



STATE 4-H CONGRESS 2022

General Information Packet June 21 – 24, 2022

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact the 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



Virginia Cooperative Extension

Virginia Tech • Virginia State University



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**We need you to help us celebrate
100 Years of Hands to Larger Service.**

We are collecting photos from the past 100 years of 4-H Congress.

Please send in your Congress photos at:
<https://forms.gle/HjjRmQ3czWzKrN3ZA>
by May 25th
to have your photos featured during this year's Congress.

<https://forms.gle/HjjRmQ3czWzKrN3ZA>

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 Competitions, Hands-on Workshops, and Community Service projects;
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.

2022 PROGRAM INFORMATION AND HIGHLIGHTS

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 recognized during the Closing ceremony on Friday, June 24, 2022. Please see the competition information for more details.

PRE-CONGRESS ACTIVITIES: For those delegates and units that will be joining us ahead of the Tuesday Afternoon picnic, the State 4-H Office will be hosting a variety of activities to engage delegates prior to Congress. Activities will be open on a first-come, first-serve basis and delegates will be asked to register for these activities during check-in. Activities may include: Geocache Adventures, Escape Rooms, and Painting activities. During the afternoon session, there may be additional opportunities to tour the athletics facilities.

TUESDAY AFTERNOON PICNIC AND FUN: On Tuesday afternoon, you will get an opportunity to enjoy an informal welcome picnic which will be held at the Duckpond Field. This picnic and fun time will be hosted by your current State 4-H Cabinet members, along with Meet and Greet by the Congress Cabinet Candidates, 4-H All-Stars. 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.

OPENING SESSION WITH CLOVERS & COMPANY: Founded in 1981, a cast of 4-H age singers, dancers, instrumentalists, and stagehands participate in this outstanding performing arts opportunity to promote and share with others the excitement, leadership, and talent evident in 4-H. Several graduates have gone on to careers in the music and entertainment fields. In 2022, Clovers & Co. will perform its high energy show for the 100th Annual Celebration.

EDUCATIONAL WORKSHOPS: For our 100th Anniversary of State 4-H Congress, delegates will have the opportunity to choose from a variety of workshops with hands-on and engaging learning experiences. Congress workshops will consist of two interactive 60-minute sessions on Wednesday morning, followed by a longer 90-minute session Wednesday afternoon. Participants will be asked to select their top five (5) workshop choices and final assignments will be made prior to check-in. There is a listing of 2022 workshops in this packet, as well as, on the Congress website.

DANCES: Two dances will be held. Wednesday evening's dance will be informal and take us line dancing through the decades. This is another great opportunity for delegates to mingle and meet other Congress participants. Thursday 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 participate in the dances.

COLLEGE FAIR: Virginia Tech and Virginia State University pride themselves on the variety of majors that are offered to potential students. During Congress, colleges and organizations across Virginia Tech and Virginia State will be offering an in-depth view of their particular departments and potential career options available. No pre-registration will be required.

COLOR RUN/WALK: Wednesday evening, join us for our inaugural Color Run/Walk. This unique paint race celebrates healthiness, happiness, and individuality. Participants will receive a t-shirt, glasses, and paints to participate in this event. There will be an additional cost of \$20 to participate in this event and proceeds will help to support State 4-H Congress.

COMMUNITY SERVICE: As Virginia celebrates 100 years of Hands to Larger Service, this year's Congress delegation will lead the way in this Civic Engagement commitment. Each delegate will participate in a Community Service project that will be held on Thursday morning. Community service projects may include: Montgomery County Animal Care and Adoption Center, Blacksburg Interfaith Food Pantry, Montgomery County Parks and Recreation, New River Community Action, Women's Resource Center of the New River Valley, English Meadows - Blacksburg, Warm Hearth Village, Virginia Tech YMCA, Mountain View Humane, and Virginia Tech Adult Day Services. Participants will be randomly assigned to the community service projects based on community needs.

RECOGNITION OF 4-H ALL STARS: This year marks the 100th 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 Thursday afternoon. Newly tapped 4-H All Stars will be invited to join us in the Clover Fest Celebration on Thursday evening.

ALL-STAR TAPPING: The All-Star tapping will be held in the Ag Quad on Thursday afternoon (1:30-2:15 PM). **All Congress delegates (youth and adult participants) are expected to attend the All-Star tapping.**

ALL-STAR ORIENTATION: The All-Star orientation will be held on Thursday from 2:15 - 3:15 PM.

CLOVER FEST CELEBRATION: On Thursday evening, youth, alumni, donors, stakeholders, volunteers and chaperones will all come together for an evening of celebration. This evening performance will feature performances by 4-H youth and Alumni from across the Commonwealth. In addition, we will be recognizing our 4-H Emerald Clover winner, Friends of 4-H, and our 2022 Youth in Action Award winners. Following the evening performances all attendees will be asked to join the State 4-H Office on the Drillfield for Fireworks and cupcakes, celebrating 100 years of Virginia 4-H Congress.

STATE AWARDS AND CLOSING CEREMONY: On Friday morning, State 4-H Congress will close out with a special closing ceremony. This closing ceremony will honor all of the State 4-H Congress award recipients, including competition winners, 2022 National 4-H Congress delegates, Innovative Programming Awards, etc., as well as installing the 2023 State 4-H Cabinet, and remembering the 100th Celebration in a commemorative slideshow. This year's Share-the-Fun Show will highlight outstanding performing art acts.

CONGRESS DELEGATION PHOTO: The entire Congress delegation will come together for a group photo prior to departing for the Thursday morning Community Service projects and more information will be provided when delegates are on-site. 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 Thursday 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.

DIGITAL CONGRESS SLIDESHOW: Do you ever wish you could have a copy to take home of the slideshow that is produced at Congress? Well now you can! Digital versions of the 2022 Congress Slideshow can be purchased for \$5.00 each. Links will be distributed after Congress.

STATE 4-H CABINET PINS AND PENNANTS FUNDRAISER: The 2022 State 4-H Cabinet is selling sturdy, felt Collector Virginia 4-H Pennants to collect your 4-H project pins, state 4-H pins, and a special Congress pin to celebrate the Centennial. Delegates may purchase the pennants and pins through Registration. Delegates can purchase a package deal with a Congress Centennial pin and Collector Pennant for \$15. Pins and pennants will also be sold separately for \$8 each.

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.

Tuesday, June 21st – Respect & Trustworthiness Day

Wednesday, June 22nd – Caring & Responsibility Day

Thursday, June 23rd – Citizenship Day

Friday, June 24th – Fairness Day



REGISTRATION PROCESS FOR DELEGATES AND ADULTS:

Registration will be online only through 4-H Online. All participants must be enrolled 4-H members or adult volunteers. Registration is available through enrolled member family accounts at: <https://v2.4honline.com>. Registration will close at 11:59 PM on May 22nd, 2022.

Registration Structure and Fees:

- ✿ Full Congress Registration - \$257/person
 - For both Youth and Adults
 - Includes
 - Lodging for Tuesday, Wednesday and Thursday night in Air-Conditioned Dorms (double occupancy)
 - 9 meals
 - Breakfast on Wednesday, Thursday and Friday
 - Lunch on Tuesday, Wednesday and Thursday
 - Dinner on Tuesday, Wednesday and Thursday
 - 100th Annual Congress T-Shirt
- ✿ One-day Competition Registration - \$50/person
 - For both Youth and Adults
 - Includes:
 - 100th Annual Congress T-Shirt
 - One meal (either lunch in Dietrick Hall or Tuesday evening Picnic)
 - Preference needs to be listed on registration
- ✿ A La Carte Items
 - Additional One-Night Package - \$65/person
 - Includes lodging on Monday, June 20th and Breakfast on Tuesday, June 21st
 - Cabinet Fundraiser
 - Congress Centennial Pin and Collector Virginia 4-H Pennant - \$15
 - Congress Centennial Pin - \$8
 - Collector Virginia 4-H Pennant- \$8
 - Color Fun Run/Walk
 - \$20 to participate; proceeds will help support State 4-H Congress
 - Digital 2022 Congress Slideshow - \$5
 - Congressional Delegation Photo - \$5
 - Unit Photos - \$5

Payments - All delegates, both youth and adults, will be responsible for their Congress registration payments directly to their unit offices.

At the completion of the registration process each participant will receive an email confirmation that their registration has been submitted. Once the agent approves the registration, the participant will receive a second email with two options for payment.

- A. **Credit Card Payment** – Youth can pay directly by credit card through Destiny1. The link for credit card payments will be within the confirmation email.

- B. **Check Payment** – If the delegate's unit is not covering the cost of Congress Registration, then delegates will need to submit their Congress registration fee of \$257 directly to the Unit office. Delegates will need to reach out to their unit office to verify who make the check payable to, as well as the unit's payment deadline.

Refunds – All refund requests should come to the State 4-H Office by June 1, 2022.

- If State 4-H Congress is canceled by us, or by the state or federal government, fees will be fully refunded.
- Refunds will be provided up until June 1, 2022 however, a \$25.00 processing fee will be assessed to all cancellations up until June 1.
- After June 1st, no refunds will be issued unless:
 - Between 2 weeks before (June 7, 2022) and up to the day of arrival at Congress, if for **Medical Reasons**, youth are not admitted into Congress, a refund minus \$25 will be provided.
- If youth have to leave Congress once they have checked in due to an exposure, a partial refund will be prorated and granted.

Need-based Scholarships – There are a limited number of scholarships available. The final amount and number will be determined based on the number of applicants and need. To apply for a scholarship, please complete the short Google form at: <https://forms.gle/utuideYA6dZmB6i57>. Delegates will be required to make a deposit payment of \$150.00, and will receive additional information about final payment after the selections have been made. If a scholarship is not awarded, the balance of the registration will be required to be paid.

Air Force Youth 4-H Event Scholarships – The Air Force 4-H Military Partnership Outreach & Support Project for Virginia is providing a limited number of 4-H event scholarships for youth ages 5 to 18 of Air Force Military-Connected families living in Virginia. These scholars will be awarded on a first-come, first served basis. Eligible youth may live on or near an installation or live in communities across the state. Scholarships awarded can be used to assist with cost to participate in Virginia 4-H camping opportunities or State 4-H Congress. The military parent of youth must currently be serving in one of the following: **Active Duty Air Force, Air Force Reserve, or Air National Guard**. For more information please contact Louetta Jones - 4-H Military Club Director, at lojones@vt.edu or call 804-712-8467.



COVID GUIDELINES

COVID Guidelines and Restrictions are subject to change based on the most current recommendations of the New River Valley Health District and Virginia Tech. All reasonable efforts will be made to communicate any changes in these guidelines as they arise.

All Congress Delegates (both youth and adults) are required to adhere to the COVID guidelines while participating in the 2022 State 4-H Congress.

Current guidelines state:

The CDC community level, which reflects stress on local hospitals, is one of the primary considerations in determining Virginia Tech's COVID-19 mitigation strategies. Based on the updated assessment, masks are no longer required in public indoor settings on Virginia Tech campuses, except for health care settings and on public transit. Masks are recommended in indoor instructional settings.

Face Coverings

- 4-H Congress will follow VDH masking recommendations, including wearing a mask if symptoms appear, or if in the 10 days after testing positive for COVID-19, or if in the 10 days following an exposure to a person with COVID-19.
- Encourage indoor masking when COVID-19 Community Levels are high, large indoor group activities are discouraged when high levels as well. Community Levels are monitored and updated by VDH each week. Most recently levels are Low-Medium across the state. Masking is not required in this situation but may change based on COVID-19 Community Levels in Montgomery County and the University.
- Our programs will remain supportive of anyone who choose to wear a mask.



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STATE 4-H AREAS OF COMPETITION

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

Egg Preparation Demonstration

Extemporaneous Speaking

Discussion Meet

Rules can be found at: <https://www.vafb.com/membership-at-work/farmers-in-action/young-farmers>

Fashion Revue-Constructed Garment

Fashion Revue- Purchased Garment

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

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

Table Setting

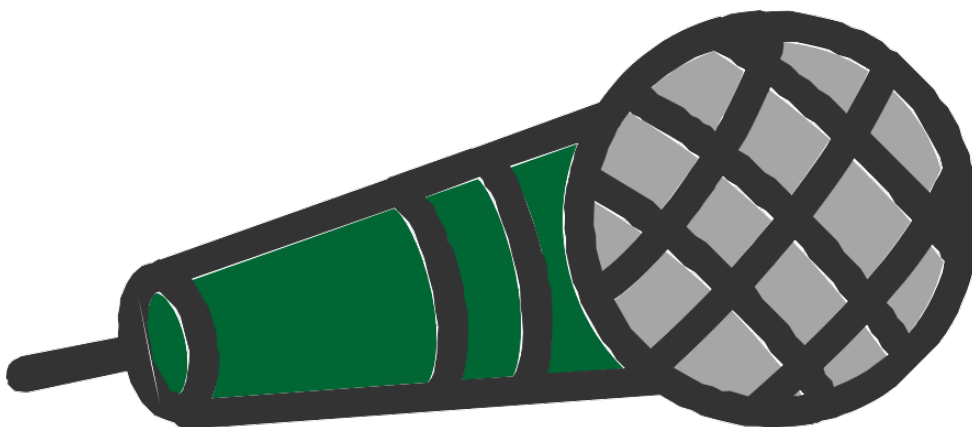
NEW TO 2022: Competition award winners, including Share-the-Fun, will be recognized on Friday, June 24, 2022 during the Closing Ceremony. Share-the-Fun competition winners will not receive an automatic invitation to showcase their talents during the Thursday evening CloverFest Celebration. As a part of the 100th Annual Celebration of State 4-H Congress, the Share-The-Fun evening program has been canceled and will be replaced by the CloverFest Celebration. If you are interested in participating in the 2022 CloverFest Celebration, please submit your talent video at: <https://leadable.info/VA4-HTalent>. Acts will be selected by the CloverFest committee by May 25th.

2022 State 4-H Congress Competition Policies and Guidelines

1. Participants have a responsibility to review the rules, resource documents, and score sheets with their local 4-H Agent.
2. State contests will use the rules, score sheets, etc. posted only on the competition's 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. A unit may send more than one participant in all competition categories except Share-The-Fun. 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.
10. 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.

11. 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 to try to fit into another category in another year.
12. 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.

NEW TO 2022: Competition award winners, including Share-the-Fun, will be recognized on Friday, June 24, 2022 during the Closing Ceremony. Share-the-Fun competition winners will not receive an automatic invitation to showcase their talents during the Thursday evening CloverFest Celebration. As a part of the 100th Annual Celebration of State 4-H Congress, the Share-The-Fun evening program has been canceled and will be replaced by the CloverFest Celebration. If you are interested in participating in the 2022 CloverFest Celebration, please submit your talent video at: <https://leadable.info/VA4-HTalent>. Acts will be selected by the CloverFest committee by May 25th.



*Calling all 4-H Youth and Alumni!
Share your awesome talents at the 100th anniversary of
Virginia 4-H at 2022 Congress!*

*Please submit a 60 - Second video
highlighting your performance using this Dropbox address
by Friday May 20th.*

<https://leadable.info/VA4-HTalent>

*We want to witness Virginia 4-H's most talented and impressive acts
for this year's "100 Years of 4-H Celebration" show!*

Educational Workshops

Workshop Descriptions

Wednesday Morning – June 22

Delegates will be asked to select their top five (5) Educational Workshop selections during the registration process. Once workshop capacities are established and final workshop times are assigned, delegates will be placed in one of their selections. Best efforts will be made to get all delegates in their top choices, but final workshop assignments will depend on interest and participation in the particular workshop. Workshop assignments will be distributed in the Congress Welcome packets. Once workshops are assigned, there will be no changes in workshop assignments upon arrival at Congress.

Africulture

This workshop will focus on the principles, practices, plants and people of African descent who have, and continue to, contribute to agriculture in the Commonwealth and across the nation. Various plant materials, value added products and other products that students can interact with and show how involved agriculture is in Africa and America.

Agribusiness from A to Z: What's in it for me?

Most people, when they hear agriculture, think "farming". However, agriculture is farming and so much more. Less than 2% of the population farms while nearly 20% are employed in the broader agribusiness industry, providing farmers with the inputs and services they need, and converting raw farm products into the food, fiber, and fuel for all the rest of us. This workshop will provide insights on the wide variety of careers available in the agribusiness field (A to Z, agronomists to zoologists, and everything in between) and help attendees determine where they might fit in that broader context. Even if participants don't identify an agribusiness career of interest, since 100% of us eat, agribusiness affects us all! The workshop will incorporate hands-on activities and group discussions. Youth will learn about various agricultural careers, as well as the types of college majors that prepare one for those careers.

Applying to Virginia Tech: Common App, SRAR, and Ut Prosim Profile

In this workshop, youth will work with the Director of Student Recruitment in the College of Agriculture and Life Sciences to learn more about the different components of the college application process. Participants will also hone their skills to produce your best application possible. Get a step ahead of the crowd by participating in this workshop! Preference will be given to incoming seniors.

Are you ready for an interview?

Let's get prepared for your next interview! Youth will learn the ins and outs of the interview process. They will get tips in preparing a cover letter and resume, practice interview questions with each other and learn the importance of a good first impression. Additional hands-on activities will include how to make good eye contact, a proper handshake, proper dress, and preparing an elevator speech. These various skills and activities will assist in preparing for future job and scholarship interviews. Youth will also be exposed to differences in cultures and how to navigate in different settings. Role plays will be incorporated for youth to gain a better understanding of the interview process.

As You Go - The Importance of Structural Conformation in the Movement of the Horse

The beauty of a horse in motion is truly something to behold, but structural conformation and foot health are the basic foundations for a sound horse that moves comfortably and correctly. This workshop will allow participants to study the physical conformation of the feet and legs of the horse, understanding correct angles, hoof deformities and challenges, and learn how structural correctness, or incorrectness, can affect the comfort and ability of the movement of the horse. Workshop attendees will get hands-on introductions to safe handling of the horse, while learning how to assess structural conformation both through physical exam and movement observation. Students will be hands-on with the handling of the horses - assessing bone structure, foot and hoof health and conformation. Students will also observe various movements and gaits of the horse, while learning to determine soundness via movement. The use of movement sensors will provide an opportunity for participants to capture real-time data on how the horse moves and what that information can provide in terms of soundness assessment.

Colors in Fruits and Vegetables, their importance, and how to measure strawberry red color

Participants will learn about the different pigments in fruits and vegetables, such as carotene in carrots, lycopene in tomatoes and anthocyanins in strawberries. Also, they will gain a better understanding of the health benefits of these pigments and why they should be included in our diets based on the USDA Food Guide. Youth will extract anthocyanin pigments from strawberry samples and observe how differences in multiple varieties of the fruit are measured. This workshop will involve hands-on experimentation to learn how to measure strawberry red color through trial and error.

Create with Artificial Intelligence

Technology will play a critical role in the lives of all students and adults in the days to come. It is believed that everyone should have the knowledge on how to create, rather than simply consume, technology. In this session, participants will create their very own video game in just a few minutes by describing the logic of the game. The system will convert sentences into game code. Youth will get to be creative and at the same time, learn about game design, abstraction, decomposition, logic and critical thinking, as well as working with artificial intelligence. The artificial intelligence inside the platform will guide youth through the process with suggestions and feedback. Learn to think like a computer scientist! No prior programming experience necessary for this workshop.

Dairy Judging 101

Dairy cows are incredible. They love foods that we hate, and they make foods that we love. A cow's job is to take grass and the leftovers from food and fuel production and give us milk, butter, cheese and ice cream. But did you know that what a cow looks like affects how well she does this job? Just as there are dog shows to identify the best dogs and horse shows to identify the best horses, farmers around the world bring their cows to shows to compete and identify cows that are better at their job than anyone else. So, what do the best cows look like? And what does all this mean for the planet and the almost 8 billion people inhabiting it? The second half of the workshop takes place at the William M. Etgen Large Animal Learning Center on campus where youth will come face to face with dairy cows. Dr. Katharine Knowlton is the coach of the VT dairy judging team and has a passion for teaching kids about cows. She conducts workshops all over the United States for 4-H and FFA members on judging cows.

DNA: Extraction, Helix and Careers

Learn all about what DNA is made of and how it works in this workshop! Participants will tour Virginia Tech's Genomics Sequencing Center (GSC) at Steger Hall. GSC is a dedicated multi-user resource for the development and application of state-of-the-art, Next-Generation Sequencing (NGS) technologies. GSC is a "one-stop shop" providing rapid, cost-effective project planning and execution, and genomic, transcriptomic, and functional-genomics services. Workshop participants will also spend time in the laboratory to conduct DNA extractions from cheek cells and build double strand DNA complex from edible items. Discussion topics in the workshop will include various forensics techniques.

Do-It-Yourself Cows

In this workshop, youth 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. 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.

Early Plant Disease Detection: DNA Sequencing and Sensor Technology

Modern technologies, such as CRISPR gene editing, nanopore sequencing, robotics, remote sensing and hyperspectral imaging, will be utilized in this workshop to detect plant diseases and prevent crop loss. The use of nanopore sequencing and CRISPR editing will be demonstrated to detect pathogen genes from infected tomato plants.

Personality Assessment Workshop

In this workshop, participants learn about some of the most common personality types, what can influence an individual's personality, and how to work with those whose personalities differ from theirs. Is your personality similar to your closest friends? Do you ever wonder why some of your peers act the way they do? Join the State 4-H Cabinet Northern District Ambassadors for a handful of fun activities to further explore your own personality and unique style.

Plant Propagation by Seeds, Cuttings, and More

Don't mind getting your hands dirty and interested in learning how to reproduce plants from a single parent plant? Then this may be the workshop for you! Participants will start in the greenhouse classroom on VT campus for an introduction to plant propagation techniques. Next, the group will walk to the greenhouse for a hands-on learning opportunity for students to propagate plants to take home. Leading this workshop is Dr. Josh Kardos, an instructor with Virginia Tech's School of Plant and Environmental Sciences.

Precision Agriculture in Cropping Systems

Precision agriculture is utilized in cropping systems to reduce inputs, apply inputs more efficiently, reduce farmer fatigue, improve yield, increase profit, and alleviate environmental concerns. Some of the technologies used by crop farmers are autosteer equipment, variable rate sprayers, precision planting, precision soil sampling, and using drones to collect imagery. In this workshop, you will learn about these technologies, see them demonstrated, and get to use selected precision ag tools.

Professions in Career and Technical Education

An introduction into the undergraduate major in career and technical education (CTE) at Virginia Tech will be provided during this workshop. Students will work together to investigate all the many careers options individuals with CTE degrees may choose from. Participants will increase their understanding of the available careers to CTE graduates through multiple hands-on activities and fun group work.

Separating the Wheat from the Chaff: Finding High Quality Information Sources Effectively and Efficiently

A search in Google brings back millions of results. How do you effectively find high quality information for your topic of interest? In this session, participants will compare characteristics of a variety of sources, determine the authority and associated level of quality of each by category, and learn how to search for reliable information through a variety of resources (Google, Google Scholar, PubMed, MedlinePlus, and PubAg). The group will also discuss evaluation criteria and what it means if a source is "Open Access," along with some of the pros and cons of this publishing model as a factor in evaluating sources of information. This workshop will take place at Virginia Tech's Newman Library where participants will engage in learning how to properly research online resources in the computer lab.

STEM in Sports Turf Management: The Science Behind Virginia Tech's Worsham Field

This workshop will engage students with the many tools and technologies used every day by golf course superintendents and sports field managers to produce high-quality playing surfaces in an environmentally-sustainable manner. This hands-on workshop will highlight STEM principles used by turfgrass managers and will directly (and safely) connect students with various aspects of science (turfgrass and soils), technology (sensors and drones), engineering (specialized mowing and cultivation equipment), and mathematics (topdressing and field painting). Various VT Turfgrass faculty and research scientists will assist with the four STEM areas. Various sensors, tools, and equipment utilized in turfgrass management practices will be showcased and demonstrated. Participants will also get the opportunity to utilize some of these tools and equipment. Brief mini-experiments will be conducted to highlight how STEM principles are incorporated into the area of sports field management.

TEAM Building: Together Everyone Accomplishes More

In this interactive workshop, teen leaders will explore new ways to build on their leadership skills. Participants will also gain a better understanding of the effectiveness and importance of functioning as a team. There's no better way of learning about team building, than actually participating in activities among your peers. So plan to be up and moving in this workshop!

Teens Enhancing Advancing Multi-leadership Skills (TEAM)

The Southeast District 4-H Ambassadors will host this hands-on workshop incorporating a variety of teambuilding activities that enhances communication, problem solving, trust and adaptability. Teen leaders will share leadership opportunities offered at the district and state level, as well as their experiences as State 4-H Cabinet members. Participants will gain first-hand insight from these TEAM members and how these skills prepared them for roles outside their communities.

Teens Teaching Youth (TTY)

Would you like to teach a 4-H class, program, or workshop? This workshop will help participants learn the organizational skills in writing a lesson plan, preparing activities, setting a budget and facilitating a great hands-on program for fellow 4-H members. Participants will build a lesson plan in small groups that they can take back to their localities to carry out.

Tick Safety in Virginia

Everything you've ever wanted to know about ticks and tick-borne pathogens in Virginia will be provided through this workshop. Hand-on activities will include a tick collection session using standard flagging methods, as well as the opportunity to look at specimens under a dissection microscope. Participants will also learn how to make tick removal kits. Safety tips related to ticks and tick-borne pathogens will also be included in this session.

Tour of the School of Veterinary Medicine

Youth with an interest in careers within veterinary science will gain insight into what goes into this fascinating field during this workshop. Participate in an on-site visit and interactive tour of the School of Veterinary Science at Virginia Tech, learn about the process of becoming a veterinarian and experience a hands-on lab. Youth will also experience the practice lab, learning how to vaccinate and palpate.

Virginia's Big Tree

Curious about Virginia's biggest trees? Join professionals from the Urban/Community Forestry Association to discover how the Virginia Big Tree program got its start, as well as where these big trees can be found across the Commonwealth. Participants will learn how to measure height, crown, and circumference of a large tree. They will also gain an understanding of the various equipment utilized to make these measurements. Be ready to roll up your sleeves and take an active part in Virginia's Big Tree Program!

What's in a Major? Exploring Undergraduate Degrees at Virginia Tech

In this workshop, youth will hear about Virginia Tech's undergraduate degree options in STEM and STEM-adjacent fields. Representatives from the different academic colleges on campus will share information about programs of study, degree options, career paths, and extracurricular opportunities. Participants will have the chance to look beyond the expected and learn more about programs that best fit your individual interests.



CHARACTER COUNTS!® at Congress

TRUSTWORTHINESS, RESPECT, RESPONSIBILITY, FAIRNESS, CARING, AND CITIZENSHIP — these six core ethical values, which the CHARACTER COUNTS!® 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 the State 4-H Congress and even after you leave, put your head, heart, hands and health into living by the Six Pillars of Character® 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!® is a service mark of the CHARACTER COUNTS!® Coalition, a project of The Robert D. and Billie Ray Center at Drake University.

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). *Please see the [Medication Protocol](#) below for Congress.*
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 participant and/or parents/guardians. The same applies to the property and personal items of other participants.

7. 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.
8. 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.)**
9. 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.).
10. 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 21 and adults are encouraged not to smoke. State law prohibits smoking by youth under age 21.)**
11. 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.
12. 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. During State 4-H Congress, youth may be permitted to carry their cellular phones with them, but they must be turned off and not in use during any group sessions.
13. For Congress, teens are not allowed to drive their personal vehicles. All vehicles are to be parked in parking lot(s).
14. Suggestive dancing is NOT appropriate at 4-H Congress

DRESS CODE

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.

Dress Code Examples

- **Sport** - shorts and tee-shirts
- **Casual** – polo shirts, t-shirts, casual shirts, slacks, nice jeans or shorts or skirts.
- **Professional** – shirt and tie, dressy top, khaki or dress pant, skirts, suits, dresses.

- **Semi-formal** – suit or jacket/nice pants, shirt and tie, party dress (long or short), dressy top with dress pants or skirt.

Additional Dress and Appearance Guidelines

- Clothing with negative, indecent language or symbols is prohibited.
- Clothing should not be excessively tight or short. As a guide, mid-thigh length clothing is appropriate.
- Clothing with holes, tears or slashes on the torso area should not be worn (lower pant legs is O.K.)
- All tops must have at minimum 2-inch straps and cover the full torso.
- See through clothing is prohibited.
- Any adornment that could be perceived as or used as a weapon will not be allowed.
- Religious head coverings are the only headwear allowed indoors.

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.).