and tornado. The program at Virginia Tech will be used as an example. Personal responsibilities will also be discussed.

### **Communication and Expressive Arts**

#### ***“When I was your Age”: How to Do an Oral History***

Does your favorite uncle or neighbor, or your great-grandma had some amazing stories and secrets? Not sure how to ask? This workshop will introduce students to oral history strategies through mock interviews and real oral histories with veterans, farmers, activists, and more. Participants will leave with an interview guide and list of online resources to help them preserve their own family stories.

#### ***Global & Expressive Arts: Afro-Fusion Dance***

Diop is from Brooklyn, New York and now based in Dakar, Senegal (West Africa). With both American and African roots, Mamedjarra has a unique cultural perspective to share through an expressive dance form that combines hip-hop with traditional African moves. This class is a unique and fun way to explore different cultures and shared experiences.

#### ***Expressive Arts: Modern Dance***

Nabowire Stokes is from Senegal (West Africa) and is classically trained in modern, ballet, jazz, and tap dance disciplines. In this workshop, participants will learn some fundamentals of modern dance to culminate in a choreographed piece that can be used beyond just State 4-H Congress. This class is a unique and fun way to explore modern dance styles and express yourself through performance art.

#### ***Global & Expressive Arts: Learning Language through Movement***

Music promoter and CEO of Point Blank Productions, Ydee is a radio host and Senegalese television personality who has connected musicians and communities through unique events. He will share his talents through a class using songs and movement to learn the Senegalese dialect Wolof.

#### ***Global & Expressive Arts: Traditional African Dance***

Ndeye Khady Gaye is a dance instructor from Senegal (West Africa). Participants in her workshop will have the unique opportunity to learn about another culture through performance

arts. The instructor will share traditional dances representative of the different groups and cultures within her country. This class is a special selection for teens interested in using dance to explore another culture and discover something new about themselves along the way!

### ***Global & Expressive Arts: Mural Painting***

Serigne Mansour Fall is based in Dakar, Senegal (West Africa) but is an internationally renowned artist, teacher and activist who uses his art as a means of expression and connecting communities. This workshop will give teens a unique opportunity to tap into Serigne's passion for art and love of teaching others. Participants will contribute to a final mural piece focused on highlighting 4-H around the world and cultural experiences through art.

### ***Hip Hop Media Literacy: An Introduction to DJing & Fair Use***

Students will receive an introduction to a hip hop based understanding of media literacy. We will discuss sample-based music production and how it is similar and dissimilar to the research process. Students will then receive hands-on instruction with a variety of DJ equipment.

## **Environmental/Outdoor Education**

### ***4H Forestry***

Workshop participants will gain an understanding of the forestry skills and knowledge events that make up the National 4H Forestry Invitational contest and understand what is involved in training and preparing a team to compete in the national contest. Participants will learn about the event through a presentation and a series of hands on activities covering tree identification, compass orienting, reading maps, forest health, tree measurements, forest evaluation, and general forestry knowledge. Participants will also learn about the resources available to assist them with starting and training a 4H forestry team for competition.

### ***Exploring Entomology: Career Pathways and Live Specimens***

Join us to discover the exciting world of Entomology – the study of insects! Current and former Hokies will share their journey and how they chose careers involving Entomology. Learn about this multi-faceted field and explore living insects and other arthropod species from our BugZoo.

## **Healthy Living**

### ***Yoga and Mindfulness 101***

Are school, life, or relationships stressing you out? Would you like to learn skills to relax, manage stress and anxiety while embracing a healthy lifestyle? If so, please join us to learn more about yoga and practice poses that will help you in developing strength, flexibility, focus and balance. In addition, practice and instruction will be provided on skills to increase mindfulness and present moment awareness to help reduce stress and find calm.

## **STEM**

### ***Google in Your Community***

Learn how you can get involved with the 4-H Google Computer Science programs in Virginia through fun, hands-on activities! Teen members of the State 4-H Google CS Pathway team will introduce fun, easy ways to teach computer science in your communities!

### ***Lift up STEM with Engineering***

Lift up your interest in STEM by learning the basics of engineering design through building a Lifter! Work as a team to create a lifter to move an object the farthest!

### ***Game Changineer***

Introduction to computational thinking and programming video games in logical English. Create your video game in just minutes, with an option to share your game. Computing concepts of logic, algorithmic thinking, problem solving, debugging, and critical thinking are incorporated.

### ***Learning about drones for fun and profit***

Participants in this workshop will learn about possible careers using drones and the FAA rules for flying drones. Participants will learn how to prepare drones for flying and learn how to fly common hobby/professional drones. Training will take place at the “Drone Park” on the Virginia Tech campus.

### ***STEM in Sports Turf Management: The hidden science behind Lane Stadium's Worsham Field***

This workshop is designed to give participants a behind-the-scenes look at the science, technology, engineering, and math that go into the daily life of athletic field managers. Representatives of the Virginia Tech Turf Team will give a guided tour of Worsham Field and the practice facilities while diving into the biology and chemistry of a complex living system, the underlying engineering designed to keep players safe, and new technologies that help conserve resources. Participants will learn how technologies like drones and automated sprayers are changing the \$40 billion turf industry, and learn about key differences between natural and synthetic playing surfaces.

### ***What is Sensory Science?***

This will be an introduction to Sensory Science. The students will be conducting two sensory tests, be shown the facilities and we will discuss the results of the sensory tests and talk about sensory science.

### ***Build a Sibling Detector Alarm***

Are you interested in learning basic computer coding so that you can build your own exciting electronic devices? If so, then this workshop is for you. Using Arduinos, which are simple electronic platforms based on easy-to-use hardware and software, you will learn to make a motion activated sibling detector alarm. This could come in handy for letting you know when those sneaky brothers and sisters are trying to get into your room. Mr. Tom Weeks with the Technology Futures program at Virginia Tech will lead this workshop.

## **Leadership**

### ***Being a Star with VA 4-H All Stars***

*Being tapped into VA 4-H All Stars is the highest honor Virginia 4-H can bestow to members and adults. In this session, participants will learn about the All Stars and their mandate of service. Participants will also learn how to apply for membership and the process that follows membership submissions.*

### ***Learning to Leave a Legacy of Leadership***

Learn what it takes to be a leader in 4-H and in your community! If you like to serve and help others, and want to learn more about yourself and how to grow as a leader, join this class! Dig in and explore what it takes, by learning and practicing leadership skills and techniques. In addition, get the inside scoop and be inspired on what it takes to have a chance at winning a \$5,000 scholarship with the Youth in Action Award at National 4-H Legacy Awards.

### ***Strategic Thinking: Prisoners Dilemma, Battle of the Sexes and Other Games***

Nearly all decision making situations involve multiple persons and/or organizations involved. The actions of all these different individuals influence each other. "Game Theory" offers a toolkit that consists of methods to analyze optimal or strategic behavior in situations with multiple interactive decision makers. The applications of game theory are widespread: it can be used to analyze competitive behavior of firms within a market environment, the optimal choice of policies by candidates in presidential elections, the design of international trade treaties between several countries, the optimal hiring of skilled workers by competing firms on the labor market, eBay auctions, bargaining among groups and many other applications.

### ***"How to Stand Out in an Outstanding Crowd"***

How to stand out in a crowd within the agriculture industry from colleges to future careers? What types of skill sets, characteristics, personalities are attractive to those looking to enroll or employee you?

### ***Systems Thinking and Student Leadership Competencies***

Utilizing a fun Systems Thinking activity, attendees will learn how to better understand complex social problems and determine their role in both creating and resolving them. According to David Peter Stroh, "Systems thinking motivates people to change because they discover their role in exacerbating the problems they want to solve" (Stroh, 2015, p. 21). During this workshop participants will think critically about their ability to affect change through Systems Thinking and the Student Leadership Competencies. This interactive workshop will include individual and group activities aimed at deepening participants' understanding of the topics and take-home action steps for greater impact and social change.

### **Service Learning Project with VT Engage**

The Campus Kitchen is a VT Engage program that combats hunger and food waste by redirecting quality, unserved food from VT Dining Services to area hunger relief agencies. Since launching in fall 2015, we have: Diverted over 132,377 pounds of quality, unserved food from campus to community. Curious how much that is? Well, one female African elephant is 6,600 pounds - so that's about 20 elephants! Worked with six hunger relief agencies and other nonprofits: Radford-Fairlawn Daily Bread, the Giving Tree Food Pantry, Plenty! Farm and Food Bank, New River Valley Agency on Aging, Warm Hearth Village, and the YMCA after school program. Worked with six Virginia Tech dining centers: Dietrick, West End, Owens, Squires,



Southgate, and Turner Place. While there isn't the time to take attendees on a regular Campus Kitchen delivery shift, participants will get to learn about food insecurity and participate in a Dry Meal Packing Event. This Campus Kitchen program works with the New River Valley Agency on Aging's Meals on Wheels initiative to provide prepared dry meals for the agency's clients. These meals require only adding hot water, and are easily stored for later use.



## **CHARACTER COUNTS!<sub>sm</sub> at Congress**

**TRUSTWORTHINESS, RESPECT, RESPONSIBILITY, FAIRNESS, CARING, AND CITIZENSHIP** — these six core ethical values, which the CHARACTER COUNTS!<sub>sm</sub> program calls "Pillars of Character," provides the basis for what Virginia 4-H stands for and what each member, leader and staff member should strive to practice.

These six Pillars should guide all Congress participants' thoughts and conduct. These core beliefs help us to distinguish right from wrong. Additionally, the principles represented by these six pillars act as filters through which to make decisions. So, being trustworthy is not enough — we must also be caring. Adhering to the letter of the law is not enough — we must accept responsibility for our actions. In holding others to be accountable - we must not forget to be compassionate.

Character really does count! In personal relationships, at school, at the workplace, at 4-H Congress – in life – who you are makes a difference. Character is not hereditary, nor does it develop automatically; you must consciously develop it.

So, while you are at State 4-H Congress and even after you leave, put your head, heart, hands and health into living by the Six Pillars of Character<sub>sm</sub> and the principles they represent.

### **• Trustworthiness**

- Be honest
- Keep promises
- Be loyal

### **• Caring**

- Be kind
- Express gratitude
- Forgive others

### **• Respect**

- Follow the Golden Rule
- Be tolerant of differences
- Deal peacefully with anger, insults and disagreements

### **• Fairness**

- Play by the rules
- Take turns and share
- Be open-minded

### **• Citizenship**

- Obey laws and rules
- Respect authority
- Protect the environment

### **• Responsibility**

- Do what you are supposed to do
- Pursue excellence
- Be self-disciplined

**CHARACTER COUNTS!<sub>sm</sub> is a service mark of the CHARACTER COUNTS!<sub>sm</sub> Coalition, a project of the Josephson Institute of Ethics.**

# **VIRGINIA 4-H CONGRESS CODE OF CONDUCT**

## **Purpose**

The purpose of the 4-H program is the positive development of youth. We believe in creating a safe learning environment that encourages the four-fold development of a young person (i.e., Head, Heart, Hands, and Health). We expect all persons involved in 4-H (youth members, parents, teen/adult volunteers) to practice behaviors that foster the total development of youth. Each 4-H member and associated individuals participating in 4-H activities must accept the responsibility of creating a positive image that reflects 4-H ideals. Furthermore, the Virginia 4-H program recognizes that "CHARACTER COUNTS!" All 4-H participants should always strive to uphold the 6 Pillars of Character as described on the previous page. In seeking uniformity in the conduct expected at 4-H programs/events, the code of conduct has been developed to provide a clear understanding of expectations. Participants and parents/guardians must sign a Code of Conduct form in order to participate and all delegates are expected to adhere to the Virginia 4-H Code of Conduct.

In regards to State 4-H Congress, there are a few items within the Code of Conduct that we would like to highlight.

- Teen and adult delegates are required to be in attendance at all scheduled programs, events, and activities. In addition, Congress delegates must be present for each evening's unit meeting in the dormitory with the supervising agent/volunteer by the time specified in the Congress program.
- Females are not allowed to visit male sleeping rooms or areas designated for male occupancy, and males are not allowed in female sleeping rooms or areas designated for female occupancy.
- All teens over 18 and adults are encouraged not to smoke. State law prohibits smoking by youth under age 18.)
- Teens are not allowed to drive their personal vehicles. All vehicles are to be parked in parking lot(s).
- Suggestive dancing is NOT appropriate at 4-H Congress
- Participants are expected to dress appropriately based upon the **Virginia 4-H Congress Dress Code** as outlined below: All delegates will dress neatly and appropriately for the scheduled activities. Upper and lower garments, undergarments and shoes will be worn at all times. Comfortable shoes are critical and recommended. You will walk several miles each day from event to event on campus. The following dress code is expected:

### **MALES**

**Sport** - shorts and tee-shirts (no holes or cutouts; no tank tops, no inappropriate language or graphics), appropriate sports attire for congressional games/recreation.

**Casual** – sport shirts, polo shirts, slacks, and nice jeans or shorts.

**Professional** – shirt and tie may be paired with khaki or dress pants.

**Semi-formal** – suit or jacket/nice pants, shirt and tie.

## **FEMALES**

**Sport** – shorts and tee-shirts  
(appropriate sports attire for congressional games/recreation)

**Casual** – slacks, jeans, shorts or skirts  
with blouses, knit tops.

**Professional** – dress slacks or skirts

with appropriate top, suits, dresses.

**Semi-formal** – Sunday best, party dress  
(long or short), dressy top with soft  
trousers or skirt. Strapless gowns are  
acceptable as long as they cover the  
appropriate body parts and have no  
exposed undergarments.

## **INAPPROPRIATE DRESS AND APPEARANCE**

- Clothing with negative, indecent language or symbols
- Excessively tight or short garments
- Exposed undergarments
- Clothing with holes, tears or slashes on the torso area (lower pant legs is O.K.)
- Halter tops/tube tops
- Tank tops with straps of less than 2 inches in width and/or cut low enough to show bosom
- Skirts or dresses that do not reach mid-thigh (below fingertips) or do not cover appropriate body parts
- Belly shirts that expose excessive midriff
- See through blouses, skirts or pants
- Any adornment that could be perceived as or used as a weapon
- Headgear of any type should not be worn indoors

**\*\*No Spaghetti Straps.**

**\*\*Skirts or dresses are advised to reach mid-thigh (below fingertips) and cover the appropriate body parts.**

## **Consequences**

Unacceptable behavior during a 4-H program/event (as defined within the Code of Conduct or through a review process by 4-H staff/volunteer) will result in consequences to the participant. Consequences may include:

1. Early release from this 4-H program/event without refund, (for Congress, teens and adults who choose not to abide by the 4-H Code of Conduct will be subject to early release from Congress and will be required to return any scholarship money awarded to them),
2. Restitution or repayment of damages,
3. Denial of future participation in the 4-H program/event at the local, district, state and national levels for one or more years (as determined by the unit staff in charge of, or responsible for, the 4-H program/event),
4. Forfeiture of financial support for a 4-H program/event
5. Removal from 4-H offices held (if applicable), and
6. Releasing the youth to the appropriate law enforcement agency and/or the proper authorities.

**NOTE:** Any conduct not specifically covered by the Code of Conduct, but deemed inappropriate by those responsible for the 4-H program/event will be viewed as a violation and appropriate action will be taken by the Congress Dean. If an infraction occurs, the person in charge of the 4-H program/event will provide appropriate communication to parents/guardians.

**Medication Protocol**

- Each delegate is responsible for his/her own prescription medications. Prior to attending congress, discuss any medication needs with your 4-H Agent.
- Should delegates need assistance with medication while at Congress, contact the medical staff.
- Over-the-counter medications (acetaminophen, Ibuprofen, etc.) are available at the Medical Station and therefore, not necessary to bring with you. Refrigeration is available at Congress Headquarters for medications (insulin, etc.).

## **Registration Forms and Where to Find Them**

Delegates and Adults will complete and return forms to local 4-H Agent. (Please check with your local unit (county/city) to see when the deadline is to have forms returned to the local unit!) Agents will return forms and documentation of appropriate request for payment to State Office no later than June 3, 2019.

For participants with a complete and active 4HOnline profile inclusive of the Health History and all authorizations, no additional forms will need to be sent to the State 4-H Office. The State 4-H Office will print the Health Forms and corresponding authorizations onsite for those participants with a complete and active profile in 4HOnline. However, if hardcopies of the Health History and Code of Conduct are collected by the unit office and are not a part of the 4HOnline profile, the unit will need to mail copies of the Health Forms and Code of Conduct to the State 4-H Office no later than June 3.

Download all Congress related forms from:

<http://www.ext.vt.edu/topics/4h-youth/state-congress/index.html>

- 1) 2019 Congress Registration Form (will be available April 26)
- 2) 2019 Health History Form