

# North Carolina 4-H Volunteer Leaders' Conference



**February 1-3, 2019**

**McKimmon Conference & Training Center  
Raleigh, North Carolina**



## NCVLA State Presidents

1980-1981	Jim Reinhardt	2000-2001	Ora Truzy
1981-1982	Mary Cook (Bradley)	2001-2002	Audrey Rozier
1982-1983	Paul Lewis	2002-2003	Karen Zika
1983-1984	Eleanore Getz	2003-2004	Linda Semon
1984-1985	Lois Krawczyk	2004-2005	Charles Nettles
1986-1987	Eleanore Getz	2005-2006	Diane Sturges
1987-1988	Jo Ann Lowder	2006-2007	Bonita Cuthrell
1988-1989	Allen Stines	2007-2008	Gwindy Stewart
1989-1990	Patricia Clark	2008-2009	Betty Garris
1990-1991	Eva Brown	2009-2010	Karen Zika
1991-1992	Kathleen Pollock	2010-2011	Marieka Black
1992-1993	Shirley Carter	2011-2012	Gail Bryson
1993-1994	Leola Meador	2012-2013	Barbara High Tyre
1994-1995	Pearl Blount	2013-2014	Micki Earp
1995-1996	Wanda Hallman	2014-2015	Judy Furr
1996-1997	Ginger Smith	2015-2016	Toni Stephens
1997-1998	Micki Earp	2016-2017	Amy Warren
1998-1999	Diane Sturges	2017-2018	Diane Sturges
1999-2000	Katie Lawrence	2018-2019	Kim Lackey

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## 2018-2019 NC 4-H Volunteer Leaders' Association State Officers

President	Kim Lackey	Southeast District
President Elect	Alisha Brown	South Central District
Vice President	Selma Barker	North Central District
Secretary	Joyce Bustamante	North Central District
Treasurer	Barbara High Tyre	Northeast District
Past President	Diane Sturges	Northeast District

# North Carolina 4-H Volunteer Leaders' Conference

## February 1-3, 2019

### Friday, February 1

5:30 – 8:30 PM	Conference Registration Open	Lobby
7:00 – 9:00 PM	Experience 4-H Curriculum: Make and Take (Sponsored by Dr. Ed Maxa & Family)	Room 7
7:00– 9:00 PM	Hospitality Open	Room 9

### Saturday, February 2

6:30 – 9:00 AM	<b>Exhibit Set Up, Raffle Set Up, Silent Auction Set Up</b>	
7:00 AM	<b>Registration Opens</b>	Lobby
7:45 – 8:15 AM	<b>First Timers Orientation</b>	Room 2A
8:00 AM – 5:30 PM	<b>Country Store</b>	Room 1C
8:00 AM – 6:30 PM	<b>Silent Auction &amp; Basket Raffle Open</b>	Room 1C
8:30 – 9:45 AM	<b>Workshop Session 1</b>	
	4-H Electric Program	Room 1D
	Growing Into Good Citizens Room	Room 2A
	The 4-Frames Approach to 4-H Fundraising	Room 2B
	Drawing on the Whole Brain	Room 2C
	It's Sew Easy to Teach Sewing	Room 6
	Cake Chemistry	Room 7
	Hopping Down the Rabbit and Cavy Trail	Room 8

**Saturday Continued...**

9:55 – 11:10 AM	<b>Workshop Session 2</b> 4-H Electric Program #ScoresOpenDoors: Navigating College College Admissions Raving Robots 4-H Farm to Fork Camps Social Media Sewing Circle 4-H's Grow through Presentations Pollinator Power	Room 1D Room 2A  Room 2B Room 2C Room 6 Room 7 Room 8
11:20 – 12:00 PM	<b>Opening Assembly</b> <i>Business Meeting</i> <i>Officer Candidate Introductions</i> <i>Program Announcements</i> <i>Election of State Officers</i>	Room 1 A&B
12:10 – 1:15 PM	<b>Lunch with District Meetings</b> West Northeast Southeast North Central South Central	Room 2A Room 2B Room 2C Room 7 Room 8
1:30 – 2:30 PM	<b>Workshop Session 3</b> Sharing Your 4-H Story through Evaluation Blast Off with 4-H STEM! Communication Challenges The International Lowdown – What Can I Do with the NC 4-H International Exchange? Helping Youth Identify Their Strengths Community Partners: Creating Successful Volunteer Opportunities for 4-H Members with Small Nonprofits	Room 2A Room 2B Room 2C Room 6  Room 7 Room 8

***Saturday Continued...***

2:45– 3:45 PM	<b>Workshop Session 4</b>	
	Easy STEAM Activities for Club Programming	Room 2A
	Cloverbud Learning Through Having Fun	Room 2B
	FUNDamentals of 4-H	Room 2C
	What's That Dog Doing Here? Therapy an Service Dogs	Room 6
	The Basics of Social Media	Room 7
	4-H Livestock & Poultry Opportunities	Room 8
3:45– 4:00 PM	<b>Break</b> <i>Hospitality Open</i>	<b>Room 9</b>
4:10 – 5:10 PM	<b>Workshop Session 5</b>	
	Leadership is 4-H Grown	Room 2A
	4-H Online – All You Need To Know	Room 2B
	Line Dancing for Mental & Physical Health	Room 2C
	Pawsitive Dog Games	Room 6
	Computer Security	Room 7
	Environmental Education and 4-H Life Skills	Room 8

**Saturday Evening**

6:15 – 6:50 PM	<b>Photos for Award Winners</b>	<b>Lobby</b>
7:00 – 10:00 PM	<b>Awards Banquet &amp; Auction</b>	<b>Room 1 A&amp;B</b>

**Sunday, February 3**

8:00 – 8:30 AM	<b>Morning Devotion (<i>optional</i>)</b>	<b>Room 7</b>
8:45 – 10:45 AM	<b>Capnote Speaker Closing Business Meeting Officer Installation Thoughts from State 4-H Leader Dr. Mike Yoder</b>	<b>Room 2</b>
10:50 AM	<b>Conference Adjourns</b>	
10:50 – 11:15 AM	<b>2019 District &amp; State Officers' Meeting</b>	<b>Room 2</b>

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**2019 NC4-H VLA Conference Responsibilities**

North Central – *Operations*

Committee – *Raffle and Exhibits*

Southeast – *Registration and Table Decorations*

Northeast – *Country Store and Auction*

South Central – *Hospitality*

***Planning Ahead: 2020 NC4-HVLA Conference Responsibilities***

North Central – *Hospitality*

West – *Country Store and Auction*

South Central – *Registration and Table Decorations*

Northeast – *Operations*

Southeast – *Raffle and Exhibits*

## Saturday Workshop Descriptions

### **#ScoresOpenDoors: Navigating College Admissions**

**Limit: 40 people**

***Sheba Brown***

Want to help your students be more prepared for college? Do your students need help earning scholarships and improving their ACT & SAT scores? This workshop is for you! The session includes a focus on sample test questions and an interactive introduction to helpful strategies you can share with your students for score improvement and access to scholarships. Attendees will participate in an ongoing Q&A and learn about resources they can take back to their students to assist in organizing scholarship searches.

### **4-H Electric Program**

**Limit: 35 people**

***Dr. Grant Ellington***

The hands-on electric workshop provides the first training opportunity for volunteers, county agents and program assistants to become eligible to receive the free electric kits for their county. Funding is provided by Duke Energy and Dominion North Carolina Power. Each year a new kit is introduced and training is required. This is also an opportunity for Volunteers and Agents to learn more about the Electric Program.

### **4-H Farm To Fork Camps**

**Limit: 40 people**

***Jackie Helton, Greg Huneycutt , Selena McKoy, and Carlos Moses***

Do your 4-H members know where their food comes from? Do they like to cook? Come learn about our 4-H Farm to Fork Camp program that is a partnership between 4-H, Agriculture, and Family & Consumer Sciences. Our program combines farm tours with cooking classes that use items picked fresh from the farm that day to promote our Local Foods program. You will participate in a 4-H Food Challenge based off of the Texas A&M Food Challenge program after the presentation. Join us for a fun-filled workshop and let's get cooking!

### **4-H Online**

**Limit: 50 people**

***Dr. Mitzi Downing***

4-H Online is the enrollment system for North Carolina 4-H and has many great features. In this session we will explore more about how to make sure you, your family and 4-H club members are entered as well as what tools you can use as a 4-H club leader and volunteer. Let this system help you. Come to this session to learn how!

**4-H'ers Grow through Presentations****Limit: 50 people*****Dr. Shannon McCollum***

The North Carolina 4-H Presentation Program is one of 4-H's most beneficial and rewarding experiences. It is one of the programs in 4-H most often credited by 4-H alumni as having given them an edge above peers in both college and professional careers. It provides a unique opportunity to develop a positive self-concept and poise, gain self-confidence before a group, learn to express ideas clearly, respond immediately to questions, and gain subject matter knowledge in a specific topic.

**4-H Livestock and Poultry Opportunities 101****Limit: 50 people*****Alesia Moore***

Do you have questions about 4-H livestock and poultry clubs and/or opportunities? What are 4-H livestock and poultry clubs? How do you start a club? What do you do at the club meetings? Where do you find animals for the youth? Where can they show? What about youth that don't have a farm/place for animals? What is Livestock Judging, Skillathon and Quiz Bowl? What is Poultry Judging and Avian Bowl? What opportunities do youth have at the County, State and National levels? This workshop is the place to ask questions, find answers and learn about resources.

**Blast Off with 4-H STEM!****Limit: 35 people*****Elizabeth Merrill***

Blast off to the stars with this 4-H STEM Workshop! Join us as we discuss the 4-H STEM program and learn about rockets! We will be building Stomp Rockets and launching them. Workshop attendees will leave with the patterns for the stomp rocket and launch stand.

**Cloverbud Learning Through Having Fun****Limit: 30 people*****Selma Barker and Samuel Dickerson***

Let's have some fun with the younger ones. Activities for clover buds and special need based children. Info comes out of Clover Bud book. Lots of cool ideas.

**Communication Challenges****Limit: 40 people*****Anne Finch and Stephen Finch***

The challenges of communication. Learn how to be a better communicator through hands-on, fun activities. What you say is not always what the other person hears.



**Community Partners: Creating Successful Volunteer Opportunities for 4-H members with Small Nonprofits** **Limit: 40 people**

***Maggie Boreman***

The leaders of a club that chooses to work with a small nonprofit can find that the activities are sometimes rewarding opportunity for volunteerism or disastrous. This workshop will provide an opportunity for 4-H volunteers to explore ways that their club members can work with small nonprofits. Through guided discussion and Q&A, we will together look at the nature of small nonprofits and explore some of the challenges they face; consider ways to approach nonprofits with volunteer opportunities for members; and propose ways to foster and nurture strong partnerships between clubs and nonprofits that will succeed.

**Computer Security**

**Limit: 40 people**

***Albert Moore***

Click here, win an all-expense paid vacation to a destination of your choice! Share this post on your wall and you will receive a \$500 gift card! Alert...a suspicious virus has been found...click here to remove! Computers are a part of so much of our day to day lives. How do we keep our technology safe and ourselves safe while still embracing technology? Come to this session to learn more and ask questions!

**Drawing on the Whole Brain**

**Limit: 50 people**

***Karen Zika***

We will consider the habit of drawing and sketching to improve observation and communication skills, as it has long been a way for all learners to record their own patient observations of the natural world and to develop ideas in design and problem-solving throughout the sciences, literature, and the arts. Participants will construct a very simple sketch book in the first moments of the session and then learn to use simple basic elements to instruct and encourage youth and learners of all ages to see what is before them, to conceive and refine ideas, and to organize data or mathematical problems.

**Easy STEAM activities for club programming**

**Limit: 50 people**

***Nicki Carpenter and Lisa Hanlon***

Volunteers will rotate through multiple centers experiencing easy STEAM (Science, Technology, Engineering, Art, Mathematics) lessons that can be used in various club settings and engage learners through hands-on activities. These lessons will include individual and team activities that will challenge students to use innovative approaches, promote imagination and encourage critical thinking skills. Some of the activities may include the Pom Pom drop, Ziplines, Bristle Bots and more!

**First Timers Orientation****Limit: 40 people*****Diane Sturges***

What is this? What room is it in? Where am I? First time at Leaders' Conference, huh? Check out this session and get the knowledge and tools to help you navigate through this weekend. Find out what it is all about; have FUN and ENJOY!

**Environmental Education and 4-H Life Skills****Limit: 60 people*****Renee Strnad***

How is 4-H related to Cooperative Extension? What really is the history of 4-H? How is it set up and organized? All these answers and more will be presented with a fun, final Jeopardy review game using buzzers to discover who REALLY knows 4-H.

**FUNdamentals of 4-H****Limit: 40 people*****Molly LaHay***

How is 4-H related to Cooperative Extension? What really is the history of 4-H? How is it set up and organized? All these answers and more will be presented with a fun, final Jeopardy review game using buzzers to discover who REALLY knows 4-H.

**Growing Into Good Citizens****Limit: 40 people*****Rhonda Glidewell and Bonnie Cahall***

We are going on a treasure hunt to find out how we can grow into good citizens. Citizenship is part of all our project books. We will be doing and discussing different activities you can take back to your clubs. All age groups will be included!

**Helping Youth Identify Their Strengths****Limit: 45 people*****Coley Bartholomew and Sally Dixon***

In the 4-H Youth Development Program, youth-adult partnerships have a significant impact in the lives of young people across the state. 4-H volunteer leaders and professionals have a unique opportunity to encourage youth in their development and help youth to realize their social and learning strengths. Volunteers have the opportunity to be 4-H youth's greatest encouragers.

**Hopping Down the Rabbit and Cavy Trail****Limit: 35 people*****Kim Lackey***

The participants in this session will learn how to operate a successful rabbit or cavy (guinea pig) club, how to work with the American Rabbit Breeders Association and the North Carolina Rabbit Breeders Association. In addition, we will explore the many different areas of rabbit competitions for youth including art, photo contest, exhibitor awards through ARBA, poetry contest, rabbit shows and community service opportunities.

**It's Sew Easy to Teach Sewing****Limit: 35 people*****Diane Floyd and Sally Dixon***

Do you want to teach sewing to youth but are unsure of your skills behind the sewing machine? You don't have to be an expert to give youth a great experience with sewing and textiles! In this workshop you will sew a simple pillowcase (any skill level welcome!) and learn some tricks of the trade for teaching sewing to youth. You will also leave with a packet of information that includes simple projects, teaching materials, and an introduction to custom fabric design.

**Leadership is 4-H Grown****Limit: 40 people*****Barbara Byers***

How young is too young for youth to learn about leadership? Even our youngest members can begin to step up and step out exploring age appropriate leadership experiences. Come explore how personal development can instill leadership early for skills that will last a lifetime. Bring your inner child with you as we play games, make crafts, and learn how to be a leader, cloverbud style!

**Line Dancing for Mental & Physical Health****Limit: 50 people*****Hazel McPhatter***

Line dancing is beneficial to our heart because it is aerobic exercise, it is also beneficial to our mental health because it is a social activity and stress reliever.

**Pawsitive Dog Games****Limit: 40 people*****Pam Davis***

Want to engage in some fun dog learning activities sans dogs? Come play games with us. We'll learn some dog anatomy, identify dog breeds and answer dog bowl questions in a way that will have your 4-Hers asking to do more! Learn a little communication and positive reinforcement game as well (Hint: works for kids too!)

**Pollinator Power****Limit: 40 people*****Liz Driscoll***

From the flutter-flutter of a butterfly, to the persistent pollinating of a bumble bee, North Carolina is rich with pollinator diversity. Join this hands-on session to dig into four of North Carolina 4-H's newest curriculum on honey bees, native bees and butterflies. Participants will take home painted lady larva, taste honey from across the state, race to collect the most nectar, design a pollinator garden and have fun learning all about the ways to engage young people into the conversation about conserving our native pollinators.

**Raving Robots****Limit: 40 people*****Anne Finch and Stephen Finch***

There is more to robots than Battle Bots. How to use robots to build teamwork and communication skills with your students. Come as a novice, leave as a pro.

**Sharing Your 4-H Story Through Evaluation****Limit: 40 people*****Autumn Guin***

Evaluation... no thank you! I want my 4-H'ers to have fun, not fill out another survey! Evaluation does not have to be boring! Come to this session to learn about how to conduct evaluations, the importance of evaluation and how to share the story of the great work your 4-H'ers are accomplishing!

**Social Media Sewing Circle****Limit: 40 people*****Karen Zika***

We will examine ways to make wise use of online sharing sites, blogs, and tutorials to support sequential skill building and critical decision making in sewing and fiber arts, coordinating these resources with the nationally juried 4-H curricula. We will examine positive ways to choose instructional videos, patterns, and projects to maintain interest, stretch imagination, and build vision. We will also show opportunities for teaching youth to notice the trade-offs involved with popular approaches to projects in order to decide which techniques best serve their goals for a particular project. Participants will receive a kit and sew a travel-sized pillow case.

**The 4-Frames Approach to 4-H Fundraising****Limit: 60 people*****Susan Colby***

Using the Four (4) Frames approach to organizational development, participants will learn the "art" and skill of creating a fundraising plan. Participants will work in groups to identify the structural components of the plan, key individuals/groups to include in the plan, and generate ideas for creating a positive culture of philanthropy.

**The Basics of Social Media****Limit: 40 people*****Joey Moore***

Facebook, Twitter, LinkedIn, Pinterest, Instagram, Google +, YouTube, Snapchat...is your brain spinning yet? Social media doesn't have to be overwhelming or intimidating. It can be fun and a great tool to use! Come learn more about social media and how to effectively (and safely) use it!

**The International Lowdown – What Can I Do with the NC 4-H International Exchange** **Limit: 40 people**

***Daniel Collins, Dr. Shannon McCollum***

The International Lowdown - What Can I Do with the NC 4-H International Exchange program will highlight information about numerous opportunities for volunteers and families here in NC! We will be discussing hosting possibilities for delegates and chaperones from Japan and Costa Rica. We will also be highlighting the Outbound program opportunities for 2020! Participants will also get to see some great insights from an International Exchange Program study that was conducted with 4-H Agents in North Carolina and Virginia about the benefits, challenges, and alternatives to International Exchange Programs. The idea is to have participants leave this workshop with a better grasp on what is available to families and 4-H members in NC through international exchange programs.

**What's That Dog Doing Here? Therapy and Service Dogs** **Limit: 40 people**

***Pam Davis***

Therapy dogs? Service dogs? Emotional support dogs? They're everywhere, aren't they? Can I have one too? Do I have to let them in? What about allergies? What about problems? My 4-her wants to bring one! What do I do when others complain? Come find out! We'll talk about the similarities and differences, the basic rights and responsibilities as well as etiquette. Maybe one will even visit us!

**2019 North Carolina 4-H Volunteer Leaders' Association  
Volunteer Recognition Banquet**



**Welcome**

**Pledge of Allegiance and 4-H Pledge**

**Affirmation**

**Greetings**

**Volunteer Recognition Presentations**

Kim Lackey, NC 4-H VLA President  
Alisha Brown, NC 4-H VLA President-Elect  
Selma Barker, NC 4-H VLA Vice President  
Joyce Bustamante, NC 4-H VLA Secretary  
Barbara High Tyre, NC 4-H VLA Treasurer  
Diane Sturges, NC 4-H VLA Past President  
Anna Marie Vagnozzi, NC 4-H Honor Club

**Closing Remarks**

**Adjourn**

## ACKNOWLEDGEMENTS

Special appreciation is extended to the following supporters of North Carolina 4-H Volunteer programs. Please take a moment to personally thank these organizations and people for their commitment to youth and adult development excellence.

For their support of the District Volunteer Recognition program and of the 4-H Achievement Hall of 4-H Leadership:

### **NC 4-H Honor Club**

Dr. Shannon McCollum, Advisor  
NCSU Box 7655  
Raleigh, NC 27695

For their support of the NC 4-H Volunteer Leaders' Association and endowment investment account support:

### **NC 4-H Development Fund Board**

Ms. Robin Nicholson, President  
NCSU Box 7645  
Raleigh, NC 27695

For their support of the Dr. Thearon McKinney Outstanding Volunteer of the Year award:

### **Dr. Mike Davis Family 4-H Endowment for Innovation and Excellence**

**Dr. Mike Davis and Family**  
119 Greymist Lane  
Cary, NC 27518

For their support of the Anna Williams Southern Region 4-H Volunteer Forum Scholarship:

### **Mrs. Spring Williams-Byrd and Family**

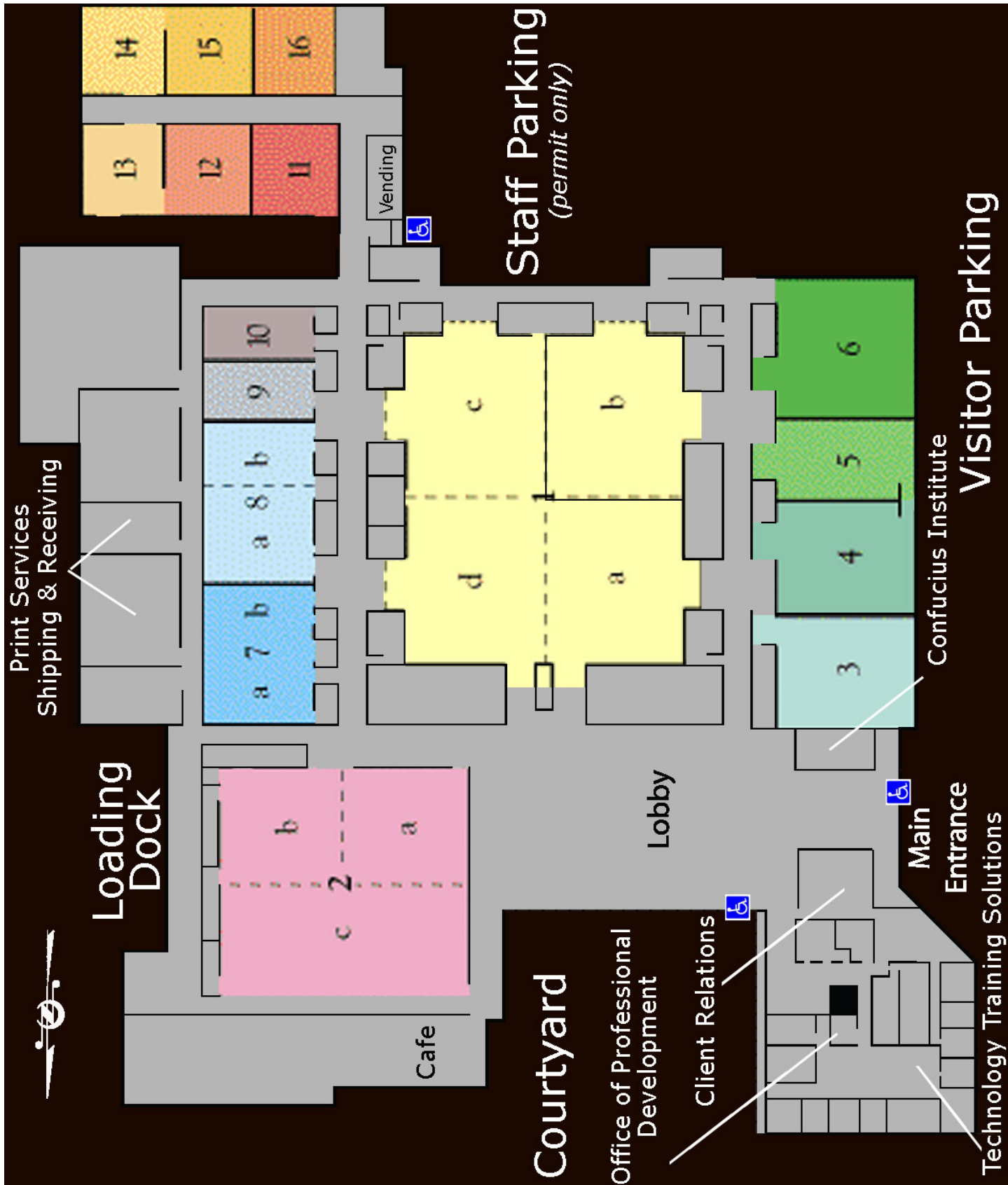
2139 Victory Lane  
Lenoir, NC 27645

For their support and commitment to volunteer excellence and for sponsoring our Friday night Experience 4-H Curriculum Make & Take program:

### **Dr. Ed Maxa and Family**

5812 Morning Forest Drive  
Raleigh, NC 27609

# Conference Center Map





## NOTES

**Check out our website: [www.nc4h.org/volunteers](http://www.nc4h.org/volunteers)**

**We're on Facebook, too!: [www.facebook.com/nc4hvolunteer](http://www.facebook.com/nc4hvolunteer)**

**For pictures from Conference:  
<https://www.facebook.com/happy.congress.9>**

**For more information about Volunteer Conference of Southern States:  
<http://vcoss.weebly.com>  
<https://www.facebook.com/4HVCROSS>**

## **2019 NC 4-H Volunteer Leaders Association Dates to Note**

March 22-23, 2019	NC 4-H Volunteer Leaders' Association State and District Officers' Training and Planning Seminar, Cary, NC
June 3, 2019	Youth Volunteer Service Nominations Due In State Office
July 21, 2019	NC 4-H VLA Board Meeting, Raleigh, NC
September 26 – 29, 2019	Volunteer Conference of Southern States Rock Eagle 4-H Center, Eatonton, Georgia
December 2, 2019	Adult Volunteer & Donor Award Nominations Due and ACE Portfolios Due in State 4-H Office

