Virginia Association of Adult 4-H Volunteer Leaders

VAA4-HVL Fall 2008 Conference  
4-H Fall Into It!

When:  Saturday and Sunday, November 1-2, 2008  
Where:  Holiday Inn Tanglewood  
        4468 Starkey Road  
        Roanoke VA 24018  
        1-800-HOLIDAY or 540-774-4400  
Room Rate:  $85 plus tax: Ask for rooms under the 4-H Volunteer Leaders Association (code FHV)  
Time:  Early Bird Workshops, starting at 9:00 a.m.  
       Departure, Sunday 11:30 a.m.

Directions:  
I-81 or Roanoke Airport; Take I-581 S, Exit @ RT 419N to Salem.  Go 4 lights and turn right on Starkey Rd. Hotel is located on the right. From 220, take RT 419N, go 5 lights and turn right on Starkey Road.

Workshops and Activities

* Early Bird Workshops
  * Stamp Art: Have fun while making your own greeting cards, bookmarks, bags, just about anything. We will learn basic stamping techniques and will make creative items that you can take home.
  * Can-It: This workshop will help 4-H'ers and adults get "green" by recycling. Participants will learn innovative ways to recycle aluminum cans into craft projects.
  * Have Fun with Plants: Learn how to share the joys of plants with your 4-H'ers. We will discuss herbs, boxwood cuttings, and much more.
  * Rug Rag Weaving: We will learn how to make frames for rag rugs and how to use these to make beautiful rugs using your scrap pieces of fabric.
  * Life History: Learn what we need to record when we shake our family tree - limit of 20
  * 4-H Wildlife Gardening: Learn some gardening techniques for attracting wildlife to your backyard. We will look at plant selection, landscaping techniques, and 4-H projects that teach children the joys of wildlife viewing through gardening.
  * Just Blog It: This workshop will focus on how to make technology work for your club. We will discuss internet "be-ware-ness", My Space, Facebook, blogs, etc. Bring your own laptop for your adventure into internet club savvy.


Things to Do and See near Roanoke

- Blue Ridge Parkway
- Center in the Square Museums
- Mill Mountain Zoo
- Dixie Caverns
- Mill Mountain Theatre
- Natural Bridge
Other Saturday Workshops

- Basic 4-H Programming: Learn the basics of building a 4-H program - the "how tos" for starting a club, generating funding and support, deciding on projects, marketing, and other helpful tips.
- Cloverbud Fun: Start your youth early in the 4-H program! Learn the basics of running a 4-H Cloverbud Club. Experience first hand unique, inexpensive projects that you can take home and use with your 4-H Cloverbud members.
- New Unit Representatives Orientation: Unit Representatives are the voting members of the Virginia Association of Adult 4-H Volunteer Leaders. They vote to elect officers at the Fall Conference, bring concerns of volunteer leaders to the state organization and take home information to share with other volunteer leaders. This workshop will guide you through all the ins and outs of being a Unit Representative.
- 4-H International Programs: Learn all about the opportunities for broadening 4-H horizons through both inbound and outbound international experiences, including short- and long-term exchanges.
- Basic Parliamentary Procedures: This workshop will focus on basic Parliamentary Procedure to use with your club officers. You will learn steps to pass a motion, correct use of the gavel, and the 5 most common motions used in a meeting. This workshop will not be for certification.

Sunday Workshops

- All About All-Stars: This workshop will take you through the process of becoming a 4-H All Star, including how to guide 4-Hers and adult volunteers through the application. We will discuss which 4-H activities fit the various application categories. We will also provide an overview of the All Star program and how to talk to your 4-H'ers about the benefits of membership.
- Wildlife Tracks and More: In this workshop, you will learn to identify wildlife tracks and will make your own track molds to take home. We will also learn about other 4-H wildlife projects and competitive events.
- Stamp Art: This workshop is a repeat of Saturday's Stamp Art. If you did not get a chance to take this one on Saturday, don't miss it again. You will have fun while making your own greeting cards, book marks, bags, just about anything.

Other Conference Activities

- Awards Banquet on Saturday evening with Guest Speaker Dr. Cathy Sutphin
- Silent and Live Auction - Donations of auction items are greatly appreciated
- Dance Saturday night away with a local DJ
- Closing Brunch with Guest Speaker Dr. Bob Meadows

If you are a person with a disability and desire assistance or accommodation, please notify Michelle Adcock at (540) 382-5790/TDD* during the business hours of 8:00 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event. *TDD number is (800)828-1120.