Room	Day	Time	Title	Description	Presenters
CC #1: Horse	F	9:30	Hooves, Hearts, and Health:	A pre-purchase exam is an essential step in making an informed	Dr. Emma Adam, Veterinarian, Board
		5.50	The Inside Scoop on Equine Pre- Purchase Exams	decision when buying a horse. This thorough veterinary evaluation assesses the horse's overall health, soundness, and suitability for its intended use, helping buyers avoid costly surprises down the road by identifying potential issues early, pre-purchase exams provide a foundation so that the partnership between horse and rider starts off on the right hoof.	Certified, Internal Medicine/Surgery
CC #1: Horse	F	10:30	On the Right Lead: Helping Youth Build Strong Riding Skills	This workshop will equip 4-H horse club leaders with tools to teach youth about gaits, footfalls, and proper maneuver setup. Leaders will learn to break down equine movement, guide riders in preparing their horses for success, and adapt teaching methods to fit diverse learning styles—building confidence for both leaders and youth for multiple non-gaited riding disciplines.	Calyn Colston, Calloway Co. 4-H Agent
CC #1: Horse	F	1:00	Dead Serious Learning: The Art of Large Animal Necropsy	A large animal necropsy is more than a post-mortem exam—it's a powerful tool for uncovering the cause of death and protecting herd health. By examining organs and tissues, veterinarians can identify disease, injury, or management issues, turning one loss into knowledge that helps prevent future ones.	Dr. Laura Kennedy, Veterinarian Pathologist
CC #1: Horse	F	2:00	What's Bugging You: Identifying and controlling pests affecting your horses	Dr. Hannah Tiffin works to develop practical, science-based solutions to reduce bites, prevent disease transmission, and keep animals and people healthier. Workshop participants will experience an interactive approach to further their understanding of a variety of equine pests. Methods of identification, associated diseases, and best practices for reduced exposure will be discussed.	Dr. Hannah Tiffin, State Specialist
CC #1: Horse	F	3:15	From Range to Responsibility: BLM's Role in Mustang, Burro, and Land Management (Part 1 of 2)	This workshop will explore how the BLM balances the preservation of America's iconic wild horses and burros with the health of public rangelands. This seminar will highlight the challenges of population growth, habitat sustainability, and resource use, while showcasing the strategies and programs used to promote responsible management. Participants will gain a deeper understanding of the complexities involved in protecting these animals and the landscapes they call home. (Part I of 2)	Dr. Dominique Wood, Wild Horse and Burro Specialist, Southeastern States
CC #1: Horse	F	4:15	From Range to Responsibility: BLM's Role in Mustang, Burro, and Land Management- Part II	This workshop will explore how the BLM balances the preservation of America's iconic wild horses and burros with the health of public rangelands. This seminar will highlight the challenges of population growth, habitat sustainability, and resource use, while showcasing the strategies and programs used to promote responsible management. Participants will gain a deeper understanding of the complexities involved in protecting these animals and the landscapes they call home. (Part 2 of 2)	Dr. Dominique Wood, Wild Horse and Burro Specialist, Southeastern States
CC #1: Horse	S	8:00	That's a horse of different color	Every wonder why you got a black or want to better understand how that horse is a buckskin. Come join me, we will be using paint/pastels to mimic basic equine coat color. Then using various colors to dilute and modify existing colors to better understand coat genetics. Why so greycome find out!	Stephanie Meredith, Hardin Co Program Assistant Jenna Meredith, Program Assistant
CC #1: Horse	S	9:00	Team Problem, No Problem: How to make hippology fun!	This workshop will include an introduction to Hippology contests and their various components. Workshop participants will gain insight on starting and developing a Hippology Team. Methods of contestant preparation for state, regional, and national competitions will be discussed, along with examples of resources used to create fun and engaging study content.	Rebecca Cushenberry, Simpson Co 4-H Volunteer, Anna Draeger, State Extension Associate
CC #1: Horse	S	12:30	What's the buzz? Starting and coaching a competitive Horse Bowl Team	Mark and Beth Rohret have successfully coached several Horse Bowl teams over the years. Together, the pair will provide guidance on how to build interest and start a team. You'll also get firsthand input on how you can best support and prepare youth for competitions. Most importantly, they'll ensure study sessions stay fun and interactive. This is also a great opportunity to ask questions from two people that have an excellent understanding of the competition!	Mark Rohret, Jefferson Co 4-H Volunteer; Beth Rohret, Jefferson Co. 4-H Volunteer
CC #1: Horse	S	1:30	The Gate's Wide Open! An introduction to equine careers	Leaders will tearn about a new, fun way to teach youth about equine careers. Created by the Kentucky 4-H Horse Program Equine Task Force, this workshop will highlight the many facets of the equine industry and provide insight on what skillsets are important to develop to become successful in those roles.	Equine Task Force Members
CC #10: Crafts 1	F	9:30	"Bowed" Away Part 1 of 2	Learn to make beautiful retail quality bows for craft items, packages or to sell. This is also a marketable skill that you can use in several job positions such as garden centers, florists or craft stores, etc. Ribbon used will be lettover Christmas ribbon from holiday wreath making in various colors, sizes and patterns. There is no charge for this workshop, however if you would like to bring your own ribbon you will need at least 7 yards per bow. (Part 1 of 2)	Lori Bowling, Boyd Co. Horticulture Agent, Casandra Skaggs, Boyd Co. Program Assistant

CC #10: Crafts 1	F	10:30	"Bowed" Away Part 2 of 2	Learn to make beautiful retail quality bows for craft items, packages or to sell. This is also a marketable skill that you can use in several job positions such as garden centers, florists or craft stores, etc. Ribbon used will be leftover Christmas ribbon from holiday wreath making in various colors, sizes and patterns. There is no charge for this workshop, however if you would like to bring your own ribbon you will need at least 7 yards per bow. (Part 2 of 2)	Lori Bowling, Boyd Co. Horticulture Agent, Casandra Skaggs, Boyd Co. Program Assistant
CC #10: Crafts 1	F	1:00	Door Hanger Fundraiser Idea	Learn to make a wooden door hanger with paint and stencils. This has been a successful Carter County 4-H Fundraiser, and we would love to show you how! The cost of this workshop is \$5 (Part 1 of 1)	Kim Flaugher, Carter Co. Volunteer, Rebecca Hayes, Carter Co. 4-H Agent
CC #10: Crafts 1	F	2:00	Door Hanger Fundraiser Idea	Learn to make a wooden door hanger with paint and stencils. This has been a successful Carter County 4-H Fundraiser, and we would love to show you how! The cost of this workshop is \$5 (Part 1 of 1)	Kim Flaugher, Carter Co. Volunteer, Rebecca Hayes, Carter Co. 4-H Agent
CC #10: Crafts 1	F	3:15	Mini Mosaics (Part 1 of 2)	Have you ever been intrigued by the beauty of mosaics and considered bringing this art back to your local 4-H'ers? Here is your opportunity to learn basic mosaic creation, in miniature form! We will be making a keychain with extremely tiny micro mini 5mm mosaic tiles. Supplies are included in this class. Bring your glasses/magnifying glasses (if needed), bring tweezers if you have some, a few pairs will be available if needed. Requires patience and a steady hand. Cost \$5. (Part 1 of 2)	Cynara Perez-Switzer, Boyle Co. 4-H Volunteer
CC #10: Crafts 1	T.	4:15	Mini Mosaics (Part 2 of 2)	Have you ever been intrigued by the beauty of mosaics and considered bringing this art back to your local 4-H'ers? Here is your opportunity to learn basic mosaic creation, in miniature form! We will be making a keychain with extremely tiny micro mini 5mm mosaic titles. Supplies are included in this class. Bring your glasses/magnifying glasses (if needed), bring tweezers if you have some, a few pairs will be available if needed. Requires patience and a steady hand. Cost \$5. (Part 2 of 2)	Cynara Perez-Switzer, Boyle Co. 4-H Volunteer
CC #10: Crafts 1	S	8:00	Candle Rolling	Discover the art of beeswax candle rolling in this hands-on workshop! Learn how to craft beautiful, natural candles by rolling sheets of pure beeswax—no melting required. Perfect for beginners, this activity also explores beekeeping basics and information you can take home to teach this workshop yourself!	MacKenzie Preece, Franklin Co. 4-H Agent
				Workshop cost covers beeswax sheets, wicks, and other paper supplies used to craft candles and take them home. Cost is \$7.	
CC #10: Crafts 1	S	9:00	Paper Quilling	Paper quilting involves rolling long, thin strips of paper (filigree) around a special tool to form shapes that can be combined to make 3-D art. Attendees will learn basic coil shapes and how they can be used to create an image. No cost.	Ginny Butsch, Campbell Co. Program Assistant
CC #10: Crafts 1	S	12:30	Hearts In Action	Create a variety of cards to give to nursing home residents or veterans in your area. Some of the materials that can be used include paper, die cuts, punches, and stamps. Kits will also be available. No cost.	Lora Stewart, Gallatin Co. 4-H Agent, Renata Farmer, Knox Co. 4-H Agent
CC #10: Crafts 1	S	1:30	Stitching up service!	Come learn about 10 service projects that 4-H or FCS sewing groups can use to practice their sewing skills and serve their community! Participants will leave with ideas and instructions to produce these low cost projects with their 4-H or FCS groups.	Karen Smith, Jefferson, TN Volunteer; Ella & Ainsely Smith, Jefferson County 4-H members
CC #11: Crafts 2	F	9:30	Mix It Up!	Make your very own four-leaf clover mixed media piece. Each creation can be used as a heartfelt keepsake, a thoughtful handmade gift, or a decorative Item for your home or office. This workshop also serves as a wonderful idea to take back to your local community or county group—a fun, engaging art project that brings people together and encourages creative expression. No cost.	Alissa Ackerman, Clay Co. 4-H Agent
CC #11: Crafts 2	F	10:30	Chicken Wire Suncatcher	Create a chicken wire suncatcher to hang in your window or to enter into your local fair or Cultural Arts contests. Cost of class is \$8.00 (Single Class)	Britney Poe, Robertson Co. 4-H/FCS Agent
CC #11: Crafts 2	F	1:00	Chicken Wire Suncatcher	Create a chicken wire suncatcher to hang in your window or to enter into your local fair or Cultural Arts contests. Cost of class is \$8.00 (Single Class)	Britney Poe, Robertson Co. 4-H/FCS Agent
CC #11: Crafts 2	F	2:00		Each participant will receive a 1x10x19 board to trace design on and cut out using jigsaw. Participants will be taking project home at the end of the workshop. Amount charged will cover the cost of materials used. We will trace the outline of Kentucky on the board then use the jigsaw to cut out the center. Project can be sanded, painted, and/or stained with additional larger board attached to the back for a 3D appearance. Hangers may be attached to fix to wall as decor. Cost \$10.	Assistant
CC #11: Crafts 2	F	3:15	Pigment of Your Imagination	Come join us for a paint-tastic workshop! Follow step-by-step instructions to create a masterpiece, receive your very own art supplies, and enjoy the chance to win exciting door prizes. Take home your artwork and memories that everyone in your county will enjoy! Cost \$5.	Lisa Jones, Whitley Co. 4-H Agent

CC #11: Crafts 2	F	4:15	It's All Batik the Art	Participants will learn how to begin and teach batik which is an art form that can be entered into the fair. It is done with cloth and heated wax, then dyed to create a masterpiece. Limited to 20 participants. No Cost.	Chris Scarbrough-Key, Calloway Co. Volunteer
CC #11: Crafts 2	S	8:00	Faux Flower Fun (Part 1 of 2)	Learn to hand sew and create faux flowers by upcycling old or discarded items! This class is perfect for volunteers and 4-H youth alike. This small easily made project would be ideal for state fair entries. All supplies will be included, a limited number of scissors will be available, bring yours if you like. No Cost. (Part 1 of 2)	Cynara Perez-Switzer, Boyle Co. 4-H Volunteer
CC #11: Crafts 2	S	9:00	Faux Flower Fun (Part 2 of 2)	Learn to hand sew and create faux flowers by upcycling old or discarded items! This class is perfect for volunteers and 4-H youth alike. This small easily made project would be ideal for state fair entries. All supplies will be included, a limited number of scissors will be available, bring yours if you like. No Cost. (Part 2 of 2)	Cynara Perez-Switzer, Boyle Co. 4-H Volunteer
CC #11: Crafts 2	S	12:30	Wreath Fundraising Idea	Come learn to make a door wreath with ribbon and tulle. This has been a successful Carter County 4-H Fundraiser, and we would love to teach you! The cost of the workshop is \$10.	Kim Flaugher, Carter Co. Volunteer, Rebecca Hayes, Carter Co. 4-H Agent
CC #11: Crafts 2	S	1:30	Sew Many Projects, Sew Little Time	Thread your way into creativity with this hands-on sewing workshop designed for 4-H youth! Participants will stitch together a travel sewing kit complete with a handmade pin cushion, learn the magic of a French Seam (a no-show seam that's sew impressive!), and complete other beginner-friendly projects like bowl koozles and pillowcases. Whether you're new to sewing or just need to brush up your skills, this workshop is sew much fun and full of learning! Cost \$10.	Lisa Jones, Whitley Co. 4-H Agent
CC #12: Expressive Arts 1	F	9:30	The Clay Studio - State Fair Project Ideas & More (Part 1 of 2)	Students will spend two sessions gaining insight on clay projects from the 4-H Kentucky State Fair Curriculum. While exploring clay from the arts division, this will allow educators, volunteers and others to better understand various aspects of the medium for when instructing their programs. All supplies, along with studio basics will be explained and provided. Self Hardening Clay will be used. Class Size Limit: 15 minimum/25 maximum. No Cost (Part 1 of 2).	Seth Hart, Wayne Co. Program Assistant
CC #12: Expressive Arts 1	F	10:30	The Clay Studio - State Fair Project Ideas & More (Part 2 of 2)	Students will spend two sessions gaining insight on clay projects from the 4-H Kentucky State Fair Curriculum. While exploring clay from the arts division, this will allow educators, volunteers and others to better understand various aspects of the medium for when instructing their programs. All supplies, along with studio basics will be explained and provided. Self Hardening Clay will be used. Class Size Limit: 15 minimum/25 maximum. No Cost (Part 2 of 2).	Seth Hart, Wayne Co. Program Assistant
CC #12: Expressive Arts 1	F	1:00	Block Party: Linocut Basics - Carve, Ink, Print! (Part 1 of 2)	Learn the art of linocut printmaking in this fun, beginner-friendly workshop! Choose or create a design, carve it into a block with traditional tools, and print it onto beautiful paper. Discover the essential tools and materials you'll need to continue this art form with a group. Your reusable stamp can be printed on paper, cards, canvas bags, or t-shirts! No cost. (Part 1 of 2).	Mawnie Belcher, Whitley Co. Program Assistant
CC #12: Expressive Arts 1	F	2:00	Block Party: Linocut Basics - Carve, Ink, Print! (Part 2 of 2)	Learn the art of linocut printmaking in this fun, beginner-friendly workshop! Choose or create a design, carve it into a block with traditional tools, and print it onto beautiful paper. Discover the essential tools and materials you'll need to continue this art form with a group. Your reusable stamp can be printed on paper, cards, canvas bags, or t-shirts! No cost. (Part 2 of 2).	Mawnie Belcher, Whitley Co. Program Assistant
CC #12: Expressive Arts 1	F	3:15	ShamROCKS 4-H Vocal Group	ShamROCKS is in its third year as a Simpson County 4-H Club. This vocal performing arts group allows members explore basic vocal techniques. Lessons focus on harmony and blending their voices into one. This year they are singing all acapella as they learn to use their voices as their instrument. The club also performs at community events then ends the 4-H year with a county showcase and performance for friends and family. No Cost.	Naomi Rudy, Simpson Co. 4-H Volunteer, Catherine Webster, Simpson Co. 4-H Agent
CC #12: Expressive Arts 1	F	4:15	In the Moment, In the Flow: Nurturing Creativity Through Mindfulness	Discover how mindfulness practices—like intention, attention, non- judgment, and curiosity—can enhance creativity, focus, and joy in the fine arts. This session explores simple, accessible strategies to help artists of all ages become more present, productive, and open in their creative process. Learn how mindful awareness can reduce self-criticism and spark deeper artistic engagement. No Cost.	Elizabeth Arnold, UK Music Faculty, Ben Arnold, UK School of Music Faculty
CC #12: Expressive Arts 1	S	8:00	Bound to Inspire: Stitching Together Journals and Creative Expression (Part 1 of 2)	Discover the art of bookbinding in this beginner-friendly, hands-on workshop! We'll walk through the essential tools, techniques, and steps to create your own leather journal. You'll leave with a beautiful handmade journal, printed instructions, supply list, and confidence to recreate this project with others. Perfect for individuals looking to expand their creative toolkit and spark new ideas for expression in their county programming. No Cost. (Part 1 of 2)	Susan Miller, Boone Co. Community Arts Agent, Kristy Porter, Community Arts Agent

CC #12: Expressive Arts 1	S		Bound to Inspire: Stitching Together Journals and Creative Expression (Part 2 of 2)	Discover the art of bookbinding in this beginner-friendly, hands-on workshop! We'll walk through the essential tools, techniques, and steps to create your own leather journal. You'll leave with a beautiful handmade journal, printed instructions, supply list, and confidence to recreate this project with others. Perfect for individuals looking to expand their creative toolkit and spark new ideas for expression in their county programming. No Cost. (Part 2 of 2)	Susan Miller, Boone Co. Community Arts Agent, Kristy Porter, Community Arts Agent
CC #12: Expressive Arts 1	S	12:30	Natural Plant Dyeing Basics and Indigo Vat	In this workshop, participants will receive a brief introduction to creating natural dye baths from plants and using them to dye fabric. We will cover the essential tools, materials, and steps in the process. To conclude, we'll explore the use of an indigo vat, and each participant will have the opportunity to dye a cotton flour-sack kitchen towel. No cost.	Cortney Moses, Whitley Co. Community Arts Agent
CC #12: Expressive Arts 1	S	1:30	Linoleum Printmaking	Discover the art of printmaking by making your own custom stamp! You'll learn how to create a print using recycled materials and tadeonal tools.	Casey Faulkner, Madison Co. Community Arts Agent
CC #13: Communications	S	8:00	Pen to Podium: 4-H Communication Program	Discover the full scope of the 4-H Communication Program as we explore both the Speech and Demonstration Contest and the Written Communication Contest. We'll dive into the rules that guide each event and share tools you can use with your 4-Hers.	Ashley Osborne, State Specialist
CC #13: Communications	S	9:00	"Sell It Like You Mean It: Speech and Demonstration Prep"	In this fun and interactive activity, youth create commercials as a way to build confidence and improve communication skills(voice projection, eye contact, body language, timing, audience awareness)-essential skills for success in 4-H demonstrations and speech contests. This activity also encourages teamwork, critical thinking, and a positive attitude toward public speaking, turning preparation into a game-like experience that builds real-world communication skills in a low-pressure environment.	Ashley Duvall, Clinton Co. 4-H Agent
CC #13: Communications	S	12:30	Coffee House Poetry	Coffee house poetry is a raw and fun way for youth to learn to write on a whim. It is the kind of poetry that you would read over the hum of a coffee maker. The youth read aloud while other classmates are enjoying delicious coffee and cookies. The sounds of clinking coffee mugs and snaping fingers is a delightful way to learn. The words often capture the moment of quiet reflections, maybe melancholy or they can be a bit rebellious.	Crystal Smith, Letcher Co. 4-H Agent
CC #13: Communications	S	1:30	Get Rid of the Presentation Shakes - Toastmasters	Have you ever needed to give a speech on a moment's notice? What do you speak on with No Time to Prepare? Do you participate in conversations at events or just listen?	Brenda Johnson, Toastmasters
				Come join me to learn how to feel comfortable speaking on a Moment's Notice and Learn the Art of Small Talk.	
CC #13: Expressive Arts 2	F	10:30	The Art of Growing Images: Horticulture Photography for Youth and Adults (Part 2 of 2)	Discover horticulture through photography in this workshop. Learn to capture plant details, improve photo skills, or create a personal portfolio—all while exploring the beauty of nature! Open to youth and adults, this workshop will also discuss horticulture photography for contests, including 4-H! (Part 2 of 2)	Mike Meyer, Kentucky 4-H Associate Program Leader, Eric Comley, Garrard Co. 4 H Agent
CC #13: Expressive Arts 2	F	1:00	The Little Lens: Digital Insect Collection for Fair	Step into the miniature world of insects through the lens of your camera! This hands-on workshop invites nature lovers, photographers, and curious minds to explore the fascinating beauty of insects using digital photography. Through this guided session, you'll build a collection of stunning macro images white gaining insight	Eric Comley, Garrard Co. 4-H Agent, Blake Newton, State Specialist
CC #13: Expressive Arts 2	F	2:00	Hand Papermaking for Beginners (Part 1 of 2)	Hand papermaking can be a fun and interactive way to introduce both youth and adult audiences to the many vital roles that natural fibers play in our lives. In this workshop, staff from the Arboretum, State Botanical Garden of Kentucky, will teach participants how to successfully make their own hand-made paper. Participants will go home with step-by- step instructions, and a list of materials and supplies needed for success. A \$5 charge is listed for this workshop. Cost \$5. (Part 1 of 2)	Megan Buland, Arboretum Curator, Hannah Wells, Education Coordinator
CC #13: Expressive Arts 2	F	3:15	Hand Papermaking for Beginners (Part 2 of 2)	Hand papermaking can be a fun and interactive way to introduce both youth and adult audiences to the many vital roles that natural fibers play in our lives. In this workshop, staff from the Arboretum, State Botanical Garden of Kentucky, will teach participants how to successfully make their own hand-made paper. Participants will go home with step-by- step instructions, and a list of materials and supplies needed for success. A \$5 charge is listed for this workshop. Cost \$5. (Part 2 of 2)	Megan Buland, Arboretum Curator, Hannah Wells, Education Coordinator
CC #13: Expressive Arts 2	F	4:15	Let's Gogh! Exploring Van Gogh's Works with Oil Pastels	Come learn about oil pastels and Van Gogh in this hands-on workshop! We'll go over the basics of oil pastels, and how to use them in a step-by-step drawing tutorial inspired by works from Vincent Van Gogh. Attendees will leave with a completed drawing and a lesson plan resource to take home. No cost.	Allison Denny, Community Arts Agent

CC #14A: Teaching Tech/PYI	F	9:30	Blue Ribbon Project Judging	Take a 4-H members spark and turn it into high levels of impact and a blue ribbon winner. This workshop is for all volunteer club leaders of 4-H project work. You will learn the basics of 4-H project work and how to judge project work.	Kim Schrader, State Specialist
CC #14A: Teaching Tech/PYI	F	10:30	Explore the Possibilities with Shop 4-H and the 4-H Discover Box	This workshop will provide an overview of Shop 4-H and how it supports community-based 4-H programs. This workshop will also dive into the 4-H Discover Box activity kits and how they can be used in clubs and local programs to support and extend existing projects, as well as explore new programming avenues. Participants will learn how to navigate the website, how Shop 4-H can support special projects and orders, and how the 4-H Discover Box can enhance their programming.	Sam Nagurny, National 4-H Council
CC #14A: Teaching Tech/PYI	F	1:00	Kentucky 4-H Volunteer Annual Update	This update will include trends in positive youth development, major changes within the program, updates to processes, promotion of opportunities, etc. This will be produced and available for dissemination after Kentucky Volunteer Forum. This is the annual update that all approved volunteers should participate in as a part of their volunteer role.	Rachel Guidugli, Assistant Extension Director for 4-H Youth Development
CC #14A: Teaching Tech/PYI	F	2:00	Connection before Content: Icebreakers with a Focus	Adult Learners often dread that opening icebreaking activity because they see it as a waste of valuable time. Yet we know that if we can connect with our learners, the session is more successful for everyone. The critical task here is to ensure that the selected icebreaker is relevant to the session content, which is easier than you might think. We'll share ideas and strategies for using activities to support learning objectives, and we'll have fun learning by doing!	Harriett Edwards, North Carolina State Specialist
CC #14A: Teaching Tech/PYI	F	3:15	Igniting Sparks: Inspiring Positive Youth Development in 4-H	Join us for an engaging and hands-on workshop designed to empower 4-H volunteers with tools and strategies to ignite "sparks"—youths' passions, interests, and potential—through the lens of Positive Youth Development (PYD). As club leaders and program facilitators, volunteers play a vital role in creating environments where young people feel supported, motivated, and connected. Leave with interactive activities for igniting sparks in your work with youth.	Chuck Stamper, State Specialist, Ashley Vice, Nicholas Co. 4-H Agent
CC #14A: Teaching Tech/PYI	F	4:15	The Art of Reflection	Participants enjoy the activities we plan and often learn a great deal as they experience the process & the project. Planning for intentional reflection during & after an activity is an important component of Experiential Learning. Some scholars argue that learning only occurs in the reflection stage. There are several structured frameworks used to guide student reflection, helping them analyze experiences, draw insights, and apply learning. This session provides a list to use in programming.	Lauren Dye, Georgia 4-H Agent
CC #14A: Teaching Tech/PYI	S	8:00	Messages That Move: Captivating and Engaging Audiences with Impact	Unlock the power of communication that connects! In this hands-on workshop, discover how to craft messages that inspire, keep audiences engaged, and leave lasting impact. Through interactive activities and practical tools, you'll learn to transform ordinary presentations into powerful moments that move people to listen, respond, and take action.	Adriana Palmer, State Specialist
CC #14A: Teaching Tech/PYI	S	9:00	Fostering Engagement: Inspiring Positive Youth Development in 4-H	Keeping youth engaged is at the heart of meaningful 4-H experiences—and as a volunteer leader, you have the power to make that happen. This interactive workshop will explore practical ways to foster authentic engagement in your club or program by creating a sense of belonging, purpose, and excitement among youth participants. Leave with exciting interactive activities that you can start using at your next club meeting!	Lena Mailory, Marshall Co. 4-H Agent, Elizabeth Easley, Laurel Co. 4-H Agent, Kellsey Agnew, Campbell Co. 4-H Agent, Patrick Allen, State Specialist
CC #14A: Teaching Tech/PY(S	12:30	Engaging Youth of All Abilities!	4-H is a place where youth of all strengths and abilities can grow together! As volunteers, club leaders, and mentors, we need to be know how to support our youth no matter their differences in ability. In this workshop, you will learn strategies on how to incorporate neurodivergent youth into your local 4-H programming.	Anna Sweets, Warren Co. 4-H Volunteer
CC #14A: Teaching Tech/PYi	S	1:30	Communicating with Ease through Curious Conversation	This session will focus on how volunteers can provide effective communication and transformative leadership in a challenging everchanging world. It will provide steps on using curious conversation and deep listening to build trust and mutual respect all while developing a deeper understanding of the why behind youth and family's actions. We will explore how to inspire collaboration and strategically find common ground to achieve meaningful change and growth in existing or new clubs/units.	Kirsten Cowan, 4-H Agent, New Jersey
CC #14A: Teaching Tech/PYI	F	9:30	Blue Ribbon Project Judging	Take a 4-H members spark and turn it into high levels of impact and a blue ribbon winner. This workshop is for all volunteer club leaders of 4-H project work. You will learn the basics of 4-H project work and how to judge project work.	Kim Schrader, State Specialist

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CC #14A: Teaching Tech/PYI f	F 1:00) Kentucky 4-H Volunteer Annual Update	This update will include trends in positive youth development, major changes within the program, updates to processes, promotion of opportunities, etc. This will be produced and available for dissemination after Kentucky Volunteer Forum. This is the annual update that all approved volunteers should participate in as a part of their volunteer role.	Rachel Guidugli, Assistant Extension Director for 4-H Youth Development
CC #14A: Teaching Tech/PYI i	F 2:00	Connection before Content: Icebreakers with a Focus	Adult Learners often dread that opening icebreaking activity because they see it as a waste of valuable time. Yet we know that if we can connect with our learners, the session is more successful for everyone. The critical task here is to ensure that the selected icebreaker is relevant to the session content, which is easier than you might think. We'll share ideas and strategies for using activities to support learning objectives, and we'll have fun learning by doing!	Harriett Edwards, North Carolina State Specialist
CC #14A: Teaching Tech/PY(F 3:1	5 Igniting Sparks: Inspiring Positive Youth Development in 4-H	Join us for an engaging and hands-on workshop designed to empower 4-H volunteers with tools and strategies to ignite "sparks"—youths' passions, interests, and potential—through the lens of Positive Youth Development (PYD). As club leaders and program facilitators, volunteers play a vital role in creating environments where young people feel supported, motivated, and connected. Leave with interactive activities for igniting sparks in your work with youth.	Chuck Stamper, State Specialist, Ashley Vice, Nicholas Co. 4-H Agent
CC #14A: Teaching Tech/PYI F	F 4:1!	5 The Art of Reflection	Participants enjoy the activities we plan and often learn a great deal as they experience the process & the project. Planning for intentional reflection during & after an activity is an important component of Experiential Learning. Some scholars argue that learning only occurs in the reflection stage. There are several structured frameworks used to guide student reflection, helping them analyze experiences, draw insights, and apply learning. This session provides a list to use in programming.	Lauren Dye, Georgia 4-H Agent
CC #14A: Teaching Tech/PYI	S 8:00	Messages That Move: Captivating and Engaging Audiences with Impact	Unlock the power of communication that connects! In this hands-on workshop, discover how to craft messages that inspire, keep audiences engaged, and leave lasting impact. Through interactive activities and practical tools, you'll learn to transform ordinary presentations into powerful moments that move people to listen, respond, and take action.	Adriana Palmer, State Specialist
CC #14A: Teaching Tech/PYI	S 9:00	D Fostering Engagement: Inspiring Positive Youth Development in 4-H	Keeping youth engaged is at the heart of meaningful 4-H experiences—and as a volunteer leader, you have the power to make that happen. This interactive workshop will explore practical ways to foster authentic engagement in your culb or program by creating a sense of belonging, purpose, and excitement among youth participants. Leave with exciting interactive activities that you can start using at your next club meeting!	Lena Mallory, Marshall Co. 4-H Agent, Elizabeth Easley, Laurel Co. 4-H Agent, Kellsey Agnew, Campbell Co. 4-H Agent, Patrick Allen, State Specialist
CC #14A: Teaching Tech/PY! S	S 12:30	D Engaging Youth of All Abilities!	4-H is a place where youth of all strengths and abilities can grow together! As volunteers, club leaders, and mentors, we need to be know how to support our youth no matter their differences in ability. In this workshop, you will learn strategies on how to incorporate neurodivergent youth into your local 4-H programming.	Anna Sweets, Warren Co. 4-H Volunteer
CC #14A: Teaching Tech/PYI S		through Curious Conversation	This session will focus on how volunteers can provide effective communication and transformative leadership in a challenging everchanging world. It will provide steps on using curious conversation and deep listening to build trust and mutual respect all while developing a deeper understanding of the why behind youth and family's actions. We will explore how to inspire collaboration and strategically find common ground to achieve meaningful change and growth in existing or new clubs/units.	
CC #14B: 4-H Councils	F 9:30	Grant Writing 101: Tips for Writing KVF Implementation Grant and Ag Mini Grant	Join the Foundation as we share tips and tools for writing grants to benefit your County's 4-H Program. We will focus our attention on the new KVF Implementation Grant but also the Agriculture Mini Grant that are both funded through the Kentucky 4-H Foundation.	Melissa Miller, Director of Kentucky 4-H Foundation

CC #14D: 4 H C- "	_	-10-00	Manual lands Males Lind 1986	This agains will introduce	Dr. Kon Cula State Valuate
CC #14B: 4-H Councils CC #14B: 4-H Councils		1:00	Many Hands Make Light Work: Establishing a Committee Structure on your 4-H Council	This session will introduce a committee system that will benefit county 4-H Councils. Information shared will include standing and temporary committees, will identify committees that are required (Budget, Expansion & Review, Nominating) as well as those that are suggested (Recognition, Public Relations, Promotion & Recruitment, Alumni). The roles of committee chairs will be explained, and the role, responsibilities, and purpose of each committee will be outlined and explained. A common mistake that 4-H Councils make is to let funding drive	Dr. Ken Culp, State Volunteerism Specialist, and VAA Students Rebecca Amsler, Director of UK Extension
CC #14B. 4-11 Councils		1.00	Budgeting and Fundraising	programming. (What can we do with \$x.00?) In reality, programming should drive funding! This workshop will cover three primary topics: Developing an annual 4-H Council budget; identifying fundraising opportunities and funding options; determining what District Board funds can pay for. This workshop will benefit 4-H Councils by demonstrating ways that their county 4-H programs can grow, expand, and reach more youth.	Resected Afficier, placeton of the Extension Business Office, Lindsey Poor, Zach Walter, and Ryan Martin, UK Extension Business Office
CC #14B: 4-H Councils	F	2:00	Show Me the Money! Handling 4-H Council Funds Easily and Legally	This workshop will focus on the legal requirements for handling 4-H Council funds, including guidelines, restrictions, best practices, signatory responsibilities, S01@ 3 tax exempt status, etc. Additionally, strategies that 4-H Council treasurers can follow for accounting, financial management, handling money, invoicing, bill paying, etc., will be covered. This workshop will benefit 4-H Councils and Council treasurers to perform their responsibilities legally and easily, while also meeting university guidelines.	Rebecca Amsler, Director of UK Extension Business Office, Lindsey Poor, Zach Waller, and Ryan Martin, UK Extension Business Office
CC #14B: 4-H Councils	F	3:15	4-H Program Planning: Begin by Assessing Community and Program Needs	Effective 4-H and Extension Programs reflect the county and the people who live there. 4-H Councils should form the basis of 4-H Programming by identifying the needs of the county, its communities, and its youth. This workshop introduces the Expansion & Review Committee and a Needs Assessment tool (a SWOT Profile [Strengths, Weaknesses, Opportunities, Threats]), explain the purpose and uses of each, and their role in planning an effective 4-H program that reflects county and youth needs.	Bernita Cheirs, Fulton Co. 4-H Agent, Brian Good, Bell Co. 4-H Agent, Jocelyn Kemp, Hardin Co. 4-H Agent
CC #14B: 4-H Councils	F	4:15	Recruiting Members & Volunteers for your 4-H Council without Breaking Arms!	This workshop will present effective, easy-to-use strategies for identifying the current makeup of your 4-H Council, identifying communities, demographics, groups, program areas, delivery methods, and geographic areas that are underrepresented on your 4 H Council, and will identify proven strategies for identifying and recruiting individuals that are best suited to serve as 4-H Council members, representing these groups, areas, and delivery methods.	Hunter Carrol, Jackson Co. 4-H Agent
CC #14B: Military/Internatio	S	8:00	Strengthening Volunteer Support for Military and Veteran Families	Learn how Extension volunteers can better support Kentucky's military and veteran families. This session introduces the Kentucky Extension Military Collaborative, a UK Engage initiative that increases awareness of the University of Kentucky's military engagement efforts across the state, highlights military demographics, and shares mini-grant opportunities. Attendees will also explore OneOp, a free resource offering evidence-based professional development to support military-connected families.	Kristen Jowers, State Specialist, Dr. Nichole Huff, State Specialist, Jason Jowers, Program Coordination Specialist from Virgina Tech
CC #14B: Military/Internation	a	9:00	From Projects to Purpose: 4-H Pathways to Military Careers	Discover how 4-H projects connect directly to exciting careers in the military! This session highlights how hands-on learning in areas like STEM, leadership, healthy living, and civic engagement equips youth with the skills valued across all branches of service. Participants will gain strategies to inspire youth to see their projects as stepping-stones to meaningful military career paths and lifelong success in fields you may not know are part of the armed forces.	Jenny Jordan, North Carolina State Specialist, Casey Mull, Purdue University State 4-H Leader
CC #14B: Military/Internation	o	12:30	Serving Those Who Serve: 4-H Projects Supporting Military- Connected Youth & Families	Explore how 4-H service projects can make a lasting impact on military-connected children, youth, and families. This workshop shares practical ideas, success stories, and resources to support you as you inspire youth to lead projects that build resilience, strengthen community ties, and show appreciation for those who serve our nation. We will explore the unique needs of the military community and discuss how to meet those needs effectively.	Jenny Jordan, North Carolina State Specialist
CC #14B: Military/Internation	S	1:30	Explore the World: Get Involved with the Kentucky 4-H Global Education Program	The Kentucky 4-H Program has been working with the Global Education Program since the 1970s. We focus on three areas: inbound, outbound, and academic year exchange programs. We work with 4-Hers and Families to be outbound and inbound participants and host families. There is an academic year exchange possibility, too! We collaborate with States 4-H International Exchange to offer high quality cultural exchange experiences. This session will cover all three focus areas.	Chuck Stamper, State Specialist

CC #2: Livestock	F	9:30	Beef Basics	This workshop takes participants on a journey through the beef industry, exploring how cattle are raised on farms, marketed through stockyards, processed into high-quality beef, and ultimately served on the plate. Along the way, attendees will learn how each step connects producers, consumers, and the wider agricultural community. The session will also highlight opportunities within the Kentucky Junior Cattlemen's Association (KICA), including leadership programs, contests, and hands-on events.	Braden Burks, Commodity Group
CC #2: Livestock	F	10:30	Livestock Judging: More Than Marking a Card	Maybe you don't know what livestock judging is. You may not have a livestock background but want to know how livestock evaluation equips youth for their next steps in life. Or possibly you are a seasoned judging coach that needs to be reminded about what this exercise truly teaches its participants. Livestock judging educates youth on more than how to critique and speak. It's an activity designed to instill industry knowledge and life ready skills through competition, comradery, and much more!	Wyatt Banks, State Specialist
CC #2: Livestock	F	1:00	What's It Matter? The Importance of Volunteerism and Community Support in Growing Youth Livestock Programs	Past and current livestock volunteers take the wheel in a live panel workshop designed to offer advice, instill confidence, and provide resources to those interested in building a longstanding youth livestock program. This interactive workshop is designed to show how the support of a community, coupled with the genuine intention of a willing volunteer, can provide a stable foundation for a generational youth livestock program!	Wyatt Banks, State Specialist
CC #2: Livestock	F	2:00	Leading the Herd: Hands-On Livestock Activities for Youth	Participants will explore a variety of interactive activities that teach core concepts in animal science as well as identification —perfect for use in livestock clubs and in preparation for the state livestock skillathon contest. The workshop includes demonstrations and activity planning to help engage youth in hands-on learning opportunities.	Candice Hollingsworth, Shelby Co 4-H Agent; Regina Browning, Shelby County 4-H Agent; Corinne Belton, Shelby Co Ag Agent
CC #2: Livestock	F	3:15	Are You Smarter Than a 4-Her?: Livestock Skillathon and Livestock Quiz Bowl Edition (Part 1 of 2)	If you are looking for new information pubs, innovative ways to teach/coach, or are just interested in learning how to prepare for Livestock Skillathon and Livestock Quiz Bowl Contests, this workshop has you covered! Learn from the man behind the scenes of the State 4-H Livestock Contests! Wyatt will share helpful tactics that you can take back to help your county team attain a deeper understanding of the broad content topics covered within these intense competitions! (Part 1 of 2)	Wyatt Banks, State Specialist
CC #2: Livestock	F	4:15	Are You Smarter Than a 4-Her?: Livestock Skillathon and Livestock Quiz Bowl Edition (Part 2 of 2)	If you are looking for new information pubs, innovative ways to teach/coach, or are just interested in learning how to prepare for Livestock Skillathon and Livestock Quiz Bowl Contests, this workshop has you covered! Learn from the man behind the scenes of the State 4-H Livestock Contests! Wyatt will share helpful tactics that you can take back to help your county team attain a deeper understanding of the broad content topics covered within these intense competitions! (Part 2 of 2)	Wyatt Banks, State Specialist
CC #2: Livestock	S	8:00	4-H Country Ham Project	Are you new to the 4-H Country Ham Project? Or are do you have questions on how to make your hams better? This workshop is for you. We will cover the 4-H Country Ham Project from the beginning to the state fair and we will leave time at the end for questions.	Gregg Rentfrow, State Specialist
CC #2: Livestock	S	9:00	without Having a Cow	Participants will learn ways to easily add dairy activities to any club meeting or small group without having to actually bring a live cow to the meeting. Learn about several agritourism stops across the state that have a strong dairy influence and would make good field trips for your club or classroom. There are even options to visit the farm virtually.	Derossett, State Specialist
CC #2: Livestock	S	12:30	From Check In to Champions: Running a Seamless Livestock Show (Part 1 of 2)	Livestock shows don't just happen in the show ring- the come together through dedication, organization, and teamwork of volunteers. This session will walk volunteers through the full showday process, from creating your rule book to the final slap of a champion. Whether you're new to volunteering or a seasoned helper, you'll gain practical tips, behind the scenes know how, and a better understanding of how every role contributes to a seamless, positive experience for exhibitors and families. (Part 1 of 2)	Paige Dupin, Jefferson Co. Volunteer; Ella Fourqurean, Jefferson Co Volunteer
CC #2: Livestock	S	1:30	From Check In to Champions: Running a Seamless Livestock Show (Part 2 of 2)	Livestock shows don't just happen in the show ring- the come together through dedication, organization, and teamwork of volunteers. This session will walk volunteers through the full showday process, from creating your rule book to the final slap of a champion. Whether you're new to volunteering or a seasoned helper, you'lt gain practical tips, behind the scenes know how, and a better understanding of how every role contributes to a seamless, positive experience for exhibitors and families. (Part 2 of 2)	Paige Dupin, Jefferson Co. Volunteer; Ella Fourqurean, Jefferson Co Volunteer
CC #3: Small Animals	F	9:30	4-H Animal Science Program Update	This workshop will cover new or emerging issues in livestock, dairy, horse, poultry, meat, dog, and rabbit 4-H programs. We will discuss volunteer certification for these programs and how to begin a new club in your county.	Carrie Derossett, State Specialist

CC #3: Small Animals	F	10:30	Take chick incubation to the	By the end of this session, volunteers will have the tools they need	Carrie Derossett, State Specialist
CC #3: Small Animals			classroom	to take chick incubation to pre-school through high school classrooms. We will explore curriculum developed by the University of Kentucky and discuss economical supplies and resources to take chick incubation into classrooms anywhere.	
CC #3: Small Animals	r	1:00	EGGcellent Adventures in Poultry!	Are you interested in starting a poultry club or learning new ideas for making your poultry club more EGGciting! While completing a fun poultry chicken call craft, learn engaging poultry club activities that keep youth interested and grow their knowledge of the poultry industry.	Julie Sweets, Warren County 4-H Volunteer
CC #3: Small Animals	F	2:00	Meat Birds Series - Engage in Innovative Community Programming	Learn to create a series of innovative activities connected to families producing their own meat birds. Collectively order chicks, offer husbandry programs to 4-H youth and adults, integrate record keeping, teach selection, follow with a pen of three competition, and conclude with local processing workshops or schedule a visit to KSU's Mobile Processing Unit. Integrate into your county fair Sale of Champions while encouraging food security and on-farm income all in only eight weeks.	
CC #3: Small Animats	F	3:15	Canine Couture	During this session, volunteers will learn how to tailor their 4-H Dog Program to meet the needs of youth in their county. There are a variety of aspects to the Kentucky 4-H Dog Program and there are dogs and youth in all 120 counties. We will explore how to tailor each program to meet the needs of youth now and we will explore how to grow each program in the future,	Carrie Derossett, State Specialist
CC #3: Small Animals	F	4:15	Sit, Stay, Study- How to get involved in 4-H Dog Program	Do you have a Dog Club in your County? Are you curious about Dog Bowl and Skillathon? Join us for a workshop where Warren County will share how they prepare for Dog Bowl and Skillathon events. We will cover how to schedule practices and study sessions, tips for gathering materials and study resources, what to study and how to keep it engaging, open discussion on improving current practices or exploring new ideas. This is a great opportunity to learn, share, and collaborate with others who are just as passionate about youth dog programs. Whether you're new to these events or looking to take your team to the next level, we welcome your questions and input!	Amanda Belcher, Warren County 4-H Volunteer: Baylee Belcher, Warren Co 4-H Teen Leader
CC #3: Small Animals	S	8:00	Rabbit Roundup: Organizing a Youth Rabbit Skill-a-thon	This workshop is designed for 4-H volunteers, leaders and educators who want to plan and host an engaging Rabbit Skill-a-thon for youth. Learn how to develop educational, age-appropriate stations that test knowledge of rabbit breeds, nutrition, equipment, anatomy and more, while building critical thinking and teamwork skills in youths.	Holly Laytart, Harrison Co Program Assistant
CC #3: Small Animals	S	9:00	State poultry related contests for 4-H	There are two state poultry-related contests that any junior or senior 4-H can participate in - and they don't have to have any birds. Both contests are more knowledge based. The 4-H Avian Bowl contest and the 4-H Poultry Judging contest. The avian bowl is a knowledge bowl on poultry-related material taken from the National 4-H Avian Bowl manual. Poultry judging is not like a purebred show - it is how to evaluate poultry meat and eggs from a consumer's perspective.	Dr. Jacquie Jacob, State Specialist
CC #3: Small Animats	S	12:30	The World of Showing Rabbits	The opportunities are endless for youth competitions, showing at local, state or even national level. Come and learn about the American Rabbit Breeders Association (ARBA), the ARBA youth contests, National Breed Organizations, and events and more. Lane and Fran will share their experiences showing rabbits across the country and Lane's participation with Team Kentucky at the ARBA youth contests.	Fran McCall, Shelby County 4-H Volunteer, Lane McCall, Shelby County 4-H Member
CC #3: Small Animals	S	1:30	Getting started with a 4-H Rabbit Project	Come and learn about basic rabbit breeds, rabbit types, rabbit selection, rabbit care, and much more. Fran and Lane will have examples of equipment and supplies needed for a 4-H rabbit project. They will share some ideas for club meetings and hands on activities for new and existing 4-H members.	Fran McCall, Shelby County 4-H Volunteer; Lane McCall, Shelby County 4-H Member
CC #4: Agriculture	F	9:30	Cultivating Young Minds: Barren and Monroe County Tabletop Farmers-Two Counties, One Purpose	The Tabletop Farmers Club has grown since it began. Members have discovered how finding their spark has helped them develop communication and leadership skills. Members are learning farming skills but also life skills and increased their participation in all aspects of 4-H. Also, by collaborating with Barren County, both clubs have been able to grow their clubs and community involvement. Monroe and Barren County Tabletop Farmers: Cultivating Young Minds- Two Counties, One Purpose.	Tina Hogue, Monroe County 4-H Agent Paula Tarry, Barren Co 4-H Agent Charolette Arnett, Monroe Co Program Assistant Jordan Crain, Barren Co FCS Agent

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CC #4: Agriculture		10:30	Hands-On Ag: How Teen Internships Make Learning Stick	Experience how teen agri-science internships spark curiosity, leadership, and real-world skills. Using the Advancing Careers in Agriculture and STEM (ACAS) as a model, volunteers will explore hands-on strategies to engage and mentor youth. Discover how teens with little to no prior agriculture experience participated in interactive programs, career exploration, site visits, and reflective activities. Turning curiosity into confidence, teamwork, and career-ready problem-solving.	Kirsten Cowan, 4-H Agent, New Jersey; Jenna Jones, University of Maryland
CC #4: Agriculture	F	1:00	Cultivating Young Minds through Farm Camps	Farm Camp reconnected local youth with agriculture through an immersive, hands-on learning experience, fostering agricultural literacy and career awareness. A three-day experiential learning camp exposed youth to various agricultural disciplines, incorporating Kolb's Experiential Learning Model and the 4-H Thriving Model. Participants demonstrated a significant knowledge increase. This session will provide actionable insights and resources to implement similar initiatives, promoting agriculture.	Lauren Dye, Georgia 4-H Agent
CC #4: Agriculture	F	2:00	Power of Produce Club: Partnering Extension and Farmers Markets	Join us to learn about implementing the Power of Produce (POP) Club curriculum provided by the Farmers Market Coalition. This workshop will detail the POP Club planning process, implementation tips and tricks, and partnership opportunities.	Amber Dotson, Bath Co 4-H Agent; Rob Amburgey, Bath Co ANR Agent; Alex Sallie, Bath Co FCS Agent
CC #4: Agriculture	F	3:15	Hit a homerun with youth and agriculture (Part I of 2)	Sports is a huge past time for our youth, but how many of the youth can identify agriculture products that are used in their respective sport. We will look at everything from turf to uniforms to equipment to the snacks they consume. (Part I of 2)	Sarah Jones, Volunteer, Louisiana
CC #4: Agriculture	F	4:15	Hit a homerun with youth and agriculture (Part 2 of 2)	Sports is a huge past time for our youth, but how many of the youth can identify agriculture products that are used in their respective sport. We will look at everything from turf to uniforms to equipment to the snacks they consume. (Part 2 of 2)	Sarah Jones, Volunteer, Louisiana
CC #4: Shooting Sports	S	8:00	Hosting A County Competition 101	This workshop aims to assist volunteers with learning how to put on a safe a successful county and multi-county competition. Topics covered will include: How best to manage registration, Volunteer recruitment, Fundraising, Event planning and day of logistics.	Ashley Marcum, State Specialist, Darret and Julie Sweets, Warren Co Volunteers, Debra Feitl, Boone Co Volunteer
CC #4: Shooting Sports	o	9:00	Beyond the Range: Mental Training for Young Competitors	Explore how mental training can boost youth performance in Kentucky 4-H Shooting Sports. This workshop covers focus, confidence, and pressure management, with age-appropriate techniques like visualization and breathing. Coaches will learn through interactive discussion and hands-on activities, coaches will gain practical tools such as visualization, breathing exercises, and positive self-talk strategies that can be easily integrated into their 4- H shooting sports sessions.	Mason Malin, Grant County 4-H Agent
CC #4: Shooting Sports	S	12:30	The Road to Nationals	This workshop is designed for 4-H volunteers & coaches who have youth interested in the National 4-H Shooting Sports Championship. Participants will gain a comprehensive understanding of the event's purpose, structure, and expectations, while learning how to effectively support youth throughout the experience.	Ashley Marcum, State Specialist, Jared Foley, Russell Co Volunteer, Ray Toor, McLean Co Volunteer,
				Attendees will explore key topics including registration and eligibility, safety and risk management, travel logistics, and youth	
CC #4: Shooting Sports	S	1:30	STEM Lessons with Shooting Sports	development strategies. Join the Kentucky 4-H Shooting Sports Teen Ambassador Board for an engaging, youth-led STEM workshop that connects science, technology, engineering, and math to the world of shooting sports. This hands-on session will explore the physics of projectile motion, the engineering of equipment, and the math behind scoring and accuracy—all through interactive activities designed by teen leaders.	Shooting Sports Teen Ambassador Board Members
CC #5: Hort/Master G	F	9:30	"Grow & Glow: Turning Garden Herbs into Sugar Scrubs"	Herbs aren't just for cooking! In this fun and hands-on workshop, learn how to grow and use common herbs, from kitchen recipes to household projects. Participants will create their own herb-based sugar scrub to take home — a simple, natural self-care item that makes a perfect treat or gift.	Cheyenne Lamb, Montgomery Horticulture Agent, Sarah Congleton, Montgomery FCS Agent
CC #5: Hort/Master G	F	10:30	The Incredible Edible Landscape	Nothing says your landscape can't be beautiful and functional. Come learn how and what to plant around your home that will beatify your landscape and your plate.	Dennis Morgeson, Washington Co Horticulture Agent
CC #5: Hort/Master G	F	1:00	Houseplant Hitchhikers	This workshop will cover all things houseplant pests. Participants will learn how to properly identify bugs that they may find on their plants, as well as what to do whenever they find them. Participants will also learn proper prevention of houseplant pests so they can enjoy their houseplants, with no surprise guests taking up residence in the leaves.	Emma Lee, Putaski Co 4-H Agent
CC #5: Hort/Master G	F	2:00	Native Plants for Pollinators	Native plants are great additions to classroom gardens, youth pollinator gardens, and Monarch Way Stations. Pollinator gardens are great resources for horticulture and entomology lessons in addition to their ecological value.	Jamie Dockery, Fayette Co Horticulture Agent

CC #5: Hort/Master G	F	3:15	Intro to Cut Flowers	Cut flowers are a fast-growing agricultural enterprise in Kentucky, with low start-up costs and strong potential returns. This session covers how to start small, which "workhorse" flowers thrive here, and key tips for growing success. Perfect for anyone curious about adding flowers to their farm, business, or backyard.	Alexis Sheffield, State Specialist
CC #5: Hort/Master G	F	4:15	All About the African Violet Family	Informative session covering all topics related to the African Violet family with ranges from care, characteristics, and pest/disease information.	Clara Taylor, KSU Horticulture Agent
CC #5: Hort/Master G	S	8:00	Creating a Moon Garden	A Moon Garden is a garden meant to be enjoyed by the light of the moon or at nighttime. In this session we will discuss design features, suggested plants for the garden, and night pollinators. Learn how to create a calming, multi-sensory nighttime experience.	Jessica Hopkins, Harrison Co. Horticulture Agent
CC #5: Hort/Master G	S	9:00	Attracting Hummingbirds	Participants will learn how to attract hummingbirds to their backyard through plants, feeders, and other accessories. Participants will also be able to make a hummingbird perch to take home!	Kara Back, Taylor Co. Horticulture Agent
CC #5: Hort/Master G	5	12:30	Sowing Seeds	Learn how to start seeds using various containers and methods including soil blocking. Also, learn about light requirements and general seedling care.	Kara Back, Taylor Co. Horticulture Agent
CC #5: Hort/Master G	S	1:30	Plant Detectives	"Plant Detectives" teaches 4-H aged children how to explore, create, and use their creativity by collecting plant samples and preserving them by crafting their own bookmark!	Jasmine Fox, Laurel Co. Program Assistant
CC #6: Natural Resources	F	9:30	Engaging Environmental Education: Weather & Climate	Explore ways to engage learners of all ages in fun, hands-on, and meaningful environmental experiences focused on climate, weather, and the natural world. This session will provide you with new ideas, helpful tips, and resources to explore and use in your programming. From nationally recognized environmental education curriculum demonstrations and overviews to tips for engaging learners in outdoor/environmental learning, you won't want to miss this session designed to help your students grow!	Katherine Bullock, Extension Educator, UK Department Forestry & Natural Resources
CC #6: Natural Resources	T.	10:30	Environmental Education in Kentucky - Start here!	The Kentucky Association for Environmental Education (KAEE) serves as the backbone organization for environmental educators in KY, providing support, resources, learning, and networking opportunities. Among the resources are national, award-winning EE curriculum programs: Project WET, Project WILD, Project Learning Tree, and more. Each program offers educators activities ideal for teaching students how to think, not what to think. Join this session to learn how to get access and get involved.	Brittany Wray, Deputy Director
CC #6: Natural Resources	F	1:00	Predator vs. Prey- Lessons for elementary youth	Participants will take away easy lessons they can use to teach youth about Predator vs Prey- adapting in their habitats, natural camouffage, owl pellets, animal sensory. These lessons could be easily adapted to a range of youth ages and learning settings (school classroom to outdoor workshop).	
CC #6: Natural Resources	F	2:00	ForestryWorks KY: See the Forest for the Careers	In this workshop, join UK Forestry Extension and ForestryWorks of Kentucky to learn all about what forestry entails and who works for the forest. Participants will learn about different types of forestry careers and how to promote them to youth and beyond. This workshop will also include an immersive activity to learn how to consider different perspectives on forest uses.	Frannie Preston, State Specialist, Laurie Thomas, State Specialist
CC #6: Natural Resources	F	3:15	Engaging Young Scientists in the Creek: Kentucky Watershed Watch 4-H Stream Teams (Part 1 of 2)	Discover how to become a Kentucky Watershed Watch Stream Sampler and 4-H Stream Team Leader. This hands-on workshop introduces pathways for starting local Stream Teams, practicing water sampling methods, and interpreting real stream data. Participants will explore common pollution sources, share ideas with peers, and learn strategies to engage youth in monitoring and improving Kentucky's waterways through community-driven projects. (Part 1 of 2)	Tricia Coakley, Non-Profit Partner, Russ Turpin, Fayette Co. Volunteer
CC #6: Natural Resources	F		Engaging Young Scientists in the Creek: Kentucky Watershed Watch 4-H Stream Teams (Part 2 of 2)	Discover how to become a Kentucky Watershed Watch Stream Sampler and 4-H Stream Team Leader. This hands-on workshop introduces pathways for starting local Stream Teams, practicing water sampling methods, and interpreting real stream data. Participants will explore common pollution sources, share ideas with peers, and learn strategies to engage youth in monitoring and improving Kentucky's waterways through community-driven projects. (Part 2 of 2)	Tricia Coakley, Non-Profit Partner, Russ Turpin, Fayette Co. Volunteer
CC #6: Natural Resources	S	8:00	KY Keepers: Teaching Invasive Species to 4-Hers	KY Keepers is an online curriculum and informal certificate program where volunteers can learn about important invasive species in Kentucky and how to teach 4-Hers about them. This apx. six-hour, asynchronous curriculum can be completed entirely online. At this session, attendees will learn the basics about invasive insect species and also the details about the curriculum, including how to access the lessons online.	Blake Newton, State Specialist

CC #6: Natural Resources	S	9:00	Collect, Press, Mount, and Label: The Heroic Story of Putting Together a Leaf Collection	Kentucky is 50% forested with more than 120 species of trees across the landscape. Our trees are rooted in nearly every facet of our lives, including our culture, economy, recreation, and history. When you know the names and you know what they look like, your familiarity and comfort being amongst them will show. Learn how to get started with a simple 4-H Leaf Collection and some of the general rules and issues that keep your 4-H member from scoring that Blue Ribbon. Resources will be available.	Eric Comley, Garrard Co. 4-H Agent, Laurie Thomas, Extension Forrester
CC #6: Natural Resources	S	12:30	Explore More: 4-H Natural Resources Programs and Projects	This session is designed to provide 4-H leaders with the knowledge and resources needed to introduce youth to the exciting world of natural resources. Explore a variety of hands-on projects and educational opportunities in entomology, forestry, water, soils, wildlife, and more—available for both junior and senior level members.	Ashley Osborne, State Specialist
CC #6: Natural Resources	S	1:30	Poo Did It?	Put on your detective hat and get ready to solve some wild mysteries! In this hands-on adventure, we'll explore the world of animal tracks and scat (yep, that means poop!) Using visual clues, patterns and a little imagination, we'll learn how to identify local wildlife-without ever seeing the animals! Whether you're into science, animals or just think poo is funny, this class is for you. Let's discover what they leave behind and what it tells us!	Holly Laytart, Harrison Co Program Assistant
CC #7: Beekeeping	F	9:30	4-H Bee Ambassador Program	Volunteers will learn about the 4-H Bee Ambassador Program, a 4-H curriculum that teaches 4-Hers about bees, other pollinators, and pollinator habitats. At this session we will introduce the curriculum, show volunteers how to access it, and explain the certification program, where counties who provide a certain amount of pollinator programming and resources can become the "Place To Bee" (in other words, a certified pollinator-friendly county office).	Blake Newton, State Specialist
CC #7: Beekeeping	F	10:30	Buzz Into a 4-H Bee Program: Starting a 4-H Bee Club in Your County	Learn how to launch a 4-H Bee Club in your county! This workshop covers essential steps, resources, and tips for engaging youth in beekeeping through 4-H. Perfect for Extension agents, volunteers, and educators interested in beekeeping and pollinator education.	Kimberly Thomas, Taylor Co. FCS Agent
CC #7: Beekeeping	F	1:00	Beeing a Beginner Beekeeper how to get started keeping bees	In this session, volunteers will learn basic information to help people who have never kept honey bees navigate KY beekeeping associations, beekeeping equipment, beekeeping vendors, and grants.	Tamara Potter, KY State University State Specialist
CC #7: Beekeeping	F	2:00	Honeycomb to Home: Beeswax Candle Rolling	Discover the art of beeswax candle rolling in this hands-on workshop! Learn how to craft beautiful, natural candles by rolling sheets of pure beeswax—no melting required. Perfect for beginners, this activity also explores beekeeping basics and information you can take home to teach this workshop yourself!	MacKenzie Preece, Franklin Co. 4-H Agent
				Workshop cost covers beeswax sheets, wicks, and other paper	
CC #7: Beekeeping	F	3:15	From Farm to Foam	supplies used to craft candles and take them home. In this workshop, I want to show how the things we raise and grow on the farm—like honey, beeswax, milk, and herbs—can be turned into a simple value-added product: soap. We'll cover the basics of safe soapmaking and talk about how farmers can take what they already produce and create something useful and marketable for their family or community.	Laura Rogers, KYSU Small Farm Agent
CC #7: Cloverbuds	S	8:00	Storybook STEM	Participants will walk away with STEM ideas and lessons that directly connect to a variety of children's books. These can be used with children of all ages and many activities can be aged up or down to fit your needs. Participants will have the chance to complete hands on activities as well.	Maria Beth Atkins, Hart Co. Volunteer
CC #7: Cloverbuds	S	9:00	Growing Minds; Cultivating Agriculture Literacy	This monthly program engages Cloverbud-age students in Mason County in hands-on agricultural learning experiences. Activities include milking a cow, making homemade ice cream, planting seeds, and caring for plants to take home. The program also features community partnerships with a local beekeeper to provide education about bees and pollinators, helping students understand their vital role in agriculture and the environment.	Kimberly Bailey, Mason Co. Program Assistant, Trevor Cole, Mason Co. 4-H Agent
CC #7: Cloverbuds	S	12:30	4-H Cloverbud and Homemaker Etiquette Dinner	The 4-H Cloverbud Etiquette Dinner, created by Barren County 4-H leaders to teach youth formal dining skills early. With support from the 4-H Youth Development Agent, Family & Consumer Sciences Agent, and Homemakers, children experienced a full dress-up meal with real table settings. Boys wore suits, girls wore dresses, and lessons covered place settings, utensil use, conversation, and etiquette. Homemakers guided each table, encouraging confidence and polite interactions.	Paula Tarry, Barren Co. 4-H Agent, Jordan Crain, Barren Co. FCS Agent, Landyn Houchens, Barren Co. Program Assistant

CC #7: Clavarhuda	9	1,20	Uniquely Mo. Uniquely Voy	This interactive workshop equips adults with tools and activities to	Konna Knight Dondloton Co. ECC Agent
CC #7: Cloverbuds	9	1:30	Uniquely Me, Uniquely You	teach children ages 5–8 about understanding disabilities. Participants will explore child-friendly strategies, hands-on activities, and discussion guides that promote empathy, inclusion, and respect for differences. Leave with ready-to-use resources and the confidence to share this program in your community, classroom, or organization.	Kenna Knight, Pendleton Co. FCS Agent
CC #8: Club Management		9:30	Introduction to Kentucky 4-H	This workshop is targeted to anyone who would like to learn about the foundational aspects of the Kentucky 4-H Program. This workshop will give a "birds' eye view" of the Kentucky 4-H Program, answer "What is 4-H?", and discuss resources like the Kentucky 4-H Program Quality Guide, Core Area Action Plans, Evaluations, High Quality Program Principles of Positive Youth Development, Roles and Responsibilities within 4-H, and much more!	Rachel Guidugli, Assistant Extension Director for 4-H Youth Development
CC #8: Club Management	F	10:30	Understanding the Impact of Effective Teaching Methods & Learning Styles in 4-H Clubs, Programs, Events & Activities	This workshop targets volunteers from all program areas, those in the Master Volunteer Accreditation track, and Extension professionals that want to more effectively reach 4-H members by improving their teaching methods and understanding learning styles. Topics covered include effective teaching and learning, developing lesson plans for 4-H meetings, understanding multiple intelligences, and utilizing evaluations that assess the effectiveness of teaching and learning.	Chuck Stamper, State Specialist
CC #8: Club Management	F	1:00	The Impact of PYD in 4-H: Understanding Ages & Stages of Youth Development	This workshop targets volunteers from all project areas and the Master Volunteer Accreditation track. The goals and principles of Positive Youth Development, Fositive Youth Development, Essential Elements of Positive Youth Development, age-appropriate tearning activities in 4-H projects, programs, events, and activities in 4-H Clubs will be shared. Finally, the 4-H Thriving Model will be introduced. This workshop will assist club leaders in conducting high quality club meetings for all ages.	Chuck Stamper, State Specialist
CC #8: Club Management	F	2:00	Planning 4-H Club Meetings & Activities: Managing Risks, Involving Parents & Volunteers	This workshop targets all club leaders and those in Master Volunteer Accreditation. Participants will learn about different types of 4-H clubs, where to access 4-H club resources, how to plan a successful 4-H club year, conduct engaging, educational, and fun 4-H meetings, develop risk management plans for those events and activities requiring them, market 4-H in the community and in schools, and how to recruit parents and volunteers to assist with your club, projects, events, and activities.	
CC #8: Club Management	F	3:15	"Keeping it Reet" with 4-H Fishing Club	Reel in the fun with this hands-on workshop designed to prepare adults to lead a successful 4-H Fishing Club. Participants will learn how to teach youth the fundamentals of fishing and how to practice safe techniques on and around water. This session will highlight engaging fishing-themed activities, tips for promoting sportsmanship and conservation, and resources to make every club meeting a success. Come join us as we "Keep it Reel" in our 4-H Fishing Club.	Aubrey New, Campbell Co. Volunteer
CC #8: Club Management	F	4:15	Unlocking CLOVER: Tools for Stronger 4-H Programming	This workshop will provide an overview of CLOVER by 4-H and how it can be used in community club settings to support positive youth development. Participants will learn how to navigate the platform, locate relevant activities and courses. The session will include demonstrations of CLOVER features, examples of activity integration into club meetings, and time for participants to create an action plan for using CLOVER in their own clubs.	Chris Douglas, National 4-H Council
CC #8: Club Management	S	8:00	Volunteer certification for poultry	Want to start a poultry club? Or add poultry to a livestock club? Need to be certified? This presentation will discuss the poultry- related opportunities available in the state and how you can implement them in your county.	Dr. Jacquie Jacob, State Specialist
CC #8: Club Management	S	9:00	Did you have fun?	"Did you have fun? What did you learn today?" Those are two of the most common questions adults ask when picking up youth from a club meeting. When a 4-H member answers "nothing", the heart of the volunteer sinks we've all been there. Let's learn some fun, easy to implement lesson components to engage our 4-H members. You will potentially work with another volunteer or engage in an activity in this workshop.	Diane Kelly, Kenton Co. 4-H Agent
CC #8: Club Management	S	12:30	Fierce Conversations: Tips and Strategies for Success	Clearly communicating messages to people who are emotional or passionate can create opportunities for hurt feelings and misunderstandings. This session is focused on strategies and tools to help make difficult conversations more straightforward to manage. By preparing in advance and by practicing specific approaches, controlling the conversation becomes less challenging and more meaningful. By engaging in fierce conversations, we create stronger relationships, and everyone succeeds.	Harriett Edwards, North Carolina State Specialist

CC #8: Club Management	so.	1:30	Power in Partnership: Youth and Adults Leading Together	Discover how youth and adults can work side by side to create stronger programs and communities. This session explores strategies to build trust, share decision-making, and elevate youth voice while equipping adults to serve as supportive partners. Participants will leave with tools to foster authentic, respectful, and fun collaborations that spark leadership and tasting impact. What better way to empower youth and improve programs than with partnerships?	Jenny Jordan, North Carolina State Specialist
CC #9: Camp	S	8:00	What is a Cabin Chat?	Cabin Chat is a time at the end of each day for our campers to come together and reflect on their day or week and connect with their cabin mates. It's a powerful way to debrief the day and allow campers to have a moment to speak from their experience and listen to the perspectives of other individuals. Cabin	Joey Barnard, 4-H Camp State Specialist
				chats can help campers "gear down" and get ready for bed, assist in the processing of the day's activities, and produce a positive rapport in the cabin group.	
CC #9: Camp	S	9:00	"Behind the Camp Magic: The Role of 4-H Camp Deans"	Discover the vital role of 4-H Camp Deans in shaping safe, engaging, and memorable camp experiences. This session explores Dean responsibilities in leadership, risk management, and camper wellbeing, while highlighting how they foster the "camp magio" that makes 4-H unique. Participants will leave with strategies to strengthen leadership, support staff, and create positive youth development outcomes.	Cathy Weaver, Jessamine Co. 4-H Agent
CC #9: Camp	S	12:30	Becoming the Magic Makers	Have you ever been curious about being on Summer 4-H Camp Staff? Well come learn how to become a Magic Maker! In this workshop you will hear tips and tricks on standing out during interviews, how to work better with youth, and grow your network with camping extension professionals.	Connor Cooper, West Kentucky 4-H Camp Director
CC #9: Camp	S	1:30	Plotting the Peace Path: A 5- Step Map for Counselors to Solve Their Own Conflicts	Conflicts happen—even at camp. But how counselors handle those moments can make all the difference in building trust, teamwork, and a positive staff culture. In this workshop, counselors will learn a practical 5-step "Peace Path" to navigate and resolve their own peer to-peer conflicts. Using a map-themed framework, participants will explore common causes of conflict, practice communication and listening skills, and gain tools to move from tension to teamwork.	Tanner Cecil, J.M. Feltner 4-H Camp Program Coordinator
CC #9: SET	F	9:30	It's Electric! Fun with snap circuit kits	Fun introductory lessons for basic electricity and some "go-to" lessons utilizing snap circuit kits.	Dora Centers, Knot Co. 4-H Agent
CC #9: SET	F	10:30	Spike Lego Robots		Mary McCarty, Menifee Co. ANR/4-H Agent
CC #9: SET	F	1:00	Exploring anatomyfingers vs. feathers	Explore how to teach youth anatomy through a fun, hands-on chicken wing dissection! This workshop equips educators, volunteers, and leaders with the knowledge, skills, and confidence to guide students through exploring muscles, bones, tendons, and joints—while comparing them to the human arm. Participants will practice safe dissection techniques, learn how to ask engaging questions, and discover ways to adapt the lesson for different ages. You'll leave with ready-to-use materials, tips for class	Molly Jordan, Bracken Co. 4-H Agent
CC #9: SET	F	2:00	Wacky Wind-Ups	Learn about kinetic and potential energy by designing your own wind-up toy! These toys can also be used to investigate speed and distance, force and motion, friction, balance, or simply as a unique craft.	Ginny Butsch, Campbell Co. Program Assistant
CC #9: SET	F	3:15	Basics to a Small Engines 4-H Club	Do you have an interest in your county for a 4-H Small Engine and Tractor club? Learn how to get the program started in your county, plus grants that can be used to finance projects and equipment. Also, we will talk about club objectives for members and parents.	Seth Brown, Warren Co. 4-H Volunteer and Neal Brown, Warren County 4-H Teen Leader
CC #9: SET	F	4:15	Finding Your Spark Outside the Lego Box	The Lego Club is one of the most popular clubs in Monroe County and Barren County allowing freedom of expression through creative builds.	Tina Hogue, Monroe County 4-H Agent, Paula Tarry, Barren Co 4-H Agent, Sheila Rush, Monroe County Volunteer, Landyn
				Finding inspiration throughout the community has helped the club grow and helped youth to think outside the "Lego box" showcasing their creativity.	
				The Lego club helps youth develop critical thinking skills, and various aspects of engineering. The Lego Club helps "build" youth by allowing them to find their spark and express their creativity.	
Hyatt: Jessamine/Franklin: A	F	9:30	Creators of Tomorrow	Discover how to spark creativity and innovation in young people through Blueprint Kentucky resources. This session equips volunteers with hands-on strategies to guide youth in brainstorming, prototyping, and working together on solutions that address real community needs. Learn adaptable activities, explore human-centered design principles, and connect entrepreneurship to local economic and placemaking goals. Leave with ready-to-use tools, an action plan, and confidence to empower local youth!	Cameron Correll, Community Design Program Manager, Blueprint Kentucky; Mercedes Fraser, Extension Specialist Blueprint Kentucky

Hyatt: Jessamine/Franklin: A Hyatt: Jessamine/Franklin: A		:30 Beyond Ready: Growing Tomorrow's Agricultural Leaders :00 Pathways to Possibility:	The Four River Counties—Ballard, Carlisle, Hickman, and Futton—recognized the need to cultivate young leaders to sustain and grow our agriculture-driven economy. Developing youth leadership in this vital sector is key to the future economic development of Western Kentucky. Join us as we connect Beyond Ready principles to program design, recognize the value of collaborative programming, and learn strategies for embedding experiential learning. National 4-H Council offers impactful experiences that empower	Melissa Goodman, Hickman Co. 4-H Agent, Paula Jerrell, Ballard Co. 4-H Agent, Bernita Cheirs, Fulton Co. 4-H Agent, Brooke Hogancamp, Carlisle Co. FCS Agent Mary Clayton, Gracie Rowe, Parker Harris,
		National 4-H Youth Opportunities	youth to explore passions, build leadership skills, and share their voices nationally. In this session, discover how to elevate your 4-H'ers through the Youth in Action Award, Lead to Change grants, and Ignite by 4-H. Learn timelines, application tips, and resources while gaining tools and strategies to help make these programs accessible for all teens to take advantage of opportunities at National 4-H.	National 4-H Council
Hyatt: Jessamine/Franklin: A	F :	:00 Navigating Disabilities in Extension: An Opportunity fr All! (Part 1 of 2)	The "Navigating Disabilities in Extension" workshop equips 4-H or volunteers with knowledge and strategies to foster inclusive, accessible, and respectful programs. Participants will learn about common disabilities, principles of inclusion and equity, and practical approaches to support youth with diverse abilities, ensuring all participants can fully engage and thrive in 4-H activities. With a deeper understanding, participants will gain confidence in navigating disabilities in 4-H. (Part 1 of 2)	Sonya Jones, Georgia 4-H Agent, Opportunities for All Committee Members
Hyatt: Jessamine/Franklin: A	F	:15 Navigating Disabilities in Extension: An Opportunity final All! (Part 2 of 2)	The "Navigating Disabilities in Extension" workshop equips 4-H or volunteers with knowledge and strategies to foster inclusive, accessible, and respectful programs. Participants will learn about common disabilities, principles of inclusion and equity, and practical approaches to support youth with diverse abilities, ensuring all participants can fully engage and thrive in 4-H activities. With a deeper understanding, participants will gain confidence in navigating disabilities in 4-H. (Part 2 of 2)	Sonya Jones, Georgia 4-H Agent, Opportunities for All Committee Members
Hyatt: Jessamine/Franklin: A	F	:15 Beyond Ready: Preparing Kentucky's Youth for Work at Life Through 4-H		Mike Meyer, Kentucky 4-H Associate Program Leader
Hyatt: Jessamine/Franklin: A	s :	:00 Developing Work Ready and Service Minded Youth throug Young Entrepreneurs		James Smith, Cynthiana-Harrison County Chamber Director, Tonya Dryden, Field and Main Bank Representative
Hyatt: Jessamine/Franklin: A	S	:00 4-H Mock Interviews and Career Exploration	4-H Mock Interviews and Career Exploration is a yearlong program aimed to help high school students find their spark by being exposed to various careers and opportunities in their community. Participants in this workshop will leave with monthly lessons ideas, a list of possible collaborators and a schedule for an all-inclusive "Mock Interview Day". where students will receive hands on interview practice.	Toni Humble, Wayne Co. 4-H Agent
Hyatt: Jessamine/Franklin: A	S 1:	:30 Paths to Access for Youth wi Different Abilities	th Youth who present with social, emotional, behavioral and physical differences often have fewer opportunities to participate our programs. To increase access for these youth, there simple steps that we can take to make a big impact. This workshop will provide you with a better understanding what access can look like in your programs and the positive experiences it can provide to all of our youth!	Ryley Butler Modaff, State Specialist
Hyatt: Jessamine/Franklin: A	S	:30 4-H for ALL!	4-H for ALL! 4-H programming and club work is a natural fit for students with disabilities. 4-H club work can offer students with disabilities like Autism, ADHD, Down syndrome, and other developmental disabilities a natural place to showcase skills that a traditional classroom might limit. But wait! How do I work with them? In this work shop you will get skills, information, and techniques to help students grow! Leaving your club Beyond Ready!	Baptista Fraze, Hart County Volunteer
Hyatt: Regency #3: FCS Adul	F :	:30 Fostering confidence: Embracing healthy perspectives on food and se image	Our relationship with food and our bodies changes over time. This session will help us recognize and push back on sources of negative flanguage. Through interactive discussions and practical activities, we will cultivate a healthier relationship with food and ourselves. We hope you'll join us!	Courtney Luecking, State Specialist, Natese Dockery, State Specialist

Hyatt: Regency #3: FCS Adul	F	10:30	Ten Soft Skills for Success Fraud Watch Basics & Scam	Essential soft skills will help you become a dependable, productive, and respected worker. According to a Stanford Research Center study, 85 percent of job success comes from having well-developed soft and people skills, with only 15 percent of success attributed to technical skills and knowledge. In this workshop, you will explore 10 interpersonal skills to master for happiness and success, including: empathy, professionalism, teamwork, time management, self-confidence, and ability to learn. Have you ever been approached with a fraudulent offer or been a	Kelly May, State Specialist, Dr. Nichole Huff, State Specialist Gary Adkins, Volunteer State President,
riyatt: Regency #3: PCS Adul		1:00	Prevention; Presented By: AARP Kentucky (Part 1 of 2)	Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. By taking a few practical steps, you have the power to fight back against fraud. This session will arm you with the latest data on fraud trends and provide tips and resources to protect yourself and your family. (Part 1 of 2)	Gary Adkins, Volunteer State President, AARP Kentucky
Hyatt: Regency #3: FCS Adul	F	2:00	Fraud Watch Basics & Scam Prevention; Presented By: AARP Kentucky (Part 2 of 2)	Have you ever been approached with a fraudulent offer or been a victim of identity theft? The AARP Fraud Watch Network is working to empower you in the fight, with proven resources and tools to help you spot and avoid identity theft and fraud. By taking a few practical steps, you have the power to fight back against fraud. This session will arm you with the latest data on fraud trends and provide tips and resources to protect yourself and your family. (Part 2 of 2)	Gary Adkins, Volunteer State President, AARP Kentucky
Hyatt: Regency #3: FCS Adul	F	3:15	Child Development and How It Influences Behavior	Dr. David Weisenhorn, Senior Specialist for Parenting and Child Development at the University of Kentucky, will share insightful understandings of your child's brain development and the impact this has on their behavior! Dr. Weisenhorn will explore discipline, barriers to effective behavior, and share techniques that lead to the behavior you desire. It will be an engaging session designed to empower you with strategies to enhance your "parenting tool kit."	David Weisenhorn, State Specialist
Hyatt: Regency #3: FCS Adul	F	4:15	Child Wellbeing and Social Media	During this session, Dr. Weisenhorn will discuss the scientific findings related to social media use and mental health among adolescents. He will explore some of the relevant news stories that illustrate the scientific findings and share ways for parents and caregivers to protect their children as they learn to navigate social media.	David Weisenhorn, State Specialist
Hyatt: Regency #3: FCS Adul	S	8:00	From Artist to Instructor: How to Teach Barn Quilt Workshops	Learn how to design, plan, and lead your own barn quilt painting workshop! This hands-on session covers materials, setup, and teaching tips. Ideal for Homemakers, FCS & 4-H Volunteers, educators, artists, and community leaders ready to share the barn quilt tradition.	Kimberly Thomas, Taylor Co. FCS Agent
Hyatt: Regency #3: FCS Adul	S	9:00	Microfibers: Magic or Matter of Fact?	"Microfiber" products are everywhere. They're in cleaning cloths, sheets, pajamas But do you know what the word "microfiber" really means? Ever wonder what makes them special and so popular? This session will unravel the mysteries of this "fiber" and explain product labels to help you make an informed choice. Learn about the use and care of microfiber products - and even discover a fun fact or two about fibers, in general!	Jeanne Badgett, State Specialist
Hyatt: Regency #3: FCS Adul	S	12:30	Wits & Wellness: Adult Brain	Join us for an engaging and interactive session designed to boost	Carla Carter, Franklin Co. FCS Agent
Hyatt: Regency #3: FCS Adul	S	1:30	Wits & Wellness: Adult Brain	Join us for an engaging and interactive session designed to boost	Carla Carter, Franklin Co. FCS Agent
Hyatt: Regency 1: FCS 4-H	F	9:30	Reading and Recipes	Reading and Recipes is a program geared towards primary grade youth who are struggling in reading. This program is designed to encourage youth to make positive connections to reading whether in the classroom or during their daily life. The recipe portion of the program allows the youth to learn scientific words which will help them in upper grades in addition to learning basic cooking skills.	Lori Clark, Kenton Co. 4-H Agent, Vanessa Sturgill, Kenton Co. Program Assistant
Hyatt: Regency 1: FCS 4-H	F	10:30	Global Cooking: A Culinary Journey Around the World	Looking for fresh ways to connect youth with culture, community, and curiosity? In this workshop, participants will explore how global cooking classes can serve as powerful tools for teaching cultural awareness, social-emotional learning, and global citizenship. Drawing on real-world experiences from a youth-focused culinary program, we'll examine how food can become a gateway to meaningful conversations about identity, heritage, and connection.	Manda Clark, Fayette Co. 4-H Agent

Hyatt: Regency 1: FCS 4-H	F	1:00	Beef Basics	This workshop takes participants on a journey through the beef industry, exploring how cattle are raised on farms, marketed through stockyards, processed into high-quality beef, and ultimately served on the plate. Along the way, attendees will learn how each step connects producers, consumers, and the wider agricultural community.	Bradon Burks, Commodity Group
Hyatt: Regency 1: FCS 4-H	F	2:00	It's "Sew" Engaging: Understanding Our Master Clothing Volunteer Program	Wondering what exactly is our Master Clothing Volunteer Program? Or want to know what it takes to become a Master Clothing Volunteer? Counties are accepting applications this Spring. Join us for this informative session that outlines the goals of this Program and explains how you can become involved or be connected - even if you're not a Master Clothing Volunteer. This session is great for Club Leaders, Agents, or anyone that wants to promote 4-H or FCS sewing programs.	Jeanne Badgett, State Specialist
Hyatt: Regency 1: FCS 4-H	F	3:15	Kernels of Knowledge with Professor Popcorn	Professor Popcorn is a nutrition education program focused on teaching youth the importance of eating a varied diet, what the 5 food groups consist of, and the benefits of living an active life. Youth participating in the program also have the opportunity to taste test foods from each of the food groups. This session will be an overview of the Professor Popcorn curriculum and give information on how to implement the program in schools.	Ashley Hunt, Lewis Co. 4-H Agent
Hyatt: Regency 1: FCS 4-H	F	4:15	New Horizons in 4-H Family Consumer Sciences, and overall Update	Attendees will learn the status of 4-H Family Consumer Sciences programs in Kentucky, and a program overview of each area.	Kim Schrader, State Specialist
Hyatt: Regency 1: FCS 4-H	S	8:00	Learn It - Live It : LifeSmarts	This workshop, presented by members of the 2025 Kentucky LifeSmarts Varsity Championship team, will explore the National LifeSmarts program. The goal of LifeSmarts is to create consumer sawy young people who will be well equipped for adult life in today's complex, global marketplace. LifeSmarts provides real- world education for students who learn about core consumer topics and develop critical thinking skills through focus on 5 key consumer focus areas.	LifeSmart Team Members: Lori Burkhead (Captain), Eli Peavley, Samuel Fielder
Hyatt: Regency 1: FCS 4-H	S	9:00	Cupcake Wars: A Recipe for Engaging 4-H Youth	Looking for a creative, hands-on way to spark youth excitement and build teamwork in your club? Join us for 4-H Cupcake Wars—a program that blends culinary arts with communication, leadership, and critical-thinking skills. In this workshop, volunteers will learn how to design, organize, and judge a Cupcake Wars competition that encourages youth to showcase baking skills, practice food safety, and work collaboratively under pressure. Participants will take away practical tips, sample score sheets, and theme ideas to bring this fun, educational event back to their counties. Come ready to mix in a little friendly competition with a whole lot of frosting and fun!	Julie Brown, Warren Co. 4-H Agent, Katie Mills, Christian Co. 4-H Agent, Bridgett Poteet, Edmonson Co. 4-H Agent
Hyatt: Regency 1: FCS 4-H	S	12:30	From Booth to Buyer: Setting Up for Sales Success in 4-H	This hands-on workshop is designed to help 4-H volunteers teach youth with 4-H entrepreneurship projects how to create professional, eye-catching booths, connect with customers, and successfully sell their products or services at markets, fairs, and events. Learn how to guide youth through the process of creating an inviting display, practicing customer service skills, and closing a sale successfully from a seasoned farmer's market vendor. Leave with tips and tricks to help youth boost sales!	Matt Chadwick, Calloway Co. ANR Agent
Hyatt: Regency 1: FCS 4-H	S	1:30	Poultry culinary contests	Chickens are kept for meat and eggs. Let 4-Hers learn how to cook what the chickens produce - and show their cooking skills in the state poultry culinary events. These include the chicken and turkey BBQ and the egg chef challenge.	Dr. Jacquie Jacob, State Specialist
Hyatt: Regency 2: Homemak	F	9:30	Building a Leadership Academy to Equip Volunteer Leaders	The Kentucky Extension Homemaker Association (KEHA) has built a successful program to train volunteers for leadership roles within a statewide organization. The Leadership Academy provides training and confidence to select nominees. So far Kentucky has hosted two in-person academies with great success, and a third is planned for 2026. Presenters will outline how the group funded the project, share results, and tell about the impact the Leadership Academy has had on the organization and beyond.	Kelly May, State Specialist, Sally Mineer, State Specialist
Hyatt: Regency 2: Homemai	F	10:30	HIP: Homemakers in Progress	Discovering the art of homemaking! Join us to learn how Hardin and LaRue Counties have partnered together to develop a homemaker club for anyone looking to learn homemaking skills for today's modern world. From meal planning and home organization to DIY green cleaning, gardening and sewing, Homemakers in Progress is for newlyweds, seasoned couples, singles, parents and teens coming together in a supportive space to grow skills, connect with others, and rediscover the value of home.	Marla Stillwell, LaRue Co. FCS Agent, Cassie Richardson, Hardin Co. Program Assistant
Hyatt: Regency 2: Homemak	F	1:00	What's In Your Leadership Toolbox? (Part 1 of 2)	Leadership is a skill anyone can learn—with the right tools. Join us for a lively, hands-on session where we'll pack your very own Leadership Toolbox full of fun, interactive tools you can use in your Homemaker Clubs and Councils. (Part 1 of 2)	Christy Stearns, Clinton Co. FCS Agent, Debbie Messenger, Cumberland Co. FCS Agent, Jordan Crain, Barren Co. FCS Agent, Katelyn Squires, Green Co. FCS Agent

Hyatt: Regency 2: Homemak	F	2:00	What's In Your Leadership Toolbox? (Part 2 of 2)	Leadership is a skill anyone can learn—with the right tools. Join us for a lively, hands-on session where we'lt pack your very own Leadership Toolbox full of fun, interactive tools you can use in your Homemaker Clubs and Councils. (Part 2 of 2)	Christy Stearns, Clinton Co. FCS Agent, Debbie Messenger, Cumberland Co. FCS Agent, Jordan Crain, Barren Co. FCS Agent, Katelyn Squires, Green Co. FCS Agent
Hyatt: Regency 2: Homemak	F	3:15	Research Results	This program highlights research conducted on Homemaker Craft Bazaars across Kentucky, examining the role of marketing tools, volunteer engagement, and community visibility in shaping market return values. Findings reveal disparities in outcomes tied to geographic and economic contexts, while also pointing to strategies that enhance participation, profitability, and long-term sustainability for Homemaker programming.	Dylan Gentry, Adair Co. FCS Agent
Hyatt: Regency 2: Homemak	F	4:15	Award Winning Community Service Projects	Are you always trying to find community service volunteer projects that people will enjoy? Attend this workshop and get some awardwinning ideas.	Homemakers from Taylor and Mason County
Hyatt: Regency 2: Homemak	S	8:00	Strong Leaders for your Club or Organization"	Leadership is not something people are simply born into—it is developed, nurtured, and supported through intentional training and encouragement. In this presentation, we will introduce a successful leadership development model called the "Leadership Toolbox."	Sharon Fields, KEHA Club, Area, and State Office
				This model is designed to help members of all experience levels feel confident stepping into leadership roles. The structure and strategies are universally applicable to any club or volunteer-based organization.	
Hyatt: Regency 2: Homemak	S	9:00		Fun and creative ways and recipes to begin a child's introduction to cooking. Workshop will consist of examples, a cookbook of recipes and a hands on project where the participants will make a no bake mini Christmas Yule Log. A \$2.00 fee will cover all you need to start getting kids in the kitchen. Cost \$2.	Cindy Williams, Taylor Co. Volunteer
Hyatt: Regency 2: Homemak	S	12:30		Help your Homemakers find a leadership position that suits them. Whether they are introverts or extroverts, this workshop will show you how to build a leadership team that will include everyone.	Cyndy Humble, KEHA Leadership Chairman
Hyatt: Regency 2: Homemak	S	1:30	Communication Etiquette	Learn how to incorporate etiquette in your social communication. This includes proper etiquette for social media posts, emails, phone, person to person, etc.	Sharon Fields, KEHA Club, Area, and State Office
Hyatt: Scott/Woodford: Disa	F	9:30	Chance! Using games to prepare for disaster (Part 1 of 2)	During this workshop participants will be introduced to the power of gamification as a tool to improve family preparedness for all members of the family, including their animals. The workshop provides participants with the opportunity to participate in a game that will help them develop their family disaster preparedness plan. (Part 1 of 2)	Andrea Higdon, Emergency Management Director, Chelsey Anderson, Cumberland Co. ANR Agent, Kandice Williams, Academic Coordinator, Danielle Hagler, Nelson Co. FCS Agent
Hyatt: Scott/Woodford: Disa	F	10:30	Disasters Don't Stand a Chance! Using games to prepare for disaster (Part 2 of 2)	During this workshop participants will be introduced to the power of gamification as a tool to improve family preparedness for all members of the family, including their animals. The workshop provides participants with the opportunity to participate in a game that will help them develop their family disaster preparedness plan. (Part 2 of 2)	Andrea Higdon, Emergency Management Director, Chelsey Anderson, Cumberland Co. ANR Agent, Kandice Williams, Academic Coordinator, Danielle Hagler, Nelson Co. FCS Agent
Hyatt: Scott/Woodford: Disa	F	1:00	Tomorrow's Emergencies	The Harlan County Youth Preparedness Program is in the fifth year of teaching Harlan County High School students in disaster preparedness skills. This presentation will allow attendees to learn more about the program and to utilize it within your county.	Jeremy Williams, Harlan Co. ANR Agent, David McGill, Kentucky Emergency Management Area 9 Manager
Hyatt: Scott/Woodford: Disa	F	2:00		This session will help you think through the essentials you and your family should have ready so you can stay safe in an emergency. We will cover the basics for what should be in your disaster preparedness kit and demonstrate ideal ways to store it so you are ready for disasters common in your region. We also will discuss how to account for the specific needs of everyone in your household, including children, older adults, other vulnerable individuals, and pets. Handouts will be provided.	Kelly May, M.S., Senior Extension Associate; Dr. Amy Kostelic, Associate Professor; Dr. Monica Mundy, Assistant Professor; Dr. Nichole Huff, Assistant Professor
Hyatt: Thoroughbred 1: Lead	F	9:30	Leadership Adventure	Ricochet is a fun and interactive leadership workshop for middle school youth! Participants will build friendships, explore their leadership potential, and develop key skills in communication, decision-making, stress management, and more. Through hands-on activities and community involvement, youth will grow as confident, capable leaders.	Patrick Allen, State Specialist
Hyatt: Thoroughbred 1: Lead	F	10:30		Join us to learn about the updated 4-H Achievement application and process! This workshop will walk you through what's new, how to support youth in completing their applications, and practical tips for encouraging strong submissions.	
Hyatt: Thoroughbred 1: Lead	F	1:00	Easy	Get the Inside Scoop on 4-H! Learn tips and tricks to make Achievement records easy (through a green ticket system), learn how to showcase youth through recognition of 4-H awards, and discover why the banquet is the place to celebrate their success.	Leslea Barnes, Crittendon Co. 4-H Agent

Hyatt: Thoroughbred 1: Lead		Teen Voice in Action	Empower teens to identify challenges and present actionable solutions! Using the Joint Service Teen Council as a model, this session explores how to guide youth through problem-solving, collaboration, and presenting their ideas. The JSTC worked for 3 days to prepare a Pentagon briefing to enact change for military-connected teens. Participants will gain tools to strengthen their youth voice, build confidence, and create meaningful change in their communities, utilizing best practices from JSTC.	Jenny Jordan, North Carolina State Specialist
Hyatt: Thoroughbred 1: Lead	F 3:1	5 The Leadership Compass: Finding a Direction in Outdoor Skills	This leadership workshop blends outdoor adventure with essential survival skills to forge resilient, adaptable, and confident leaders. Learn or refresh your knowledge around important outdoor skills, including fire building, shelter building, land navigation, and tracking. Applying the concepts of leadership develop to outdoor skills can be the catalyst to being the person who can listen, grow, and achieve in a variety of circumstances.	Eric Comley, Garrard Co. 4-H Agent, Patrick Allen, State Specialist
Hyatt: Thoroughbred 1: Lead	F 4:1	5 Leading with Real Colors	Successful leaders understand personal strengths and weaknesses and are skilled in applying methods to move the group forward to achieve desired goals and outcomes. Using the Real Colors assessment, participants in this session will focus on evaluating best practices as they seek to understand their own behaviors as well as the preferences of those who have different primary colors.	Harriett Edwards, North Carolina State Specialist
			Note that participants must have completed the Real Colors	
Hyatt: Thoroughbred 1: Lead		Running a Successful 4-H Teen Club	leadership skills, and creating a fun, inclusive club environment. Perfect for volunteers and teen leaders looking to inspire youth and make a positive impact in their communities.	Patrick Allen, State Specialist
Hyatt: Thoroughbred 1: Lead	S 9:0	0 "From Counties to Connections: Building Strong Area Teen Programs"	This session will walk participants through the process of building and sustaining an Area Teen program. We'll cover how to identify teen leaders, create meaningful opportunities for them, and structure activities that connect county and area programming. Participants will learn strategies for planning, recruitment, and logistics—along with practical tips for getting a program started and keeping it going.	Manda Clark, Fayette Co. 4-H Agent, Aubrey Lawson, Clark Co. 4-H Agent, Ashley Vice, Nicholas Co. 4-H Agent
Hyatt: Thoroughbred 1: Lead	S 12:3	0 Pathways to State 4-H Leadership	Curious about becoming a state 4-H officer? This workshop breaks down the steps, skills, and experiences needed to pursue state-level leadership. Learn about eligibility, the application process, campaign tips, and how to build a strong leadership portfolio. Ideal for teens, parents, and volunteers who want to support youth in reaching their leadership goals.	Patrick Allen, State Specialist
Hyatt: Thoroughbred 1: Lead	S 1:3	0 Leadershift: Skill Building in Shifting Times	Step into the shift! This interactive workshop equips leaders with the soft skills and strategies needed to thrive in changing times. Through hands-on activities and practical tools, discover how to lead with adaptability, build confidence in others, and create environments where growth and resilience flourish.	Adriana Palmer, State Specialist
Hyatt: Thoroughbred #2: Hea	F 9:3	O Get the Spark!	We will be doing some physical activity and team building. This curriculum breaks down activities based off age groups so its viability for Cloverbuds, Elementary, Middle School, and even high school.	Scott Darst, Madison Co. 4-H Agent, Chloe Cole, Madison Co. Program Assistant
Hyatt: Thoroughbred #2: He:	F 10:3	0 QPR: 3 Steps. 1 Life Saved. Be the Difference.	The QPR Suicide Awareness Program—standing for Question, Persuade, Refer—is a widely recognized, evidence-based training designed to equip individuals with the skills to identify and assist those at risk of suicide. Often likened to CPR for mental health, QPR empowers everyday people to act as "gatekeepers," capable of intervening during a mental health crisis and guiding individuals toward professional help.	Kate Thompson, Campbell Co. FCS Agent
Hyatt: Thoroughbred #2: Hea	F 1:0	0 4-H Health Rocks	4-H Health Rocks is a curriculum designed to reduce tobacco, alcohol, and drug use among youth ages 8 to 14. Simpson County 4-H has taught Health Rocks to 6th grade for several years and now uses 4-H teens to teach the program. This workshop will include an overview of the Health Rocks program, a hands-on activity from the curriculum, and some of Simpson County's teen teachers will share their experiences.	
Hyatt: Thoroughbred #2: He:	F 2:0	0 Addiction 101	Addiction 101 is a crash course in substance use prevention, addiction, and recovery. The workshop is divided into three parts: Part one is intended to reduce stigma surrounding substance use by sharing a personal story of addiction and recovery. Part two focuses on the most significant risk factors for substance use and substance use disorders and describes how these lead to characteristic, protracted changes in the brain. Finally, part three offers mounting evidence for the need to treat addiction as a chronic disorder.	

Hyatt: Thoroughbred #2: Hea		3:15 4:15	From Idea to Impact: Planning a Progressive Agriculture 4-H Safety Day Your Feelings Matter:4-H Project Book for Social- Emotional Learning (SEL)	As a result of attending this session, participants will gain a better understanding of the Progressive Agriculture Safety Day* programs and how to easily implement the experience in a school, community, classroom, 4-H club, or camping program. Progressive Agriculture Safety Day* programs offer more than 30 safety and health topics and feature potentially lifesaving, age-appropriate lessons designed for youth ages 4 to 13, in a fun, hands-on, and safe approach. Talking about feelings and emotions and relating to others is not easy. The 4-H project book Your Feelings Matter was published in 2023 to address the need for SEL activities that could be used in the traditional 4-H model or within a group setting. Equipping our youth, their families, and educators is a priority for building stronger communities and addressing basic human needs. SEL learning can help with self and social awareness. This project book received National 4-H Peer Review status.	
Hyatt: Thoroughbred #2: Hea	S	8:00	Implementing the Fourth-H: Making Small Changes in 4-H Programming	Our rural county recognized a need to decrease visits to the 4-H camp nurse due to dehydration, lack of sleep, and decreased physical activity. Extension Educators across program areas secured a mini-grant to provide more opportunities for water, healthy food choices in the dining room, and more physical activities throughout the camp day. The program "Healthy and Hydrated: It's in Your Hands" is a staple at our county camp. Healthy program initiatives have also increased in the county.	Jami Dellifield, Ohio FCS Agent, Amanda Raines, Ohio 4-H Agent
Hyatt: Thoroughbred #2: Hec	s	9:00	Your Thoughts Matter: Navigating Mental Health	The 4-H project book "Your Thoughts Matter: Navigating Mental Health" is a nationally peer-reviewed and nationally award winning (NEA4HYDP and NEAFCS) 4-H project book that aligns with the National Health Education Standards (NHES) and School Health Education Resources (SHER). This project book helps adolescents to place a priority on mental wellness, addressing stigma, and connects them with local, regional, and national resources to help themselves, their peers, and family members.	Jami Dellifield, Ohio FCS Agent, Amanda Raines, Ohio 4-H Agent
Hyatt: Thoroughbred #2: Hez	S	12:30	Empowering Students to Combat the Opioid Epidemic (Part 1 of 2)	Opioid misuse is one of the most pressing public health crises in the U.S., exacerbated by the rise of synthetic opioids like fentanyl. The 4-H Journeys in Health & Safety: The Opioid Crisis curriculum is designed to empower youth with the knowledge and skills to prevent opioid misuse. This session will explore the program's structure & impact while equipping attendees with the resources necessary to implement similar educational programs in their own communities to combat this epidemic. (Part 1 of 2)	, , , , ,
Hyatt: Thoroughbred #2: Hea	s	1:30	Empowering Students to Combat the Opioid Epidemic (Part 2 of 2)	Opioid misuse is one of the most pressing public health crises in the U.S., exacerbated by the rise of synthetic opioids like fentanyl. The 4 H Journeys in Health & Safety. The Opioid Crisis curriculum is designed to empower youth with the knowledge and skills to prevent opioid misuse. This session will explore the program's structure & impact while equipping attendees with the resources necessary to implement similar educational programs in their own communities to combat this epidemic. (Part 2 of 2)	Lauren Dye, Georgia 4-H Agent