4-H Symposium and VAA4-HVL Fall Conference
November 19-20, 2016

Workshop Sessions

Saturday, November 19

Pre-Conference Workshops
9:00-10:00 a.m.

Going Green! Snap Circuits
Speaker: Kevin Irvin
Participants will use snap circuits to build systems that teach alternative energy & energy conversions. Snap circuit kits can be used in a club or in-school settings to teach SOL related topics and help youth learn about uses for alternative energy. Each district will receive a kit for check-out.

4-H Fitness (FUNtervals)
Speaker: Dr. Samantha Harden
All 4-H staff and volunteers are welcome to attend this physical activity promotion and sedentary time reduction session. We will demonstrate how to incorporate physical activity breaks into existing programming, describe some branded VCE exercise programs, and practice reducing sedentary time through evidence-based techniques.

Master Tracks
10:00 a.m. – 4:00 p.m.

WeConnect – Dr. Jennifer Skuza and Jessica Russo
Dr. Jennifer Skuza and Jessica Russo from the University of Minnesota will be presenting the WeConnect Curriculum for the Saturday citizenship master track. WeConnect, a Global Citizenship Curriculum that prepares youth to thrive in our culturally diverse world! WeConnect is a program model and curriculum designed to show youth that they are participants in a global society, inspiring a sense of understanding and confidence in relating and connecting to other people.

The curriculum, authored by the University of Minnesota, is for middle school youth (grades 6-8 and ages 11-14), but can be adapted to suit both younger and older age groups. Perfect for afterschool programs, clubs, or camps, and cultural exchanges, the curriculum includes 20 lessons in four sections: exploring, stretching, challenging, and connecting.

Project Underground - Caves, Karst and Bats - Carol Zokaites
Learn about the development of karst topography and the impacts of human activity on the water resources in karst areas. Discuss public policy decisions relating to watersheds and the unique karst environment. Learn about the unique biodiversity in karst systems. Participate in some activities geared to teach about karst in your classroom. Receive the Project Underground curriculum guide and many supporting resource materials. Learn about topographic maps and how to delineate watersheds using these maps.

These resources address general issues about living on karst topography. The materials address many SOL, are inquiry based classroom lessons, and are also great for community outreach and citizen education programs on caves and karst.
Health Rocks-State Training Team

Health Rocks! is curricula for a healthy living program aimed at youth between the ages of 10 and 15, with a goal of bringing youth, families, and communities together to reduce tobacco, alcohol, and drug use. To learn more about Health Rocks!, please visit the following web link: http://4-h.org/parents/healthy-living/health-rocks/

This training is open to all volunteers, staff, and agents who have an interest in implementing this program. For those who attend the training, you will be eligible to apply for grant funding to support your Health Rocks! Programming efforts locally. If you are successful in receiving funds, you will receive public recognition in front of your peers at In-Service and be able to count this as a competitive grant on your faculty report.

Workshops Session 1
10:00 – 10:50 am

**VSU treeSOURCE: Using citizen science to create and engage youth communities**
Speaker: Dr. Charlie Nealis
Participants will learn importance of citizen science in developing learning communities and methods for engaging learners through the VSU treeSOURCE program. Participants will also learn how to use treeSOURCE for data collection and collaboration with other learning communities.

**4-H Fitness FUNtervals**
Speaker: Dr. Samantha Harden
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**Beyond Bossy**
Speaker: Caitlin Verdu
Based on the 4-H YELL curriculum, this session introduces a shortened workshop series designed to build leadership skills and confidence in teens. Enhance and evaluate your own leadership skills through selected activities on stress management, perceiving differences, teamwork, and communication. You will leave with everything you need to implement this program in your own county/city.

**Enhancing 4-H club diversity through Faith-based organizations**
Speaker: Laura Oliver

4-H programs are open to all youth, and should be a reflection of the demographic make-up of the community we live in. However we often find that we are lacking diversity of youth and adult volunteers in our clubs and programs. In this workshop we will share ideas and tips that have been shown to be successful in bridging the diversity gap in 4-H and to help more youth and have access to the many resources, programs, and activities offered through being a participant in 4-H. An example of utilizing faith-based organizations as one avenue to bridging this gap will be discussed.
4-H Yoga  
**Speaker:** Laura Oliver  
Based upon the Healthy Living: Yoga for Kids program, developed in Arkansas, this workshop will introduce simple exercises that can be performed in a variety of settings, including classrooms, camps, and at home. The purpose is to increase fitness, decrease stress, and improve mental focus in a non-competitive manner.

**Using SNAP-ED partnerships to engage low-income youth to become leaders**  
**Speaker:** Tonya Pickett  
Learn how SNAP-ED Agents can partner with volunteers and Agents on programming. Explore barriers for low-income youth from participation in 4-H and learn new ways to recruit and adapt programs for this group of youth. Participate in an at-risk role play and play a game to introduce you to how to look at the SNAP-ED policy, systems, and environment when working with youth.

**Virginia 4-H Horse Projects and Events**  
**Speakers:** Dr. Sandy Arnold and Leona Ransdell  
Learn about project support for horse project club adult and teen volunteers. Get tips and leadership advice on how to organize a horse project or grow your club. Leaders will get a wonderful list of resources and information to support their members, get ideas on project club meeting content, and tips on organizing their club.

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**Workshops Session 3**  
**1:45 – 2:35 pm**

**Bats!**  
**Speaker:** Kari Abbott  
Participants will learn about bats in Virginia and participate in an activity to identify by measurement, six (6) bats commonly found in Virginia.

**Going Green! Snap Circuits**  
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**Partnering with National Guard**  
**Speakers:** Joe Duerksen  
This workshop presents an overview of the National Guard Family Program in Virginia. It will also go into detail about the struggles geographically dispersed military families in Virginia face. It will cover the cycle of deployment for the family and how 4-H can support this unique, close-knit network of families, service members and youth.
Sunday Super Sessions
8:00 a.m. – 9:50 a.m.

**Celebrate Maker: Exciting History and Science Behind Fun WWI Activities**

**Speakers:** Dr. Kathleen Jamison and Nancy Schaff

The session will provide participants with interactive practice with the newly developed WWI Maker Activity Modules for use throughout the WWI Centennial Year 2017. Come play as you discover the history and science behind each activity. Opportunities to establish community events, work with the Army National Guard and in collaboration with Virginia WWI Commissions Profiles of Courage traveling exhibit will be highlighted.

**Introduction to the National 4-H Lawn Tractor Challenge and other Engineering Events**

**Speakers:** Dan Swafford and Andy Seibel

Participants will receive an overview of the 4-H Engineering Challenge Events such as Electricity, Arc Welding, Small Engines, and 4-H Lawn Tractor. The workshop will highlight the 4-H Lawn Tractor Challenge where participants will learn to set up the contest course and the part Identification portion of the contest. Participants will also learn how to score the contest. Participants will also have an opportunity to drive the course.