

Thursday

Day	Time	Presenter's Name (s)	Presentation Title	Presentation Description	Cost	Class Size
Thur	9:00-6:00	Kevin Kessler and Blake Clark	Range Safety Officer	This 8 hour class will certify participants to be a Range Safety Officer. The only cost associated with this course would be if participants would like to register to be a NRA certified Range Safety officer.	Free	Unlimited
Thur	1:00	Tour Guide	Flaming Gorge Dam	Participants on this tour will travel through the Uintah Mountains to the Flaming Gorge Dam. At the dam the group will be guided on a tour of the dam. Don't forget your quarters to feed the fish!	\$5.00	Unlimited
Thur	1:00	Tour Guide	UTE Bison: Economic Development utilizing our natural resources	This tour will present information regarding the UTE Bison project and the unique economic development it provides for the surrounding community. Participants will be the bison holding arena, and share the traditional and cultural teachings of the Ute Indian Tribe in regards to the handling of the bison herd.	\$5.00	Unlimited
Thur	1:00	Tour Guide	Dinosaur National Monument	This tour will visit Dinosaur National Monument. A guide will take them through the Wall of Bones exhibit inside the Quarry Exhibit Hall	\$5.00	Unlimited
Thur	1:00	Tour Guide	Simplot Phosphate Mine	Participants will be given a guided tour of the Simplot Phosphate mining operation.	\$5.00	Unlimited
Thur	7:00		Donkey Basketball Game	Attend a Donkey Basketball Game	\$8.00	Unlimited

Friday

Day	Time	Presenter's Name (s)	Presentation Title	Presentation Description	Cost	Class Size
Fri	8:30-9:15		Opening Ceremony			
Fri	9:30-10:30	Merrill McKee	doTERRA In Your Kitchen	With doTERRA's pure oils, you will get therapeutic benefits while enjoying delicious dishes and drinks right in your own home. Come and learn how and why you should be using doTERRA oils internally, discover fun new recipes, and enjoy a yummy taster's table for some healthy culinary adventures!	\$4.50	15
Fri	9:30-10:30	NOLS	Learning as a Team: Debriefing Tools	Have you ever finished a group activity and wished you understood more about what participants actually learned? Do your groups have interpersonal tensions that interfere with group function? Or, have you pulled off an excellent activity and wish you could repeat your success? A debrief is a conversation that can happen after an activity or event to help groups learn from their experiences. This session focuses on using debriefs as a tool to celebrate successes, improve group function, and gather feedback from group experiences.	Free	Unlimited
Fri	9:30-10:30	Troy Cooper	Organizing a Poultry Showmanship Contest	Poultry showmanship is an opportunity for young people to demonstrate their ability to present and display their bird and communicate their knowledge of poultry husbandry to others. It is the exhibitor's time to interact one on one with a poultry judge. This workshop will use hands-on style techniques to take leaders and adults through the basics of Poultry Showmanship.	Free	Unlimited
Fri	9:30-10:30	Mary Sorenson	Public Speaking	Learn the basic elements of public speaking and practice delivery.	Free	Unlimited
Fri	9:30-10:30	Susan Haws	Swedish Weaving	Swedish Weaving is an easy, simple and elegant way to dress up or embellish any sewing project. It is most commonly seen on towels. Come and learn how to create these beautiful geometric designs. They make a great gift for friends and family.	\$2.50	12
Fri	9:30-10:30	Kevin Kessler and Blake Clark	Utah 4-H Rifle Contest	Learn all about the new 4-H Rifle Contest in this 1 hour workshop.	Free	Unlimited
Fri	9:30-10:30	Daniel Mauchley	The Break-in Box: A Hands-on Group Challenge.	The Break-in Box is a hands-on group challenge with the goal of getting into a box locked with multiple locks. The combinations to the locks are attained by completing a series of puzzles which provide the answers. The challenge is often timed and the topics of the puzzles can be customized to math, language, and other reasoning skills. The presenter will show a purchased ready-to-go box and a variation example that you could make on your own if you can't afford a pre-made box. Attendees will have the opportunity to try to break in the box!	Free	25
Fri	9:30-10:30	4-H State Ambassadors	Mock Legislature (Teen Workshop)	Mock Legislature is a State wide event that takes place at the State Capitol every April. And is a great opportunity for 4-H youth to learn the legislative process. At Mock Legislature youth sponsor bills, present them in committee, debate, amend and pass them out of committee, and ultimately present them on the House Floor. In this workshop we will conduct a mini Mock Legislature to give youth and adults a taste of this event.	Free	Unlimited
Fri	9:30-11:45	Jeanne Dumas	Build an Herbal First Aid Kit	Participants will make tinctures and salves using medicinal herbs and assemble their own herbal first aid kit. All supplies will be provided.	\$20.00	20
Fri	9:30-11:45	Raleen Gines	4-H Horse Showmanship 101	This workshop will take youth through the basics of 4-H Horse Showmanship.	Free	10
Fri	9:30-11:45	Holly Christley	Donut Science	Learning about science while making donuts.	\$5.00	15
Fri	9:30-11:45	Chris Jessen	How to Build Blocks with Paper Piecing	We will complete one paper pieced foundation block that will be turned into a pillow....all fabric will be supplied (no batting or fiber fill will be provided to stuff the pillow - you can bring your own) the paper patterns and step by step demo's will be provided....you will leave with a good knowledge of the basics of paper piecing along with a completed pillow.	Free	Unlimited
Fri	9:30-11:45	Mr. Sumner	One Board Carpentry Projects	This two-hour class will show how even if a leader does not have a full set of carpentry wood working tools at their disposal, there are still simple and fun projects that they can teach to their group members in a two-hour setting. This particular class will be assembling and finishing a coat rack. Full instruction sheets will also be provided. For those leaders who have access to tools such as miter box saws and etc, additional one board project sheets will be available with more complicated patterns and projects.	\$10.00	10
Fri	9:30-11:45	Jeramie Tubbs	QPR 3: Question, Persuade, Refer	3 simple steps that anyone can learn to help save a life from suicide. Just as people trained in CPR and the Heimlich Maneuver help save thousands of lives each year, people trained in QPR learn how to recognize the warning signs of a suicide crisis and how to question, persuade, and refer someone to help.	Free	30
Fri	9:30-11:45	Karen Banks & Deanne Hare	Rock - a - Doodle	Come have fun learning about things that Rock! You will be making a Rock Art Wall Hanging (\$5) and painting Rock Art to join in the Millard County Rock Art activity, which is spreading around the country and possibly the world. This is a great activity to do with your clubs, families, or even a service project for the military.	\$5.00	Unlimited
Fri	9:30-11:45	Utah Field House of Natural History	Step Back in Time: Natural History Museum	Take a walk through ancient history as you tour the Natural History Museum. Participants will tour the on-site paleontology lab.	\$1.00	20
Fri	9:30-11:45	Shannon Babb and Mark Mathias	The Great and Mysterious Apocalypse	The destruction and end of the world as we know it.	Free	30
Fri	9:30-11:45	Danette Brooks	Wooden Home Letters	Will be making a decoration out of wood letters for you home. I will teach you how to paint, apply scrapbook paper, glitter, and embellish your wooden letters. Each participant will be able to design and make their own Home letters.	\$15.00	20



Fri	10:45-11:45	Nicole Reed	4-H Rabbit Clinic	In this workshop, participants will learn about the basic care of rabbits, different uses of various breeds, hands on showmanship, body types, fur types, rabbit diseases, and much more. All participants are encouraged to bring their own rabbit. If you do not have a rabbit that is ok, we would still love for you to participate in this workshop.	\$5.00	20
Fri	10:45-11:45	Ellen Serfustini	Candy Wrapper Zippered Pouches	Come and sew a zippered pouch from a big candy wrapper. Pouches can be made from M&M bags, Skittles, Starburst, Sour Patch, any candy bag you choose- any size! Pouches work great as coin purses, makeup bags, pencil cases- and they fit right inside your purse! They are easy to do and so fun. Once you learn how, you'll want several!	\$3.00	15
Fri	10:45-11:45	Janeé Livingston	Grants, proposals, and more	I will cover up to date info regarding grant proposals and searching for funding.	Free	Unlimited
Fri	10:45-11:45	Nachelle Jackson	Learn Life Skills Through Theatre Arts	Confidence, creativity and focus are just a few of the life skills youth can learn from participating in Theater Arts. Learn ways to teach life skills through acting.	Free	20
Fri	10:45-11:45	Merrill McKee	The Case of the Charismatic Character (Teen Track)	Do you ever wonder how to be convincing as a character? How to seem natural and authentic? In any given role, would you like people to believe what they SEE from you and not just what you SAY? Come and play for real in the realms of imagination and creativity and learn how to BECOME a character that engages and intrigues people. You'll love our interactive games, fun activities, and meaningful exercises to help you step into your temporary self, and you'll get some great tips on becoming a winning character in whatever role you'll be playing!	Free	50
Fri	11:45-1:00		Lunch (not provided)			
Fri	1:00-2:00	Vernon Parent	Empowering thers: Characteristics and skills of a good mentor.	How do YOU empower others? What skills and characteristics do you have that enhance your skills as a mentor? Developing relationships is central to volunteer recruitment and development. People are more inclined to join 4-H and give of their time, if they know you and what you are trying to accomplish. Mentoring youth and adult volunteers builds on those relationships, providing opportunities for growth for both individuals. Come learn how you can magnify your efforts, by empowering others to take ownership and join in building the program.	Free	Unlimited
Fri	1:00-2:00	Robin Hatch	Alcohol, Marijuana, and the Teenage Brain	The changes that occur to the teenage brain as a result of substance use.	Free	Unlimited
Fri	1:00-2:00	Karson Anderson	Back to the Basics: Best Practices for 4-H Horse programs	This workshop will go back to the basics that demonstrate best practices for 4-H Horse programs.	Free	Unlimited
Fri	1:00-2:00	Ashley Stegeman	Now Serving: Lean Beef	Now Serving: Lean Beef will take a look at buying beef, knowing cuts of beef, and how to cook those cuts. In this workshop participants will experiment with cooking ground beef and comparing fat percentages and price. Participants will also discuss food safety topics, preparing beef protein, and nutritional value of beef. This workshop will also take a look at the variety of beef choices that are offered for consumers such as grain-finished beef, grass-finished, naturally raised, or organic beef.	Free	15
Fri	1:00-2:00	Dave Francis	Growing Good Kids	Gardening with kids can be a good way to learn and grow in the garden. Through hands on activities and discussion learn easy ways to get involved in youth gardening. Strategies of ways to utilize garden spaces as well as fostering interest in plants without a garden will be discussed. Lastly the 2018 4-H Garden Project will be introduced.	Free	Unlimited
Fri	1:00-2:00	Marylee Longhair, Spencer Nephi, Angie Lucero	Native American Hand Games	Participants will learn and participate in traditional handgames.	Free	Unlimited
Fri	1:00-2:00	Niki Monson	How Pageants and Queening build Public Speaking Skills, Civic Engagement and Career Skills.	Pageants and Queening are about way more than just being a pretty face! Young women who participate in the pageant and queening process build hard skills through public speaking, choosing and implementing a meaningful community service platform, and honing interview skills which prepares them for future educational and career endeavors.	Free	Unlimited
Fri	1:00-2:00	Josh Dallin	Market Lamb Selection and Care	Your 4-H Market Lamb project begins with your ability to select the right animal. How do you choose the right one? Come and join USU Extension Agent, Josh Dallin, to learn about lamb selection, current trends, and skills that will help you to find a lamb that will be the perfect fit!	Free	Unlimited
Fri	1:00-2:00	Angie Hansen	Starry Starry Day	This class will show you how to set up and use the 4H Star Lab which can be borrowed by your county 4-H.	Free	Unlimited
Fri	1:00-2:00	Troy Cooper	Tools and Techniques for Teaching Water Quality	During this workshop participants will be introduced to the different tools used in helping teach water quality. We will be demonstrating the use of a ground water model, watershed model, and water testing kits. Participants will be involved in a hands-on activity that is used to help youth understand the importance of clean fresh water.	Free	Unlimited
Fri	1:00-3:15	Susan Haws	4-H Sewing for Dolls	Come and learn how to make new clothes for your Favorite 18" doll. The American girl doll is one of the most popular dolls ever made and kids love to learn how to sew for their dolls. We will teach them the new techniques and tips used in sewing for dolls, and we will create some fun outfits. You will need to bring your 18" doll to fit your new creations. Come be a Doll Fashion Designer.	\$3.00	12
Fri	1:00-3:15	Theresa Nowling	Beyond Pillowcases and Pajama Pants	Learn to make 3 fun sewing projects designed for beginning sewers. Participants will make a drawstring bag, a fabric box and design their own monster pillow.	Free	12
Fri	1:00-3:15	Danette Brooks	Coffee Filter Wreath	 We will be making a coffee filter wreath. I will show you the techniques of dyeing the filters and then you will make your own coffee filter.	\$10.00	20
Fri	1:00-3:15	Tonya Merrell	Cosplay Face Painting	Learn face painting, use of latex, molding materials and paints.	\$5.00	10
Fri	1:00-3:15	JoLene Bunnell & Devin Bunnell	How to Become a 4-H State Ambassador (Teen Track)	Come learn what is involved to become a 4-H State Ambassador. Learn from former ambassadors and come away with tips and strategies to prepare for the interview process. It is a lot of work but well worth it. This workshop will be very interactive and fun.	Free	Unlimited
Fri	1:00-5:45	Kevin Kessler and Blake Clark	4-H Shooting Sports Leader Training (Part 1)	This is the first part of an 8 hour training that will qualify participants to be a 4-H Shooting Sports Leader. Must also register for part 2 (Sat 8:30)	Free	Unlimited
Fri	2:15-3:15	Rob Griffin	4H Online Support	This workshop will cover topics such as "Enrollment process", "Event set up" and a "General FAQ". This session is geared towards county staff members.	Free	Unlimited
Fri	2:15-3:15	Scott Williams	Creating a Welcoming Environment for All 4-H Members	Belonging is one of the four essential elements of positive youth development. Do all youth feel like they belong and have a safe place in your club? Utah 4-H Youth Development program endeavors to establish standards of inclusiveness, understanding and equity for all participants. This workshop will discuss challenges faced by LGBTQ+ youth, the mental and physical health risks they face, and how to help them feel welcome in your club. Although focusing on LGBTQ+ youth, these concepts apply to working with all diverse populations. This presentation will provide information to better understand LGBTQ+ persons, the challenges they face and steps everyone can take to create an affirming, safe environment for all youth.	Free	Unlimited
Fri	2:15-3:15	Robin Hatch	Energy Drinks-What We Think You Should Know	This workshop will present the issues and health risks of energy drinks.	Free	Unlimited

Fri	2:15-3:15	Heather Campbell	Plant Propagation - How to Grow more Plants	Presentation will include starting plants from seeds, taking cuttings and making divisions to increase your plants inexpensively.	Free	20
Fri	2:15-3:15	Paige Wray	Science in the Kitchen	This presentation will teach participants STEM concepts using fun food experiments	Free	10
Fri	2:15-3:15	Shannon Babb, Monica Hoyt	Water and Emergency Preparedness	In an emergency, you can go close to a month without food but you would be hard-pressed to last three days without water. In this class, you will learn about the different types of technology that you can use to disinfect, filter, and store water. Participants will also get to try using a number of clean water technologies to help them understand which one would best meet the needs of their club and their family.	Free	Unlimited
Fri	2:15-3:15	Amy Ashby and Annette Cumins	The Science of Villians	This is a series of activities based on the Disney Descendants movie. The participants will go to different stations and engage in hands on STEM activities. We incorporate food science, chemistry, and basic physics and engineering and even some cosplay in a fun themed way for all to enjoy.	\$3.00	30
Fri	2:15-3:15	Josh Dallin	Before- the show training	Just like the weather, Market Lamb Showmanship techniques are always changing. Come join USU Extension Agent, Josh Dallin, to learn whats new, how to practice, and other techniques that will make you competitive on show day.	Free	Unlimited
Fri	2:15-4:30	Michelle Q Chapoose	Wrap Dolls	Therapeutic craft made with textiles, notions and embellishments.	Free	Unlimited
Fri	3:30-4:30	Janel Kay	"Who's coming to dinner?" - Table Settings. presentation counts!	Who's coming to dinner? Brunch? What will you serve and where? What will the theme be? Color scheme? Come to this workshop and let your imagination run wild! We will learn the "Art" of table setting for any occasion, for any age of 4-H'er. You can find out why table setting has had as many 20 participants in our county demonstrations. This is an art that has appeal to both boys and girls, Cloverbuds to young adults! The Sky's the limit, whether your interest is in LEGO'S or formal fine dining. There is the opportunity to bring sewing, crafts, healthy life-styles and more while building up to the demonstration it's self. We will have a plethora of ideas for your viewing pleasure and as a bonus everyone will go home with the pattern for a zip-up picnic blanket/basket carrier.	Free	Unlimited
Fri	3:30-4:30	Suzanne Prevedel	ABC's of Wild Harvesting	Presentation will introduce participants to the harvest of assorted roadside and native edible species from the Uintah Basin and across Utah. Class will cover harvesting etiquette, plant identification, harvest seasons, and some recipes for use.	\$5.00	20
Fri	3:30-4:30	Ashley Stegeman	Here's the Beef	Here's the Beef will dive into all questions on showing beef, are you looking for that right market steer, are you curious about what you should feed it, are you having trouble with halter breaking? This workshop will focus on what makes a good market animal and how to prepare your animal for the show. We will judge market animals, check out feed stuffs, and talk about equipment needed/used when showing beef.	Free	Unlimited
Fri	3:30-4:30	Meggan Schulte, Ali Teuscher	How to Create Successful Adult-Youth Partnerships.	This workshop will look at ways to create and develop successful partnerships between adult volunteer leaders, employees and 4-H Youth. We will look at ways to provide leadership opportunities to the youth of our programs and what the role of the "adult" is in a club or county program. By developing these partnership, your club and program will become stronger!	Free	Unlimited
Fri	3:30-4:30	DeLayna Barr	The Power of Traditions in Families	From daily traditions, to yearly traditions...Traditions make a family stronger and more connected. Come learn how traditions can transform your family to be stronger and happier. Make memories that will last a lifetime!	Free	Unlimited
Fri	3:30-4:30	Dallin Graham and Carl Lyman	Extending Scratch computer programming into the real world with microbit	The BBC recently released an affordable device which adds physical buttons, an LED display, and sensors to extend Scratch programming into the real world. They found it important enough that they distributed one to every year 7 student throughout the UK. Much like how Arduino and Raspberry Pi allow users to connect motors, sensors, and buttons to software projects, the micro:bit makes combining code with hardware simple and affordable for even elementary-age youth. Join us to make your own sample project and learn how micro:bit can add fun and function to computer science.	\$15.00	20
Fri	3:30-4:30	Shannon Babb, Monica Hoyt	Water in the Classroom	From Macroinvertebrates to states of matter, in the 'Water in the Classroom' workshop, you will get a quick crash course on how to implement 5 kid-friendly experiments in your club. Hands-on curriculum packet included in the class.	Free	30
Fri	3:30-4:30	Darlene Christensen	Food, Fun and Reading: A program for Preschoolers - 1st graders and their parents	This fun program would be perfect for pre-teen or teenagers looking to do some foods/nutrition related leadership. 4Hers could go into preschoolers, head starts and elementary schools to teach Food, Fun and Reading. There are 5 lessons related to MyPlate. For example- the Grains lesson involves reading The Little Red Hen, making a healthy grain trail mix and doing the Chicken dance!	\$3.00	15
Fri	3:30-5:45	S Moon	Preparing Youth for the Utah 4-H State Cosplay Contest	Preparing youth for the Utah 4-H State Cosplay Contest.	Free	20
Fri	3:30-5:45	Cheri McCurdy Amanda Carmickle	Chippy Crate Class	A chippy crate made using the Miss Mustard Seed Milk Paint and a chipping medium. The result is changing a new wooden crate from new to chippy and fabulous!	\$15.00	16
Fri	3:30-5:45	Peggy Hollen	Drop Spindle Spinning 101	This hands-on workshop will cover the basics of spinning yarn with a drop spindle. Participants will receive a wooden beginner spindle and comb for carding wool and take home yarn that they spun. This workshop will also cover basic terminology and some background about the wonderful world of spinning!	\$10.00	10
Fri	3:30-5:45	Michele Spencer	Redo Your Duds	This class will teach how to make a simple active wear skirt by repurposing a set of sweatpants. It is meant as a youth design but can be done to fit adults as well. It is a simple two-hour sewing project that is very kid and beginner friendly. Printed instructions will be provided as will other beginning sewing projects that will have instructional sheets available. This class will also provide a Q&A session on projects that can be worked on over a longer period of time but are still kid friendly and meant for learning.	\$10.00	10
Fri	3:30-5:45	Shyanne Spencer	Busting through with STEM (Teen Track)	This two-hour class will help to teach simple hands on activities that will help to foster and encourage the love of STEM (Science Technology Engineering Mathematics). Activities that participants will be able to experience will be making glow in the dark slime, creating a nucleation reaction with sweets found at home and how to make and view simple bacterial slides with a culture grown by your own 4H members.	\$5.00	15
Fri	4:45-5:45	Craig Dart	Establishing Club Leadership	This workshop will provide adult volunteers resources and tools to establish youth lead club leadership. Objectives 1. Teach volunteer club leaders the importance and benefits of club officers. 2. Help adult leaders understand the structure of club officers with their associated roles. 3 Provide leaders resources and tools to use in their clubs.	Free	Unlimited
Fri	4:45-5:45	Tricia Mathis	Hand Pies	A twist on traditional pie. Learn how to make pie that you can eat with your hand. Participants will learn how to make pie dough and fillings to create small, sweet and savory hand pies.	\$5.00	12
Fri	4:45-5:45	Dr. Karl Hoopes	Horse Travel	Learn about State and Federal regulations while traveling with horses. It will also include practical tips to help your horse travel well.	Free	Unlimited
Fri	4:45-5:45	Amy Defa	Indoor Herb Garden	Learn how to care for, harvest, and preserve rosemary, basil, thyme, and lavender herbs. We will incorporate the herbs in recipes, bath accessories, and learn helpful indoor gardening hacks.	\$10.00	10

Fri	4:45-5:45	Cameron Cressall	Low Tech assistive technology workshop.	The presentation will cover a brief discussion of disability and how it touches all our lives. We will discuss community resources and appropriate ways to advocate for people with disabilities. We will create an AT (assisted technology) project that can be taken home by the participants, donated to the community or to the AT Lab which will distribute them to individuals in need. Training on proper use and accessibility awareness can also be taught by allowing students to use some mobility devices and navigate the building.	\$5.00	Unlimited
Fri	4:45-5:45	Dennis Worwood	Selection and Care of Show Pigs	Learn how to select show pigs that can compete in today's shows, and how to provide housing, feed and health care that maximizes pig development.	Free	Unlimited
Fri	4:45-5:45	Roffel Kanip	Ute Bear Dance	Learn the meaning behind the Ute Indian Tribe Bear Dance. Hear the songs that go with the dance. Learn how to bear dance the Ute way.	Free	Unlimited
Fri	4:45-5:45	Kelsey Romney, Josh Dallin, Megan Hendrickson	What it's All About: Providing Opportunities for Life Skills in Your Horse and Livestock Clubs	This presentation will showcase why 4-H is the best youth development organization in the world. We want to remind our volunteers about how to use youth's passion (horse and livestock) to create opportunities to acquire skills that will benefit their future. 4-H should teach youth about communication, tenacity, goal completion, problem solving, self awareness and more! We want youth to leave their horse/livestock 4-H experience feeling like the sky is the limit no matter what path they choose.	\$5.00	Unlimited
Fri	4:45-5:45	Shannon Babb, Monica Hoyt	Everyday Engineering	Are you looking for new ways to implement engineering projects into your 4-H club? The 'Everyday Engineering' presentation has you covered. In this hands-on hour, participants will be able to test a dam in an 'earthquake', 'transport' samples in Antarctica, and learn what it takes to bring clean drinking water to your tap. This free workshop includes a club supply kit to help you get started.	Free	25

Saturday

Day	Time	Presenter's Name (s)	Presentation Title	Presentation Description	Cost	Class Size
Sat	8:30-9:30	Vodne Chapoose and Suzi Prevedel	Buffaloberry and other Wild Berry Jams and Jellies	Basics of wild berry jams and jellies.	\$2.00	15
Sat	8:30-9:30	Boyd Kitchen	Drug Testing at Jr. Livestock Shows	The Utah Junior Livestock Show Association has adopted a standard protocol for testing market animals for illegal drug use at the 5 terminal market shows. Find out what to expect. Also, learn how your show can improve enforcement of drug exclusion rules by following a well-thought out and defensible testing protocol. Boyd will be assisted in this workshop by members of the Drug Testing sub-committee of the Utah Jr. Livestock Show Association.	Free	Unlimited
Sat	8:30-9:30	Kodi S Frost	Building Community: Building an Inclusive Program	Recreation has been proven to improve quality of life for all individuals; unfortunately, there are many groups that remain under-represented in the field. Building programs for these diverse populations is a meaningful and necessary challenge. To build a successful and diverse program, many complex issues must be faced and tackled. We'll be taking a look at a variety of concepts in inclusive recreation, including cultural competency, people first language, accommodation, and the barriers that face minority populations every day. Requirements include a willingness to learn, an open-mind, and creativity.	Free	20
Sat	8:30-9:30	Crystal Clark	Dyeing wool with Food Dyes	Learn the process of dyeing wool with food dyes.	\$3.00	10
Sat	8:30-9:30	Roxanne Peterson	How to get started with NaNoWriMo (National Novel Writing Month)	We will explore what NaNoWriMo (National Novel Writing Month) is, how it works, and the benefits of trying it out. We will learn about the history of NaNoWriMo and what started the project. Teens will learn all about what it means to be a Wrimo. And we will look at the popular novels that began as NaNoWriMo projects. We will also explore different types of writing that can fit into a NaNoWriMo project, not just a novel.	Free	Unlimited
Sat	8:30-9:30	Gaelynn Peterson	Make your own chalk paint	Do you love the look of chalk paint but are restricted by the cost? Find out how to make your own chalk paint and let the creativity begin!	Free	Unlimited
Sat	8:30-9:30	Zuri Garcia	Mindful like a Brachiosaurus and Resilient like a Triceratops	The Brachiosaurus seemed like a calm and present dino. The Triceratops seemed to be able to take on anything that was thrown their way. As 4-H leaders, we can: 1. help youth learn how to be present and in the moment to help manage stress, 2. promote a growth mindset to gain grit, and 3. celebrate mistakes, because from failure comes learning. Mindfulness, Mindset, and Mistakes are the three M's that can foster mental health and resiliency in our 4-Hers.	Free	Unlimited
Sat	8:30-9:30	Mark Mathias and Shannon Babb	The evolution of a Microscope	We will present the evolution of a microscope and its parts. At the end students will build a \$25 cent microscope	Free	25
Sat	8:30-9:30	Kathy Borrett (Megan Hendrickson)	Why English	Come and learn about why the English Horse program will benefit your county, your youth and your horses. We will give you the ins and outs of what the English program entails, how to get started, and how it will dramatically improve any rider's horsemanship skills.	Free	Unlimited
Sat	8:30-9:30	Mariah Cuch	Zumba-Native Style	Action packed Zumba with a Native music mix.	Free	Unlimited
Sat	8:30-9:30	Shaye Wopsock and Chelsey Kidd	Sous Vide Surf and Turf	Learn Sous Vide cooking methods for bison and salmon.	\$4.00	15
Sat	8:30-10:45	Mindy Mair	Beginning Archery	Participants will learn the basics of archery and learn tips and tricks to teaching archery to youth.	Free	20
Sat	8:30-10:45	JoLene Bunnell	Discover 4-H Public Speaking	Fear of public speaking is the number one phobia in America. In order to be successful in many aspects of life, it is important to overcome this common fear and effectively communicate and speak in front of others. This workshop will be a fun interactive exposure to a new 6 lesson Discover 4-H Curriculum on Public Speaking. This curriculum is designed to help youth learn the fundamentals of public speaking by providing opportunities to prepare and deliver speeches as well as learn demonstration skills.	Free	Unlimited
Sat	8:30-10:45	Ann Henderson	Simple Weaving Projects that Engage Kids	Weaving is an art and a practical skill that engages kids. This workshop will share the vocabulary of weaving and teach the basic skills needed to complete three simple weaving projects. Participants will weave a place mat out of paper, a Danish Heart Basket out of felt, and a bookmark on a cardboard loom. Participants will need to bring fabric shears and paper scissors to complete the projects. Other materials required will be provided.	\$5.00	15
Sat	8:30-10:45	Vernon Parent	The Fun of Learning - Facilitating the conversion (Teen Track)	Learning should be fun and engaging! In 4-H we love to create opportunities for learning through fun, interactive experiences. The best learning comes from active conversations following the experience, guided by questions from a facilitator. Come learn how to ramp up your facilitator skills and take your learning experiences to the next level!	Free	Unlimited
Sat	8:30-12:00	Kim Byington and McKenzie Anderson	4-H Horse Judge's Clinic	Although this primarily will act as a certification clinic for those wanting to become 4-H horse judges, anyone is welcome to attend to learn more about what the judge is looking for, criteria being judged, and updates on the 4-H Western and English Horse Rulebooks. This is an excellent education opportunity for any 4-H youth, volunteer or parent that is involved in the 4-H Horse Program.	Free	Unlimited
Sat	8:30-12:00	Kevin Kesler and Blake Clark	Utah 4-H Shooting Sports Leader Certification	This is the second part of an 8 hour training that will qualify participants to be a 4-H Shooting Sports Leader. Must also register for part 1 (Fri 1:00)		
Sat	9:45-10:45	Dave Francis	4-H Tech Tools	There are a variety of tech tools to use in 4-H Clubs and Programs. In this open design workshop introductions to a variety of tech options including: drones, computer science, robots and Lego stop motion animation.	Free	Unlimited

Sat	9:45-10:45	Holly Thurgood	Chalkboard Paint Board 6"x8"	Let's craft together with this easy to make small chalkboard with uplifting messages! Chalkboard is 6" x 8" and we have different stencils so you can make yours unique. All supplies provided - come ready to learn a fun new technique!	\$5.00	12
Sat	9:45-10:45	Carrie A. Hislop	Food Dehydration	Don't let your food go to waste! This workshop will teach you how to dehydrate food, demonstrate some of the many ways you can use it, and multiple ways to store it. Healthy snacks, money saving mixes, and food storage are just a few of the many ways food dehydrating can be useful. Come and get excited about the many options you have, have a taste, and get some recipes.	Free	Unlimited
Sat	9:45-10:45	Lorry Reed	Dutch Oven Sourdough Bread made in your oven.	The flavor of this dutch oven sourdough bread is something bread lovers will enjoy. Artisan in appearance, easy to make, great to share! Come learn some sourdough basics and take home a few easy recipes.	Free	15
Sat	9:45-10:45	Amy Stanley	Interactive Team Building	101 team building activities that apply skills in communication, problem solving, decision making, adaptability, and trust. We'll play various games that are both fun and challenging and also have the side effect of building teamwork skills that can help improve team performance and productivity.	Free	Unlimited
Sat	9:45-10:45	Zuri Garcia	Not All Dinosaurs are the Same: fostering acceptance and kindness in 4-H youth	Difference brings richness to our world. Fostering acceptance and kindness in our 4-Hers is key to fostering the essential life skills of belonging and generosity. Workshop participants will get ideas for infusing club meetings and activities with fun opportunities to learn about: different types of difference, accepting others as they are, and the power of kindness.	Free	Unlimited
Sat	9:45-10:45	Boyd Kitchen	Livestock Show Software Panel Discussion	This will be a panel discussion of software used to manage livestock shows in some of the larger shows in Utah. The format will give opportunities to ask questions of the people who use software during the shows. The panel will include: Kaylee Liddiard from Spanish Fork, Lyle Holmgren from Box Elder, Nikki Long from Uintah County.	Free	Unlimited
Sat	9:45-10:45	Diana Boley	Service project ideas	Poverty is the root of many problems. Mothers are forced to give their children to orphanages, or worse sell them into slavery. Can you imagine not being able to feed your child or giving your child up because you don't have the means to provide for them? This happens all over the world...everyday. Have you wondered what you can do to help? Come to this class to learn ways you and your club can help. We will also be making a small craft in this class!	Free	Unlimited
Sat	9:45-10:45	Jenny Cuch	The Making of a Bear Dance Shawl	How to make a Bear Dance shawl, a step by step guide. Having fun while making a personalized shawl.	\$10.00	30
Sat	9:45-10:45	Megan Hendrickson, Jessie Hadfield	Using Youth Horse Representatives	You may have youth horse representatives in your county but are not sure what role they play. Or maybe you have horse enthusiasts, but no program. Join us for a round-table discussion on how to utilize youth within your horse programs at the county level and learn about some up-coming state leadership opportunities!	Free	Unlimited
Sat	9:45-12:00	Tricia Mathis	Beginning Sewing Projects	This class is full of information on how to teach a beginning 4-H sewing class. The focus of the class is to learn sewing skills that build on each other. You will make 4 different beginner sewing projects to teach to your 4-H youth. We will make a rice bag, a pillowcase, a reading pillow and a tote bag. The projects are quick and easy and give the youth a fun positive first experience with sewing.	\$3.00	12
Sat	9:45-12:00	Chris Jessen	Chubby Banana Bags	This is a throw everything in and go...kind of soft sided bag. Everything is included in the kit to complete the bag. This is a great project for intermediate level sewers, it stretches their skills and techniques, but even a beginner can handle this project with a little help.	\$2.00	15
Sat	11:00-12:00	Melinda Barlow	Zentangle 101	The Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. Come enjoy the process and learn a fun art form.	\$5.00	Unlimited
Sat	11:00-12:00	Justin Mills	Beginning bee keeping	Discussion on basic bee keeping.	Free	Unlimited
Sat	11:00-12:00	Dr. Karl Hoopes	Disease Prevention in Horses	Practical tips that can be done at home and at the show to prevent disease spread. Topics will include vaccinations, disinfectants, isolations, and show organization.	Free	Unlimited
Sat	11:00-12:00	LeeAnn Denzer	Loom Beading	We will explore traditional loom beading. This class will include designing and beading. We will use pony beads in the effort to learn the process however it is adaptable for any size bead.	\$3.00	25
Sat	11:00-12:00	Jackie Lee	Making good dough!	Learn to make traditional flat breads.	Free	15
Sat	11:00-12:00	GaeLynn Peterson	4-H Cooking Camp: Flaky pie crusts	Have you ever gone to a restaurant or a family dinner where the pie looks scrumptious but when you cut into the crust it is tough and tasteless? Anyone can create pie crusts that will get rave reviews with a few simple tricks. Go home with recipes and methods that you can use in a 4-H club, FCS event, or just in your own home.	Free	15
Sat	11:00-12:00	Theresa Nowling	Faux Food Contest	Is it a cupcake or is it meatloaf? Learn about this fun contest that is all about fooling the judge. Learn to make savory foods look like sweet foods and sweet foods look like savory foods.	\$3.00	Unlimited
Sat	11:00-12:00	4-H State Ambassadors	How to Lead a Successful Workshop (Teen Track)	As ambassadors we follow a long legacy of amazing youth leaders. Ambassadors for years have taught workshops on a wide variety of topics. So, what is the process Ambassadors use to develop an amazing workshop? This workshop will teach the planning process of how to develop a fun, energetic, hands on workshop.	Free	Unlimited
Sat	12:15-12:45		Closing Ceremony			