

STATE 4-H CONGRESS 2017

General Information Packet

**June 19-22, 2017**

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Mellissa Breen, State 4-H Office, at 540-231-6372/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, Service Learning, & Competitions;
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.

**2017 PROGRAM INFORMATION & HIGHLIGHTS**

**MONDAY EVENING WELCOME PICNIC AND MIXER:** On Monday evening, you will get an opportunity to enjoy an informal welcome picnic which will be held on the GLC Lawn. 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.

**CONGRESSIONAL GAMES:** Congressional Games this year will provide teens with opportunities to participate in corn hole, basketball, volleyball, kickball, swimming, water polo, board games and much more. Congressional Games will be the Tuesday evening program and pre-registration will be required. Delegates will need to sign up for a specific competitive activity or the non-competitive board game and card room. **All delegates must first go to the game that they pre-registered for, however once that game is completed, delegates may move to other games.** All Delegates must participate in Congressional Games (competitive or non-competitive) and participants must check-in at the game they pre-registered for to confirm attendance. Please remember to pack appropriate attire for the Congressional Game you sign up for. **Congressional Games are assigned on a first come, first served basis so be sure to register within 4Honline and submit payment on or before the deadline.**

**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:** The “Great Summer Showcase” (GSS) will provide 4-H Congress delegates with exciting learning opportunities, including hands-on, interactive workshops in afternoon sessions. Workshops will be three (3) hours in length. Participants can choose from one of five different content areas. The workshop areas include: Animal Science, Communications and Expressive Arts, 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 2017 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 delgates 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 send pictures of those competing at to Mellissa Breen [4HCongress@vt.edu](mailto:msbreen@vt.edu) or Mellissa Breen, 107 Hutcheson Hall (0419), Blacksburg, VA 24061). Action photos during unit and district contests are encouraged. These will be shown before the beginning of the Share the Fun assembly on Wednesday night. Please see the competition information for more details.

**2017 COMPETITION WORKSHOPS:** For delegates who will not be competing in competitions on Tuesday morning, we will be offering competition workshops to introduce delegates to the various competition areas available through 4-H. Delegates will choose their top selections and sessions will be filled on a first come, first-served basis. A service learning project will be available for those not wishing to learn about competitions. 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 delgates rank their choices.**

Workshops include but not limited to:

1. Introduction to Land Judging
2. Food Challenge
3. LifeSmarts
4. Intro to Nat’l 4-H Lawn Tractor Challenge
5. Extemporaneous Speaking
6. Service Learning Project –VT Engage and Micah’s Backpack

**RECOGNITION OF 4-H ALL STARS:** This year marks the 96th Anniversary of Virginia 4-H All Stars*.* During 4-H Congress, those who will be tapped into the All Stars will be recognized during an opening assembly program and the tapping ceremony will be held on Wednesday afternoon. Newly tapped 4-H All Stars will be invited to Share the Fun Show on Wednesday evening. **In addition, All-Stars would like to collect two digital pictures of each delegate who will be tapped into All-Stars, preferably pictures depicting members in their major 4-H project area. Please email these to Mellissa Breen at** [**4HCongress@vt.edu**](mailto:msbreen@vt.edu) **by April 22. Be sure to include the following in the subject line: “All Star Photo” and the All Star’s name. For example, All Star Photo – Susie Smith.**

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

**ALL STAR ORIENTATION:** The All-Star orientation will be held on Wednesday from 3:30-4:30 PM.

**ALL STAR ICE CREAM SOCIAL:** This event will be held on Tuesday from 8:30 – 10:00 PM during the Congressional Games at War Memorial Gym. This event is sponsored by the Virginia 4-H All Stars.

**NEW THIS YEAR! 4-H CONGRESS ISSUES FORUM**

In our global community, we are faced with significant challenges: unemployment, obesity, environmental issues, depletion of natural resources, food security, and poverty to name a few. Research studies show that 4-H youth are healthier, more responsible, and more likely to contribute to their communities.  During the Issues Forum, Congress delegates will explore how their values and experiences shape interactions and connection with others.  Delegates will learn ways to become engaged in their community and how they can contribute to solving global issues.  Through civil discourse, delegates will practice strategies to have productive conversations when passions are high and differences of opinion exist. There is no pre-registration needed for this Congress program and all delegates, both youth and adult, will receive an orientation once on campus.

**SHARE-THE-FUN SHOW and STATE AWARDS:** This year’s Share-the-Fun Show will highlight outstanding performing art acts. The public, including delegate families, are invited to attend. In addition to Share-The-Fun, all competition winners will be honored for their achievements, and the 2017 National 4-H Congress Delegation will be announced. The show will be held in Burruss Hall on Wed. June 21, 2017 beginning at 7pm.

**MONDAY NIGHT PIZZA PARTY:** Leave your money at home and join in on the fun as we begin the week of Congress with laughs, pizza, and fun for everyone! The pizza party will be held during the dance on Monday 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 will be posted on the 2017 Congress website on April 3. The application deadline is May 5. 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.

**DOLLARS FOR THE DOMINICAN:** The Virginia 4-H Dominican Republic Program is our fundraising project for this year. The goal of this program is to give Virginia 4-H High School students an opportunity to travel to a Spanish speaking, developing country to interact with their peers. While there for a week, the 4-H'ers work with local Dominican teen partners to conduct environmental 4-H Day Camp for Dominican children, learn about Dominican culture and food, and conduct at least one service project in the local community.  This group raises money every year in order to provide supplies for the 4-H Day Camp and to transport a group of Dominican children in from Domingo Maiz, a poor community, and provide their lunches so they can participate in the Day Camp.  This program, and interaction with our Virginia teens, is the highlight of their summer.  The program began in 2006 as a county initiated international 4-H program.  During 2007, it received the National World Citizenship in 4-H Youth Development Award from the National Association of Extension 4-H Agents. The current program is in its 12th year and includes 4-H members from Alleghany and Shenandoah Counties.

**SERVICE LEARNING PROJECT:**  This years’ service learning project will be hosted by VT Engage and Micah’s Backpack. Community service is always a special part of the 4-H Congress, come and participate in Service Learning with VT Engage!  During this session, participants will learn about how to make their volunteering efforts more impactful in their own communities. Come and learn about how to move yourself along the Active Citizens Continuum, how to think more deeply about your service and leadership efforts, and how to have a greater impact on your own community and the issues you care about!  Also during this session, participants will also learn about food insecurity and will get to volunteer with Campus Kitchen at Virginia Tech and Micah’s Backpack- two local organizations having an impact on food insecurity here in the New River Valley.  Gain ideas here on campus to help create action and progress at home!

**CONGRESS DELEGATION PHOTO:** The entire Congress delegation will come together for a group photo on the Drillfield in front of Burruss on Tuesday 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 2017 Congress Slideshow can now be purchased for $5 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 19th – Respect & Trustworthiness Day

Tuesday, June 20th – Caring & Responsibility Day

Wednesday, June 21st – Citizenship Day

Thursday, June 22nd – Fairness Day

**REGISTRATION PROCESS FOR DELEGATES AND ADULTS:** Complete all paper forms received from your unit Extension Office. Be sure to select your competition area if you are competing this year, choose your Competition Workshop (if you are not competing), and Great Summer Workshop 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 7.  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.  Payments will be due to the State Office on May 12.

**STATE 4-H AREAS OF COMPETITION**

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

Chicken Que †

Egg Preparation Demonstration †

Extemporaneous Speaking

Fashion Revue – Constructed Garment Fashion Revue – Purchased Garment

Food Challenge – Texas Food Challenge Site

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 †

*† = 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:
   1. <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.

**Competition Workshop**

Workshop Descriptions

Tuesday Morning – June 20

Many youths participate in competitions while at Congress. However, many simply do not know what competition is all about. To encourage more youth to participate in competition at Congress, competitions workshops will be offered this year during regular competition times. Delegates should choose within 4-Honline the competition workshop that they would like to learn more about. There will be no changes upon arrival at Congress. *Youth that are registering for competitions or national congress interviews should select a competition workshop.*

**Animal Science**

**Introduction to National 4-H Lawn Tractor Challenge**

We will highlight the 4-H Lawn Tractor Challenge which is designed to give youth the opportunity to demonstrate their knowledge and skills in the areas of lawn care, business management, lawn and garden tractor operation, and maintenance and safety. 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.

**4-H Horse Bowl: HIT THE BUZZER...or don’t!**

Whether you’ve never heard of Horse Bowl or you’re a seasoned pro, this workshop with be lots of fun! Horse Bowl is a lot like jeopardy, only with horse knowledge facts. You’ll learn about the basics of the game; the rules, resource list, and how to set up a team. We’ll talk about team strategy, trusting your instincts, and how to decide if you should buzz in, or not! And then we’ll spend some time playing the game so you can test out your newly acquired skills.

**Citizenship**

**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.

**Communication and Expressive Arts**

**Extemporaneous Speaking**

Have you ever given an extemporaneous speech?  You may not realize this, but you speak extemporaneously every day!  Explaining to your parents why you arrived home after curfew, answering a teacher’s question in front of the class, and explaining to a 4-H member how to complete a specific task are all examples of speaking extemporaneously.  This type of speaking is different than a normal presentation or public speaking because you have minimal time to plan your speech before presenting. It is also very exciting to compete in this area! This workshop will help you organize your thoughts quickly, respond thoughtfully to questions, speak clearly, and pull the speech together quickly. Skills learned will be a huge asset to you in school, 4-H, interviews, meetings, etc.

**In Front of All These People?**

Presentations can be terrifying no matter how many times you have made one. Learn how to make your presentations fun, creative, and visually appealing in this short course. Build your confidence by creating powerful visuals that enhance your speaking and practice successful tips to prepare you for your next presentation.

**Are you Scared?**

According to national surveys, the fear of public speaking surpasses the fear of flying, illness, and even death! Join us in an engaging workshop to learn tips and resources, play games and have fun while preparing to be a more successful public speaker. We will be covering areas including types of speeches and effective traits to etiquette and competition opportunities.

**Environmental Education/Outdoor Education**

**Introduction to Land Judging**

Determining where to build a home or which crops to plant in certain sites and in certain soil types is a skill 4-H members can benefit from.  4-H members attending this workshop will learn about various components of the National 4-H Land and Homesite judging contest and leave with pointers that can be used to compete in the state and national events. Students will be taken to a soil pit on campus to see how it is done.

**Healthy Living**

**Setting the Table: A Start to Finish Workshop to the New Table Setting**

Youth will experience the Table Setting Contest from start to finish; from an overview of how the contest works, rules and strategies, and ways of choosing themes to giving a mock demonstration with provided materials in an informal contest competition atmosphere.

**Food Challenge**

Are you the next “Iron Chef”? The next Great Baker? Come put your skills to the test! Food challenge is a food competition that allows for 4-H members to put their knowledge and skills together in foods, nutrition, safe food handling, teamwork, and public speaking to the test.  Come learn how to compete in this highly-charged competition. The 4-H Food Challenge is a team event with each team made up of three to five 4-H members. Each team is randomly assigned one of four categories – main dishes, fruit and vegetable, bread and cereal, and nutritious snacks. The two phases of competitions consist of preparation and presentations.

**Service Learning**

**VT Engage and Micah’s Backpack**

Community service is always a special part of the 4-H Congress, come and participate in Service Learning with VT Engage!  During this session, participants will learn about how to make their volunteering efforts more impactful in their own communities. Come and learn about how to move yourself along the Active Citizens Continuum, how to think more deeply about your service and leadership efforts, and how to have a greater impact on your own community and the issues you care about!  Also during this session, participants will also learn about food insecurity and will get to volunteer with Campus Kitchen at Virginia Tech and Micah’s Backpack- two local organizations having an impact on food insecurity here in the New River Valley.  Gain ideas here on campus to help create action and progress at home!

**Great Summer Showcase**

Workshop Descriptions

Tuesday Afternoon – June 20

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 4Honline registration.** There will be no changes in workshop assignments upon arrival at Congress.

**ANIMAL SCIENCE**

**Alpacas, Fiber to Function**

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.

**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.

**Oh Baby, Baby! A Scientific Look Equine Genetics and Reproduction**

An in-depth STEM look at genetics, selection and reproduction of horses. Youth will learn about selection of horses for breeding, genetic testing and selection of horses, procedures that go into collecting a stallion and breeding the mare as well as all other considerations that go into having a foal.

**Do-it-Yourself Cows**

The greatest economic loss to cow-calf production systems stems from the inability of a cow or heifer to become pregnant and deliver a calf. Advances in reproductive technologies and our understanding of bovine reproductive physiology over the last 50 years have enabled producers to overcome many of these infertility issues. Current reproductive technologies such as artificial insemination, estrous synchronization, embryo transfer, in vitro fertilization, and ultrasonography are important tools that are available for beef producers and can greatly impact the reproductive efficiency and profitability of beef production systems.

In this workshop, you will learn more about the anatomy and physiology of the female bovine reproductive system, as well as gain some hands-on experience 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 embryos and try their hand at determining embryo stage and quality, 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.

Be prepared to get dirty! You will most likely need a shower after this workshop! The use of coveralls, farm clothes, and rubber boots are extremely encouraged.

**Discovering the Science in Dairy Science**

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?

**Career and Economic Education**

**Let’s Talk About Money**

The program will discuss basic money issues. Like saving, debit, college funding issues, attitudes about money.

**Survivor: College Edition**

Do you know how you will survive college? How will you survive life in general? Come practice real life skills that everyone will need at some point, while learning more about Virginia Tech, and experiencing the fun goofy things that go with being a young adult. Enjoy this competitive game that will test your skills and determine the ultimate college survivor! Be sure to wear comfortable, causal clothes and great walking shoes because you will be experiencing the VT campus? Bring a water bottle and a smart phone (if you have one)!

**Citizenship**

**How, When, What and Why to Be An “AG”vocate**

Ag advocacy is the act of informing individuals who may not be familiar with the story of agriculture about agricultural practices. There are many ways to be an advocate for agriculture, also known as an “agvocate”. Knowledge is knowing what and how to say it. Wisdom is knowing when to say it! In this workshop you will learn about being an “AG” vocate.

**Communication and Expressive Arts**

**Communicating Science- and How Agriculture is a Science**

Have you ever wanted to stand in front of people and be terrified? How about wanting to be comfortable, and able to communicate what you want to say- to get the other people excited about the things that you love? Have you ever watched “Whose Line Is It Anyway?” and wanted to play? If you have ever wanted to experiment with improv, and apply it to real life- not to make people laugh, but to be more comfortable in presenting and responding to questions, come join us. We’ll play the “Yes, And” game, so when someone asks you “Do you want to hit your sibling?” the right answer really will be “Yes, and…” In my life as a farmer, librarian, and activist, I’ve used improv to talk about agriculture- and make it awesome. Come create a story, and find out why I call it “communicating science-and how ag is a science.”

**Fashion Merchandising**

Are you a fan of Project Runway? Think you have what it takes to make it in the fashion industry? Come spend the afternoon with members of the apparel, housing, and resource management department. Together you will explore textiles, apparel, and more.

**Scrap Your 4-H Story: Using Scrapbooking in Projects and Portfolios**

Scrapbooking is an excellent way to record and preserve your memories and can be incorporated into many 4-H projects. It allows you to save your memories in an organized and creative way. It also can be used as a portfolio to showcase, highlight and preserve experiences as a 4-H member, or in school or church activities and other community involvement. In this hands-on workshop, learn new skills and techniques to document your 4-H Story.

**Let WSLS 10 help get you camera ready.**

Have you or your 4-H club had the opportunity to “Tell Your 4-H Story” through a television or radio interview? This session, led by Dawn Jeffries of WSLS 10, will prepare you to effectively share your 4-H experiences through on-air interviews.  Participants will learn how to develop key talking points, understand how to professionally present themselves on camera, and strategies to engage the media in 4-H programs.

**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.

**SNACK ATTACK!!!**

Are you ever HUNGRY and need a snack now! Do not know how to fix what you really want? If this is YOU, Teen Cuisine is HERE to the rescue. Please join us to be able to learn basic nutrition, kitchen safety and knife skills while making a healthy snack. After attending this session, you will be able to walk in the kitchen and fix a TASTY snack. The recipes learned in this session are great to use at home with the entire family. This session will show participants the important benefits of healthy eating, which will lead to living healthier lives.

**Looking Beyond Food Labels-Letting our taste buds do the talking**

Organic, local, natural…O my! With so much information on facebook, twitter, and other social media how do we know what to believe about our food? This presentation will focus on looking at various food labels and providing the key facts associated with each one. We will put your taste buds to the test by cooking up some different beef options and comparing their flavor profiles and doing some sensory testing. This will be an interactive workshop so come prepared for some fun activities and snacking!

**Environmental Science/Outdoor Education**

**The Sustainability Model**

Virginia Tech’s Catawba Sustainability Center (CSC) focuses on sustainable practices in agriculture and forestry. Learn about CSC’s sustainable model, and the many projects working to promote sustainability on a 378-acre farm property in the Catawba community.

**Organic Vegetable Farming**Have you ever thought about growing organic vegetables for a living? Driving tractors, caring for plants, improving the soil, and managing a business are all a part of owning and operating an organic vegetable farm. This presentation is an opportunity to learn hands-on skills needed for being an organic vegetable farmer, and go home with some plants of your own to put in your garden.

**What’s in Your Water? Groundwater in Virginia**Did you know that 1 in 5 Virginians relies on a well or spring for their drinking water? Learn about groundwater movement, quality and private water supplies in Virginia using interactive Envision groundwater models.

**Get Lost!  Using Maps to Experience Adventure**

 Come learn new tips in the "lost art" of map-reading, including topographic map features and how to use them effectively.  We'll use a map and work in teams to complete a fun, on-campus scavenger hunt. No experience necessary!

**I Learned it From A Tree**What do trees know about handling adversity? What adversity have you faced in your life? We will look at trees that have faced adversity and find out how they grow under stressful conditions, comparing that to how we handle stress. Learn about your own unique adaptability and place in the world as we identify trees and look at their function in the ecosystem. Each participant will receive and learn to use the tree identification guide Common Trees of Virginia and a tree cookie to take home as a reminder of their personal adaptability and life journey.

**What Tree is That?**

Have you ever been walking down a trail in the woods or just through a neighborhood and wondered what kind of trees are these all around me? Well, in this workshop you will learn to identify many kinds of trees that grow in Virginia, by looking at the leaves, bark, seeds/nuts, and other identifying traits. During the workshop, you will also have the opportunity to tour the Stadium Woods, which are behind Lane Stadium, and learn some of the interesting facts about this unique area of the Virginia Tech Campus. Dr. John Seiler is a distinguished Professor of Forestry at Virginia Tech and will be leading this exciting workshop.

**STEM**

**DNA Extraction and Virginia Bioinformatics Institute**

We will learn about what bioinformatics is and why we have a whole institute dedicated to the topic. We will be extracting their own DNA from their cheek cells, making DNA gels, and putting on their CSI hats to figure out “who done it” in a role playing scientific investigation. In addition, youth will get to take a tour of Virginia Bioinformatics Institute.

**First and Second Generation Biofuels in the XXI Century**

Visit to different biofuel research plots at Kentland Farm; “1st vs 2nd generation” biofuels: What is the main difference between them (from an ecological, agronomical and economic point of view); what is the value of these crops both in Virginia and the US? Future prospects for these crops in the US economy; hands-on activity taking greenhouse gas samples from on-farm experiments.

**Game Changineer**

Programming in English. Write your video games, play them, and share with others. Discover the logic behind popular video games! Hands-on activity to let you write your own video games in English, and play them in action!

**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**

**TEAM-Building: Together Everyone Achieves More**

Everyone has been a part of a team at least once in their life. Come join other teens and learn how to get the most out of working together and utilizing the skill sets of everyone involved in the group. This workshop is guaranteed to be interactive and fun and you will leave with new, fresh ideas on how to make the most out of working together.

**Ouch! That Stereotype Hurts**

Do you ever make assumptions or place people into certain categories based on what they wear, how they talk, or who their friends are? Learn what stereotypes are, how hurtful they can be, and why we should speak out against categorizing people based on things we “think” we know. This workshop aims to help students understand the impact of stereotypes and biased statements, even when casually said; identify the most common reasons people sit silent in the face of bias and stereotypes; and enhance skills for speaking up against stereotypes without blame or guilt.

**4-H History and Context within Cooperative Extension**

This interactive session is intended to provide participants with a brief history related to the development of 4-H and a greater understanding of how 4-H fits within the greater context of Cooperative Extension.

**Be creative! Build your community!**

Building a better community involves understanding how we can use our talents to build positive change. Whether it is music, arts, athletics, or public speaking, our talents can help build interest and enthusiasm that can encourage others to make our communities a better place for all. Learn about the backgrounds of four individuals who have used music, arts, communication, and sports to improve their communities. Be a part of interactive activities that explore how you can make a difference in your community

**CHARACTER COUNTS!sm at Congress**

**Trustworthiness, respect, responsibility, fairness, caring, and citizenship** — these six core ethical values, which the CHARACTER COUNTS!SM 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 Charactersm 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!SM is a service mark of the CHARACTER COUNTS!SM 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 following 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.

###### **Code of Conduct**

1. For the safety and wellness of all participants, a completed and signed 4-H Health History Report Form is required for participation in 4-H events. In addition, medications and medication forms (for all participants under 18 years old) must be turned in at the registration table upon arrival at the 4-H event (or according to another system outlined in the registration/orientation information).
2. Participants should attend and be actively involved in all scheduled activities as part of this 4-H program/event (unless under the supervision of a medical staff person.) Curfew is to be followed as specified in the schedule for overnight events. Failure to be in assigned locations may lead to dismissal from the 4-H event. Some areas are off-limits to participants (ex: swimming pool; bodies of water such as lakes and rivers; challenge course, etc.) unless under appropriate instructor supervision. **(For Congress, 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.)**
3. Visitors to a 4-H program/event must check-in with the Extension Agent, Program Director, or other adult in charge of the 4-H program/event upon arrival.
4. Participants should remain at a 4-H program/event until the program/event is scheduled to end. Participants may not leave a 4-H program/event without prior permission from Extension Agent, Program Director, or other adult in charge of the 4-H program/event. Participants may only be picked up from a 4-H program/event by the person designated on the 4-H Health History form. Identification may be requested at the time of pick-up.
5. Participants are expected to follow the directions of 4-H volunteers and paid staff. All 4-H’ers are under the supervision of the Extension Agent, Program Director, or other adult 4-H leader responsible for the 4-H program/event.
6. Participants should respect the property of others and be responsible for themselves. Deliberate destruction or removal of facilities or equipment is not permitted. Financial responsibility for any damages caused by deliberate destruction will be assumed by the
7. participant and/or parents/guardians. The same applies to the property and personal items of other participants.
8. Participants should treat all others and themselves with respect. Aggressive, abusive, vulgar, or violent language and behavior towards others (ex: fighting, threats, insults, cursing, discrimination, etc.) are not permitted.
9. Participants should respect the privacy of others. Girls are not permitted in boys’ lodging rooms nor are boys permitted in girls’ lodging rooms. **(For Congress, 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.)**
10. Possession, distribution, or use of fireworks, weapons, knives, or other items that can be used as a weapon are not permitted at 4-H programs/events, except under adult supervision in scheduled instructional activities (ex: shooting education class supervised by a certified instructor, etc.).
11. Possession, distribution, or use of alcoholic beverages, illegal drugs, tobacco products, and unauthorized prescription drugs are not allowed at any 4-H sponsored program/event and must be reported to law enforcement. The Virginia 4-H program reserves the right to conduct a search of a participant’s outer clothing, luggage, personal belongings, lodging rooms, and furniture being used by a participant(s) if there is “reasonable suspicion” that the participant has drugs, alcohol, or weapons. **(For Congress, all teens over 18 and adults are encouraged not to smoke. State law prohibits smoking by youth under age 18.)**
12. Animals and pets are not allowed at 4-H programs/events unless needed to accommodate a disability or as part of an organized program, or through specific authorization from Extension Agent, Program Director, or other adult in charge of the 4-H program/event. Animals that are used as part of a 4-H program/event should always be provided with proper care.
13. Electronic and mechanical devices (ex: cellular phones, pagers, walkie-talkies, video games, radios, CD players, TV’s, laptop computers, etc.) are not allowed at 4-H programs/events unless they are needed as part of an organized 4-H program/event, or with authorization from the Extension Agent, Program Director, or other adult in charge of the 4-H program/event. Without authorization, these items will be confiscated and returned to the participant (or the participants’ parents/guardians) at the end of the program/event.
14. For Congress, teens are not allowed to drive their personal vehicles. All vehicles are to be parked in parking lot(s).
15. Suggestive dancing is NOT appropriate at 4-H Congress
16. 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 this 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 this 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.).

**VIRGINIA STATE 4-H CONGRESS**

**“Congress Heroes” Program**

In an effort to ensure that State 4-H Congress is affordable for all teens wishing to attend, the State 4-H Office and the Virginia 4-H Foundation propose the “Congress Heroes” program. Through the proposed program youth will share information with corporate and private partners to help generate funds to support Virginia 4-H as well as providing an avenue for 4-Hers to have their Congress registration fee sponsored.

4-Hers interested in attending State 4-H Congress are encouraged to ask friends, family, and businesses to become a “Congress Hero”. Their tax deductible donation will help provide Virginia teens the opportunity to learn about leadership, citizenship, and life skills through innovative workshops, dynamic speakers, competitive events, service learning, and an issues forum. Small donations can make a big difference.

**If a 4-Her is successful in securing $250.00 in Heroes sponsorships, the 4-Her will only have to pay half of the registration fee for State 4-H Congress. Those who secure $300.00 in Clover sponsorships wouldn’t have to pay any registration fee to attend State 4-H Congress.** If the full $300 is submitted before the May 13 deadline, no registration fees need to be submitted. However, if only partial amounts have been recruited, please submit the amount owed with your paperwork. After 4-H Congress is over a registration refund of $100.00 will be issued to those who were successful in securing $250.00 sponsorship. For those securing $300.00 or more, a registration refund will be refunded. The sponsorship money and the sponsor form, provided on the Congress website, must be completed for each sponsor and submitted to the State 4-H Office. After the registration deadline, no credits will be applied even if sponsorship is received. All checks will be cashed immediately after receipt; donations are non-refundable, even if the 4-H’er doesn’t attend Congress.

**PLEASE DO NOT SEND CASH**. Checks and money orders are the only method of payment accepted. Please make these payable to the Virginia 4-H Foundation – State 4-H Congress. The tax deductible gift credit can only be given to the name on the check/money order. If the “Congress Hero” is interested in receiving a gift receipt for tax purposes for their donation, their gift must be paid in the form of a check or money order. If money is collected from numerous sources, multiple checks can be submitted and the names on those checks will receive a gift receipts. However, if only one check is written, only the name on that check will receive a gift receipt.

There is no pressure to ask individuals or businesses to be Congress Heroes, but the rewards are many. First, there is financial credit for the Congress registration fee if the $300 sponsorship is met. Also, all youth who secure *any* amount of Hero sponsorships will be entered in a drawing for prizes donated by our sponsors and friends. A collection has already begun of 4-H related items. **The top five 4-H’ers for 2017 who raise over $300 in donations will receive prizes.**

**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 payment to State Office no later than May 12, 2017.

For participants with a complete and active 4HOnline profile inclusive of Health History and Code of Conduct, no additional forms will need to be sent to the State 4-H Office. The State 4-H Office will print the forms 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 forms to the State 4-H Office no later than May 12.

Download all Congress related forms from:

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

1. 2017 Congress Registration Form
2. 2017 Congress Code of Conduct Agreement
3. 2017 Health History Form
4. 2017 Congress Hero Form