**CONFERENCE REGISTRATION FORM**

Name: ___________________________________________________ Phone: (___)_______________________

Address:____________________________________________________________________________________

City/State: ________________________________________________Zip: ______________________________

District:_______________________ E-Mail:_______________________________________________________

----- Please print email address clearly-----

Participant Status:

- □ 4-H Leader
- □ State Staff
- □ Extension Agent
- □ Unit Program Assistant
- □ Unit Representative
- □ Other

<table>
<thead>
<tr>
<th>CONFERENCE REGISTRATION FEE AND 3 MEALS = $60.00 (Full Conference)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Saturday Lunch, Dinner and Sunday Brunch</td>
</tr>
<tr>
<td>(The $60.00 fee does not include Lodging – see next page for Hotel information)</td>
</tr>
</tbody>
</table>

**One Day Attendance Fees:**

- Saturday registration and lunch $35.00 _______________________
- Saturday night banquet only $35.00  (Business Professional Dress) ______________
- Sunday registration and lunch $35.00 _______________________
- LATE FEE (on all or part of conference checked above) $15.00 (Postmarked after February 22, 2008) ______________

**TOTAL** $___________

**Make Check or Money Order payable to:** Virginia Association of Adult 4-H Volunteer Leaders, Inc.

___ Check if you have special diet requirements, please list needs or other accommodations needed:

***** WE WILL BE HOLDING A SILENT AND LIVE AUCTION DURING THE CONFERENCE. DONATIONS OF ITEMS FROM EACH REGION ARE GREATLY APPRECIATED FOR THESE EVENTS. PROCEEDS HELP SUPPORT FUTURE CONFERENCES. ***** POSTER CONTEST OPPORTUNITY DURING THE CONFERENCE. SEE ATTACHED PROPOSAL FORM FOR DETAILS.

**Submit form and payment to:** Mrs. Faye LePrade
4237 Franklin Street
Rocky Mount, VA 24151
(540) 869-7198

Any conference questions, please call Diana Ramsey at (757) 961-3622 or cell (757) 619-0540
Lodging/Meeting Information

Virginia Beach Resort Hotel & Conference Center
2800 Shore Drive
Virginia Beach, VA 23464
(757) 481-9000 or (800) 468-2722

HOTEL RESERVATIONS MUST BE MADE BY FRIDAY, FEBRUARY 15, 2008
Conference Room Rates: $89 single, $99 double, $109 triple, $119 quad (plus 13% tax). Room rates are good 3 days before and 3 days after the Conference. For room reservations, mention the “4-H Southeast District” to get the Conference room rate.

Driving Directions to Hotel

FROM NORTH (EASTERN SHORE), via the Chesapeake Bay Bridge Tunnel, take 1st exit bridge tunnel - Route 60 East (Shore Drive). Follow Shore Drive, eastward, approximately 3 miles, the Virginia Beach Resort Hotel and Conference Center will be on the left, one block beyond the intersection of Shore Drive and Great Neck Road.

FROM WASHINGTON, D.C./NORTHERN VIRGINIA, take 95 South to 64 East (near Richmond). Follow 64 East across Hampton Roads Bridge Tunnel. Take Exit 282 (Northampton Boulevard) and bear right.

FROM CHARLOTTESVILLE, take 64 East past Richmond and follow across the Hampton Roads Bridge Tunnel. Take Exit 282 (Northampton Boulevard) and bear right.

FROM ROANOKE, take 81 North to Charlottesville, exit onto 64 East, follow 64 East past Richmond and across the Hampton Roads Bridge Tunnel. Take Exit 282 (Northampton Boulevard) and bear right.

FROM SUFFOLK AREA, take 58 East, follow directly onto 64 West (signs for Chesapeake/Virginia Beach). Take Exit 282 (Northampton Boulevard) and bear right.

FROM THE AIRPORT, take Norview Avenue to 64 East. From 64 East, take Exit 282 (Northampton Boulevard) and bear right.

ONCE ON NORTHAMPTON BOULEVARD: Follow approximately 5 miles and take Route 60 East (Shore Drive-last exit before the Chesapeake Bay Bridge Tunnel.) Follow Shore Drive approximately 3 miles. The hotel will be on the left side of Shore Drive, at the intersection of Shore Drive and Great Neck Road.

Things to see and do in and around the Hampton Roads area:

Shopping – Greenbrier Mall, Chesapeake; McArthur Mall, Norfolk; Lynnhaven Mall, Virginia Beach

Nauticus, The National Maritime Center, Hampton Roads Naval Museum & Battleship Wisconsin – Norfolk

The McArthur Memorial – Norfolk

Chrysler Museum of Art -Norfolk

Children’s Museum of Virginia – Portsmouth

Virginia Sports Hall of Fame & Museum - Portsmouth

Virginia Aquarium & Marine Science Center – Virginia Beach

The Mariner’s Museum – Newport News

Or visit: http://www.visithamptonroads.com/ for more information.
# 2008 Spring Conference Schedule

## Saturday, March 8, 2008

<table>
<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 – 11:30 a.m.</td>
<td>Upper Lobby</td>
<td>Conference Registration</td>
</tr>
<tr>
<td>9:00 – 10:00 a.m.</td>
<td>Dominion B</td>
<td>“Easy Projects with Rubber Stamping” $3.00 Supply Fee – Limited to 15 Participants. (Repeated at 3-4 p.m.) PRE-REGISTRATION REQUIRED</td>
</tr>
<tr>
<td>10:30 – 11:30 a.m.</td>
<td></td>
<td><strong>Concurrent Session I (Choose 1)</strong></td>
</tr>
<tr>
<td></td>
<td>Lynnhaven A</td>
<td>“National 4-H SET Mission Mandate”</td>
</tr>
<tr>
<td></td>
<td>Lynnhaven B</td>
<td>“Fire Safety and Prevention”</td>
</tr>
<tr>
<td></td>
<td>Dominion A</td>
<td>“Junior Master Gardener Camp”</td>
</tr>
<tr>
<td></td>
<td>Dominion B</td>
<td>State Leader’s Board Meeting</td>
</tr>
<tr>
<td>Noon – 1:15 p.m.</td>
<td>Cape Henry</td>
<td><strong>Opening Session – Lunch</strong></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Speaker: Hermon Maclin, 4-H Extension Agent and the MBC (4-H Music Biz Club), Prince George County, VA</td>
</tr>
<tr>
<td>1:30 - 2:45 p.m.</td>
<td></td>
<td><strong>Concurrent Session II (Choose 1)</strong></td>
</tr>
<tr>
<td></td>
<td>Lynnhaven A</td>
<td>“Embryology in the Classroom”</td>
</tr>
<tr>
<td></td>
<td>Lynnhaven B</td>
<td>“Gangs in Rural, Urban, and Suburban Virginia”</td>
</tr>
<tr>
<td></td>
<td>Dominion A</td>
<td>“Options for a Senior 4-H’er”</td>
</tr>
<tr>
<td>1:30 – 3:30 p.m.</td>
<td>Dominion B</td>
<td>“ASHI CPR PRO – CPR Certification” (Continued Sunday at 8–10 a.m.) $30.00 Fee PRE-REGISTRATION REQUIRED</td>
</tr>
<tr>
<td>3:00 – 4:00 p.m.</td>
<td></td>
<td><strong>Concurrent Session III (Choose 1)</strong></td>
</tr>
<tr>
<td></td>
<td>Lynnhaven A</td>
<td>“Healthy Weights for Healthy Kids”</td>
</tr>
<tr>
<td></td>
<td>Lynnhaven B</td>
<td>“Shows and Fairs”</td>
</tr>
<tr>
<td></td>
<td>Dominion A</td>
<td>“Easy Projects with Rubber Stamping” $3.00 Supply Fee – Limited to 15 Participants. PRE-REGISTRATION REQUIRED</td>
</tr>
<tr>
<td>4:00 – 6:00 p.m.</td>
<td></td>
<td><strong>Hotel Check-In – Enjoy indoor pool, jacuzzi and sauna</strong></td>
</tr>
<tr>
<td>6:00 – 10:00 p.m.</td>
<td>Cape Henry</td>
<td><strong>Dinner (Dress: Business Professional)</strong></td>
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<tr>
<td></td>
<td></td>
<td>Live/Silent Auction</td>
</tr>
</tbody>
</table>

## Sunday, March 8, 2008

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<thead>
<tr>
<th>Time</th>
<th>Location</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:30 – 8:00 a.m.</td>
<td></td>
<td><strong>Reflections on your Own</strong></td>
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<tr>
<td>8:00 - 9:00 a.m.</td>
<td></td>
<td><strong>Concurrent Session IV (Choose 1)</strong></td>
</tr>
<tr>
<td></td>
<td>Lynnhaven A</td>
<td>“Keys to Working with the Hispanic Audience”</td>
</tr>
<tr>
<td></td>
<td>Lynnhaven B</td>
<td>“Discovering Day Camps”</td>
</tr>
<tr>
<td></td>
<td>Dominion A</td>
<td>“Fun with Duct Tape”</td>
</tr>
<tr>
<td>8:00 – 10:00 a.m.</td>
<td>Dominion B</td>
<td>“ASHI CPR PRO - CPR Certification” (Continued from Saturday)</td>
</tr>
<tr>
<td>9:15 – 10:15 a.m.</td>
<td></td>
<td><strong>Concurrent Session V (Choose 1)</strong></td>
</tr>
<tr>
<td></td>
<td>Lynnhaven A</td>
<td>“Fundraising – How to Run a Successful Event”</td>
</tr>
<tr>
<td></td>
<td>Lynnhaven B</td>
<td>“Finding Grants – Novice Division”</td>
</tr>
<tr>
<td></td>
<td>Dominion A</td>
<td>“Curriculum Share Fair”</td>
</tr>
<tr>
<td>10:30 - Noon</td>
<td>Cape Henry</td>
<td><strong>Brunch</strong></td>
</tr>
<tr>
<td>11:00 a.m.</td>
<td></td>
<td><strong>Hotel Check Out</strong></td>
</tr>
</tbody>
</table>
Workshop Descriptions

Saturday – 9:00 – 10:00 a.m.

**Easy Projects with Rubber Stamping** – Michelle Burkett, Virginia Beach 4-H Volunteer, IFYE, All Star – (workshop repeated at 3-4 p.m. today). Quick and easy projects 4-H volunteers can do with 4-H’ers of all ages. Make and take 2-3 projects using rubber stamps, ink, card stock and other crafty items. Example: thank you card, bottle cap pin and table favor for 4-H events. **$3.00 Supply Fee – Must Pre-Register – See attached form.**

Saturday – 10:30 – 11:30 a.m. Concurrent Session I

**National 4-H SET (Science, Engineering and Technology) Mission Mandate** – Kathleen Jamison, Ph.D., Extension Specialist, State 4-H Office. State direction on the new National 4-H SET Mission Mandate and how Virginia will be responding to the need. Dr. Jamison has been working half-time at National 4-H Council to develop the curriculum process for SET. Our state will be applying for a grant that will enable localities to have support in setting up clubs related to SET, such as robotics, biotechnology, GIS/GPS, alternative energy, etc. She will also share in what we are already doing and how it can be adapted to emphasize science.

**Fire Safety and Prevention** – Keith Arnold, Virginia Beach Fire Department Life Safety Education Specialist and Heather Newton, Virginia Beach 4-H Volunteer. This workshop will provide Fire & Life Safety information not only for those in attendance and their own families, but will provide information on the importance as well as techniques for teaching Life Safety Skills to children and adults. By the conclusion of the session, participants will have a clear understanding of the importance of fire safety in the home and how to proactively prevent burn injuries.

**Junior Master Gardener Camp** – Demaris Yearick, Virginia Beach Master Gardener. This workshop will provide an overview of the Junior Master Gardener Camp, a national program which is a partnership with 4-H and is held at the Adam Thoroughgood House, so there’s also a historical component. Ms. Yearick will describe the program’s requirements and objectives, the schedule she’s used and show activities and crafts relative to each days’ theme.

Saturday – 1:30 – 2:45 p.m. Concurrent Session II

**Embryology in the Classroom** – Amy Parsons, Extension Project Associate, Animal and Poultry Sciences Department at Virginia Tech. This workshop will describe the biological processes of poultry embryology, explain how to plan, set up and conduct the 4-H “Embryology in the Classroom” project, and discuss troubleshooting possibilities. Examples of project equipment will be displayed.

**Gangs in Rural, Urban, and Suburban Virginia** – Crystal Tyler-Mackey, Ph.D., Community Viability Specialist, VCE SE District. Both nationally-recognized and homegrown gangs continue to plague neighborhoods across America, and gangs start recruiting members as young as age seven. This session will address the definitions of gangs, why some gangs do not look like gangs on television, the prevalence of youth gangs, gang activities and culture, including the structure, gang tattoos, gang signs and gang colors, and a discussion of how to recognize signs of gang involvement. Risk and protective factors and suggestions for how 4-H can help keep kids out of gangs will also be presented.

**The Options for a Senior 4-H’er** – State 4-H Ambassadors - Brandon Pierce, State President, Mary Elmer, Reporter/ Historian; Marcus Thomas, Maggie Gregg, and Brooke Lampert - District Ambassadors. The state ambassadors will discuss the many available leadership opportunities for senior 4-H’ers.

Saturday – 1:30 – 3:30 p.m.

**ASHI CPR PRO – CPR Certification** – Rick Rosier, Dinwiddie County 4-H Volunteer. Part 1. This two day 4-hour workshop will certify you in CPR (Infant, Child and Adult) and AED (Automated External Defibrillator). You will leave with your American Safety and Health Institution Certification Card and a sense of reassurance and well being for your 4-H’ers and home environment. **$30.00 fee.** (Part 2 will be held on Sunday from 8-10 a.m.). **Must Pre-Register – See attached form**
Saturday – 3:00 – 4:00 p.m. - Concurrent Session III

**Healthy Weights for Healthy Kids** – Berline Brown, District Coordinator, EFNEP/SCNEP Program and Laurel Wilcox, Virginia Beach SCNEP Program Assistant. This presentation will review the curriculum that addresses prevention of overweight children 9-12 years old. Hands-on experiences will teach the basics of healthy lifestyles.

**Shows and Fairs** – Kevin Newton, City of Virginia Beach Fire Investigator and Virginia Beach 4-H Volunteer. This share workshop will feature discussions and experiences related to hosting 4-H Livestock events around the state from workshop participants.

**Easy Projects with Rubber Stamping** – Michelle Burkett, Virginia Beach 4-H Volunteer, IFYE, All Star – Quick and easy projects 4-H Volunteers can do with 4-H’ers of all ages. Make and take 2-3 projects using rubber stamps, ink, card stock and other crafty items; example: thank you card, bottle cap pin and table favor for 4-H events. (Repeated twice).  **$3.00 Supply Fee - Must Pre-Register**

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Sunday – 8:00 – 10:00 a.m. - Concurrent Session IV

**ASHI CPR PRO – CPR Certification** – Rick Rosier, Dinwiddie County 4-H Volunteer. Part 2. This two day 4-hour workshop will certify you in CPR (Infant, Child and Adult) and AED (Automated External Defibrillator). You will leave with your American Safety and Health Institution Certification Card and a sense of reassurance and well being for your 4-H’ers and home environment.

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Sunday – 8:00 – 9:00 a.m. - Concurrent Session IV

**Keys to Working with the Hispanic Audience** – Terry Abston, 4-H Extension Agent, Nottoway County and Sherry Channell, 4-H Extension Agent, Dinwiddie County. The presenters will share their experiences working with Hispanic families. Participants will better understand the Hispanic culture through the tips provided by these presenters. Workshop participants will receive information about the Hispanic Youth Day Camp held this past summer and how they can apply this information to working with Hispanic families in their community.

**Discovering Day Camps** – Kerry Rosier, Dinwiddie County 4-H Volunteer. Come and “Discover Day Camps”. Learn great ways to organize, offer, and lead educational, fun day camps through many hands-on activities. We will travel around the world, make and taste different food ideas, learn, play new games and make crafts. You will learn great day camp ideas from “Junior Master Gardening” to “Food Challenge” that will inspire and allow you to incorporate them into any age group. Come join the fun and Discover Day Camps.

**Fun with Duct Tape** – Scott Corillo, City of Virginia Beach Department of Parks and Recreation and Virginia Beach 4-H Volunteer. This workshop highlights the creative side of children/adults. What was once a favored tool of HVAC workers around the U.S., duct tape is now being used as an art-material. Duct Tape is a useful material that can be used to make countless numbers of things. Children at camp really get into “Fun with Duct Tape” because the limits are endless, and everything is useful.

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Sunday – 9:15 – 10:15 a.m. - Concurrent Session V

**Fundraising – How to Run a Successful Event** – Chris Pierson and Jean Bryan, Fundraising Specialists, Virginia Diner. Participants will learn: how to make the proper decision when fundraising; how to start/recruit/finish successful fundraising; what materials you need; game plan strategies; and networking internet/corporate sales.

**Finding Grants – Novice Division** – Rita Schalk, 4-H Extension Agent, Hanover County. It often takes only a few hundred dollars or in-kind donations to make for a successful program. You don’t need a professional development team to fund projects, just the commitment to hunt for them, the sincerity to write the request, and the willingness to keep trying even after a rejection letter. Participants will be able to find small grant sources and develop strategies to complete small grant applications.

**Curriculum Share Fair** – Joel Bunn, 4-H Extension Agent, York County. Curriculum showcase displays, etc. Learn the latest 4-H curriculum materials available to leaders and volunteers and where to go on the internet for access.
WORKSHOP PRE-REGISTRATION FORM

Two workshops require fees to attend. Please indicate below if you choose to attend either of these workshops. Return this form with your Conference Registration Form to Faye LePrade, Conference Registrar.

FEES WILL BE COLLECTED AT THE TIME OF THE CLASSES. DO NOT INCLUDE IT IN YOUR CONFERENCE REGISTRATION FEE.

____________   ASHI CPR PRO – CPR Certification  - $30.00 Fee

____________  Easy Projects with Rubber Stamping  - $3.00 Fee

Name: ________________________________________________________________

Address:_________________________________________________________________

City/State/Zip:___________________________________________________________

Phone #:_______________________________________________________________

Email Address:__________________________________________________________
The Southeast District is pleased to host the 2008 Spring Conference of the Virginia Association of Adult 4-H Volunteer Leaders, Inc. You are invited to submit a poster. Proposals are due February 15, 2008. The Conference theme is “A New Centennial, A New Attitude, Remembering the Past, Preparing for the Future – Virginia 4-H…1908-2008”. Posters are encouraged to showcase the history of 4-H in your community. The awards will be $100, $50 and $25 for an adult category and a youth category (a total of $350.00 in prizes).

Please return this Poster Proposal Form to:

Sherry L. Channell  
Dinwiddie County 4-H Agent  
13915-H Boydton Plank Road  
P.O. Box 399  
Dinwiddie, VA 23841-0399  
(804) 469-4514  
(804) 469-3284 (fax)  
channell@vt.edu