

**Kansas 4-H Volunteer Forum  
Rock Springs 4-H Ranch  
November 22-23, 2025**

**Friday, November 21**

7:45 p.m.                      Optional - Early Arrivals Check Into Leadership Lodge Please have dinner before arriving.

**Saturday, November 22**

7:30 a.m.                      Breakfast for overnight guests, Williams Dining Hall

9:00-9:30 a.m.                Registration, Heritage Hall

9:30-10:00 a.m.              Check-in and drop luggage, Leadership Lodge

10:15 a.m.                    Welcome, Eyestone Conference Center

10:30-11:30 a.m.             Dr. Sarah Maass, State 4-H Leader

11:30 a.m.                    Physical Activity Patterns Among 4-H Children and Youth  
Dr. Denver Brown - Assistant Professor and Director, Infant, Child, and Youth Health Lab, Kansas State University

11:55 a.m.                    Lunch, William Dining Hall

1:00-2:00 p.m.                KEYNOTE SPEAKER for All – Brandon Lee Smith

2:10-3:10 p.m.                Navigating Burnout for Volunteers - Rebecca McFarland and Chiquita Miller, K-State Extension Stress and Resiliency team

3:10-3:30 p.m.                Break

3:30 – 4:30                    An introduction to Artificial Intelligence, what 4-H Volunteers need to know - Alice Anderson, Instructional Designer II, K-State Libraries

4:45-5:45 p.m.                Workshop with Brandon Lee White

6:00-6:45 p.m.	Dinner, Williams Dining Hall
7:00-8:00 p.m.	Game Night and Silent Auction, Leadership Lodge
8:00-9:30 p.m.	Volunteer Association Annual Meeting, Leadership Lodge

### **Sunday, November 24**

7:30 a.m.	Breakfast, William Dining Hall
8:45 - 9:45 a.m.	Brandon Lee White, Capnote Speaker, Heritage Hall Auditorium
9:55 a.m.	Lightning Rounds
10:30 a.m.	Evaluation for all, Eyestone Free Time KA4-HV Officer Meeting
10:50-11:50 a.m.	Closing Ceremony - Heritage Hall Auditorium

Safe Travels Home!

### **2024-2025 Officers**

President-Dixie Harlow, Meade County  
President Elect-Melissa Baxter, River Valley District  
Secretary- Jateice Vieux, Meade County  
Treasurer-Kelli Cox, Johnson County  
NW VP-Jacy Buchholz, Cottonwood District  
NE VP-Jessica Inlow,  
SE VP-Melinda Bass, Harvey County  
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Past President-Shawna Riffel, Chisholm Trail District