



2019 Leadermete Class Descriptions

“March to the beat YOU drum”



THURSDAY		
2:00 to 3:00 PM		
PRESENTER	TITLE	DESCRIPTION
Tasha Killian	Digital Citizenship & 4-H	This workshop we will go over various activities and instructions where leaders and youth learn how to be good digital citizens and why that matters as members of 4-H. Space is limited.
Emma Parkhurst	Healthy Cuisine Prep	Join us as we learn the necessary skills to prepare for the 4-H Healthy Cuisine Contest! We'll discuss how to prepare a quick, nutritious meal using proper food safety.
Davis County	March to the Beat YOU Drum	Come learn a dance to the song 'This Is Me' from the hit movie 'The Greatest Showman'. You don't want to miss it.
Jessica Bigler	Failure is One of the Bravest Things You Can Do	Failure doesn't feel good and can make us feel weak and small. Come and learn about how failing is one of the bravest things you can do.
Jessie Hadfield	Horse and Livestock Show Management	In this workshop, we will discuss some tips and tricks on putting on a successful 4-H horse and livestock show. We'll answer questions such as "How do I find and pay judges?", "What are the proper procedures for fallen riders?" "How do we incorporate youth leadership?" And more!
Oakley Perry	Debriefing with Southern Charm	We have all had times when debriefing an activity or event where we thought, "How do I wrap this up?" Well fret no more, Oakley will take you on a journey where we will learn to debrief all types of activities or events. Learn how to make things relevant and tie activities into teachable content while doing it all with Southern charm and grace.
Shannon Babb	Water and Emergency Preparedness	For the last 20 years, Central Utah Water Conservancy District has been testing methods of drinking water storage. In this presentation learn what water storage techniques work and which ones are bogus, as well as several techniques to filter/disinfect water from lakes and streams.
Steven Price	Fly-tying For Beginners	This workshop will serve as an introduction to the art of fly-tying geared toward beginners. Beyond just a hobby, fly-tying can be a great tool to teach youth about aquatic biology, STEM concepts, engage them in outdoor recreation, use critical thinking skills while creating, and demonstrate mastery. It will not matter if you have tied before or even fly fished, during this workshop we will practice a few basic techniques by tying multiple patterns to get you started. Space is limited.

THURSDAY

3:15 to 4:15 PM (1 hour)

PRESENTER	TITLE	DESCRIPTION
Tasha Killian & Beth Crandall	Building Community Through 4-H Clubs	We will go over the community club model in Juab County and how it has increased the participation of volunteers and 4-Hers by building a sense of unity among 4-H in the county.
Oakley Perry	Public Speaking	Come learn how to talk in front of people and to "own" who you are when talking or presenting to people. Public speaking is a skill you use everyday even if you aren't presenting in front of a crowd. We can use these skills in our everyday communication. Being comfortable with yourself is a use part of public speaking.
Shauna Bagley	Yoga for a Healthy Mind and Body	This gentle chair yoga class will introduce you to the calming effect of yoga. It was designed for relaxation. You will experience deep, rhythmic breathing accompanied by simple stretches in a safe and comfortable setting. When the mind quiets down and your body resolves patterns of tension, then harmony and well-being are naturally restored.

3:15 to 5:15 (2 hours)
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PRESENTER	TITLE	DESCRIPTION
Susan Haws	Mini Holiday Quilts* (\$5 fee)	Come and make a fun holiday mini quilt, learn how fuse your designs, tackle those tough binding challenges and quilt with machine and hand techniques.
Jessie Hadfield	Horse Opportunities	Learn about the different aspects of the horse program from horse classics to studying for the test to leadership opportunities. (Youth focused).
Dawn Sanchez	Improve Teaching By Learning Your Color	True Colors is a personality model that provides a basis of what motivates and inspires individuals. This fun, interactive session will guide participants to discover their own color scheme, while learning about all the colors. The session's activities will teach attendees how to use the personality types to become better communicators, understand different leadership styles, understand what causes stress to others and how to make 4-H functions appeal to all personality types. Come ready to laugh a little and gain a tool that can be used in all facets of your life.
Christine E Jensen	From Rags to Rugs* (\$3 fee)	From Rags to Rugs is a great way to recycle fabrics in to beautiful rugs, place-mats etc. Enjoy a new craft that requires nothing more than fabric and your time. No sewing involved. Class members are ask to bring an old sheet or two (different colors) to class if possible.
Jolene Bunnell	How to Prepare Youth for State Ambassador Interviews and Process	Come learn what it takes to become a 4-H State Ambassador. It is an amazing leadership experience but it is a lot of work. Volunteers will learn what all the steps and process is from the 3 month project, portfolio, and the numerous components to the 2 day interview. Skills will be taught in a fun interactive workshop for both teens and adults.

THURSDAY

3:15 to 5:15 PM (2 hour)

PRESENTER	TITLE	DESCRIPTION
Lori Bailey	The Incredible Powers of Science	Calling all Incredibles! Join us for a super fun workshop as we learn about Mr. Incredible, Elastigirl, Violet, Dash and Frozone. We will explore the scientific principles behind their superpowers. Discover the strength of an egg, and test the limits of elasticity through homemade slime. You will be amazed as we create ice cream in a bag, make a pencil levitate and test the limits of water surface tension. This camp is perfect for any superhero who loves science! Space is limited.



FRIDAY

9:00 to 10:00 AM
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PRESENTER	TITLE	DESCRIPTION
Connie H. Neal	Are We There YET!!* (\$5 fee)	We will discuss ways to keep kids busy while on a trip in a vehicle. Kids will learn how they can make their own activity books. Games and activities to help pass the time. These are items that kids can put into their Fair.
Kandice Atisma & H.E.A.R.T Team	Engaging Youth on Stigma Reduction designed for the opioid crisis	This workshop will be presented by members of the Health Extension: Advocacy, Research, & Teaching (HEART) initiative through Utah State University Extension. HEART is modeling how extension can partner to better address the health and wellness needs in the state of Utah. HEART is partnering locally and nationally to address the opioid epidemic and other pressing public health issues. One main goal of the HEART initiative is to reduce stigma. During the session participants will learn about: The potential dangers of opioid misuse and the current opioid epidemic in the United States and Utah.
Lori Bailey	Bridging the soft skills gap through Teen Council Training	Employers are coping with new hires who struggle to organize and prioritize tasks, or who have a difficult time collaborating with coworkers. Somewhere along the road from education to employment, the system is not routinely equipping all students with all the skills they need to succeed. The importance of soft skills is widely acknowledged; yet, they are not taught with consistency or given prioritization. Bridging the soft skills gap will require a new wave of local collaboration between stakeholders in the business and education sectors who are best poised to deliver community-based solutions. People develop soft skills through socialization, learning values, attitudes, and actions through interactions with others. Because socialization and relationship-building are a critical part of young adolescents' lives, Teen Council is a perfect place to nurture soft skill development.

FRIDAY

9:00 to 10:00 AM

PRESENTER	TITLE	DESCRIPTION
Craig Dart	Mock Legislator	Learn the basic of what happens in the Legislator and how bills are passed. In this class you will also learn about the opportunity youth have to participate in Mock Legislator each year at the Capital.
Amy Defa	Felt Flower Craft* (\$14 fee)	We will make felt flowers in several designs and techniques, learn the process of felting, create a felt flower wreath project, and learn about the History of wool. Space is limited.
Shannon Babb	Celebrating Water Week	From drinking water to the health of aquatic ecosystems, it is important for kids to care about the H2O around them. But not every 4-Her feels like they are good at STEM. In this class, participants will learn how to turn an activity from STEM into STREAM by adding reading and art activities by exploring the free AWWA Water Week curriculums.
Karen Banks	Sand Art- Erosion* (\$3 fee)	The members will have a hand on experience using different colors of sand to create an intricate design.
Josh Dallin	Livestock Judging	We will focus on the basics of livestock judging. You will learn what to look for when selecting a market animal as well as what a judge is looking for when judging a market class.
Karl Hoopes	Body Condition Scoring for the Equine	A Body Condition Score on a horse reflects if the horses energy needs are being met. 4H horses are often older horses that require more energy in their diets. This workshop will help individuals gain a better understanding how to asses if their horses energy needs are being met.

FRIDAY

10:15 to 11:15 AM
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PRESENTER	TITLE	DESCRIPTION
Sheriden Hansen	Jr. Master Gardener Program - Ideas to Get Your Hands Dirty* (\$3 fee)	We will discuss some propagation techniques and principles that can be applied to a Jr. Master Gardener Program. Participants will be able to make a project related to these propagation principles. We will also discuss some innovative ideas to incorporate into your classes.
GaeLynn Peterson & Chris Jessen	Drum up sweet treats for you and your club* (\$10 fee)	Join Chris Jessen and GaeLynn Peterson in concocting a variety of sweet treats that can be used for anything from club projects, demonstrations, fund raisers, snacks for club meetings and awards nights to just showing off your skills to your family and friends!
Jessica Bigler	This is Me: Who you are is who we need	Sometimes we feel like we can't be who we are. Come and learn about who you are and why being that person is good for you and good for our world.

FRIDAY

10:15 to 11:15 AM

PRESENTER	TITLE	DESCRIPTION
Marilyn Albertson Wendi Pettett Jessica Percival	College & Me	In this workshop, we will outline how you can teach youth how to prepare for the expenses of college. We will discuss grants, scholarships, work study and student loans, as well as other financial options to pay for college. You will leave with the necessary resources to provide youth with tools they need when it comes time to apply for college.
Angela Eckhardt & Larsen Elementary 4-H Ambassadors	Never too Young to Lead	Come listen to our fifth and sixth grade students share how to use elementary age students in leadership roles. We will include different ways programs can be set up, secrets for getting the most out of your program, and lessons these students have learned through serving in a leadership role.
Joseph Huff	Inclusion through STEM* (\$2 fee)	Come experience STEM like never before! This fun, hands on workshop will demonstrate effective ways to use STEM both to express individuality and as a tool for inclusion.
Karl Hoopes	Feeding the 4-H Horse	4 H horses are often older horses that need additional nutrients and care. This workshop will focus on meeting nutritional and medical needs of horses.
Josh Dallin	Preparing your lamb for the show	In this workshop we will be going over how to prepare your lamb for the show. We will do a sheering demonstration and go over tips of how to make it easy and look good!

FRIDAY

1:00 to 3:00 PM
continued on next page

PRESENTER	TITLE	DESCRIPTION
Miriam Force	Learning E-Textiles through paper circuitry and felt bookmark* (\$5 fee)	In this workshop we will start by making three paper circuitry cards and using led lights and conductive copper tape. Then we will move on to teach how to make a simple e-textile book mark using felt, conductive thread and lilypad led lights.
Tricia Mathis & Susan Haws	Easy Maker Sewing Projects* (\$5 fee)	Participants will make easy Make and Take Textile projects. This class will introduce basic sewing skills and fun projects to use in 4-H clubs and Maker Fairs. Youth will make several projects such as lanyard cards holder, key chain and fabric phone charging station. Plus, ideas for more fun projects. Space is limited.
Nysse Wilson	Weaving Sleeping Mats	Weaving sleeping mats for homeless, displaced persons, refugee-camps,etc. The mats are woven from plastic shopping bags which would otherwise clog up our recycling plants, waterways, and landfills.

FRIDAY

1:00 to 3:00 PM

PRESENTER	TITLE	DESCRIPTION
Marilyn Albertson	12 Keys to a Healthy Future	This interactive workshop will address the 12 keys to healthy aging. Whether you are 8, 18 or 48, lifestyle choices at any age make a difference in a person's future health and well-being. Although youth think they will never be old, their daily decisions will determine their future. The 12 keys will be explored and strategies shared for creating a healthy future. Games, activities, and tools will be provided to use personally or in 4-H club meetings to unlock the door to a long and healthy future.
Annette Cumins	STEMistry "Let's Do Chemistry"* (\$7 fee)	Learn how to make Chemistry a STEMtastic experience! This workshop will demonstrate hands on chemistry activities that are fun, easy, inexpensive and engaging for youth and adults of all ages! You will learn how to utilize the free resources from the NISE. Net website. STEMistry will become your new passion as you experience chemical reactions as you "learn by doing" this is an invitation to the "Let's Do Chemistry" experience. Class Participants can bring a computer laptop to access the NISE. net website but this is optional.
Diana Boley Kirsten Boley	Paint Party!* (\$5 fee)	Purple, pink, orange, or blue, the 4-H wants to paint with you! Bring your creative spirit to paint a masterpiece. Dress for a mess and wear an apron, or clothing you don't mind getting paint on. We will be painting a fun field of clovers and some rocks. You will learn the skills to be able to hold paint parties with club members. Register early because this class will fill quickly.
Darlene Christensen & Chris Jensen	sewing.usu.edu - Free Resources for You!* (\$2 fee)	Come learn about the free patterns and resources on sewing.usu.edu! Great projects for both 4Hers and adults. You will also receive the kit and pattern to make a mini purse. If possible bring basic sewing kit (pins, scissors, etc)
Jeanne Taylor & Angela Eckhardt	Collage Whimsical Quilting* (\$20 fee)	Create an appliqué masterpiece that can be put on a canvas, on a quilt top, or table cloth. Please bring a pair of small sharp scissors suitable for making fine fabric cuts.
Jessie Hadfield	4-H DOG Program	Learn how to get a 4-H Dog Club started, and information about new updates and ideas for existing clubs.

FRIDAY

3:15 to 4:15 PM

PRESENTER	TITLE	DESCRIPTION
Analane Powell & Janilyn Featherstone	Mosaic Tile Projects for All levels* (\$5 fee)	Learn basic mosaic tiling skills that can be taught to all ages groups including Cloverbuds. Class will demonstrate how to use templates, tile snippers, mixing grout and basics of tiling. Class participants will make a non-grouted picture mat to frame a picture. Attendees will also receive a ziplock bag of 1 inch glass mosaic tiles--assorted colors.

FRIDAY

3:15 to 4:15 PM

PRESENTER	TITLE	DESCRIPTION
Mark Mathias	Gyroscope	History of Gyroscope, Play with Gyroscopes, Spheros, and BB 8. Space is limited.
Mary Louise Wood	Allowing Volunteers to Volunteer	All too often we put the call out for volunteers but we are not specific enough in what we are asking for. Participants will brainstorm ways that volunteers can help in their local 4-H programs.
Shannon Babb	Understanding Your Water Footprint	Water is used in everything, but when it comes to water conservation we only think about how to save water around the house. In this workshop participants will learn about the hidden costs hidden ways that everyone consumes water and learn simple ways to reduce their water footprint.
Maren Wright Voss	B.E.T.T.E.R. Youth Mentoring with Health Rocks! Bring Experiential Teaching Techniques and Expect Rewards	In this session leaders will be empowered to become B.E.T.T.E.R mentors as they learn how to facilitate growth and discovery through experiential teaching. In this class we don't show, we do. How can a straw help you relax? Come try it and see. Will punk rock or paste improve your memory more? Explore both and find out. And most importantly, leaders will learn (by doing) how to make the 4-H health and wellness activities come alive, resonate, and connect with the real world challenges we all face. Leaders will be coached on how to facilitate the question and answer debriefs that transform the fun into lasting rewards and resources.
Kyle Clark & Zoey Eckhardt	10 Minute Kitchen Science Snacks* (\$3 fee)	We will be teaching 4; 10 minute snacks that are easily made with minimal equipment and we will be teaching food science that has to do with these 4 foods.
Michell Simmons	Chicken Showmanship	Come learn how to properly prepare your chicken for the show and how to properly show them during showmanship
Beth Crandall	Creating your own animal first-aid kit* (\$10 fee)	There are a variety of livestock and pet projects available to 4-H youth, they should understand how to perform basic first-aid on these animals. Youth and adults will learn what items are essential for an animal first aid kit. They will gain an understanding of what is "normal" for each species, how to check the vital signs, perform basic first-aid, and recognize an emergency. Space is limited.



SATURDAY

9:00 to 10:00 AM

PRESENTER	TITLE	DESCRIPTION
Nysse Wilson	My Unfinished Story - Identity and Belonging in 4-H* (\$5 fee)	Taking a look at the Book, "My Unfinished Story" which is essentially a bound workbook to help youth work through their past, present, future. Recording simple elements of family history, stories, legacy, sense of place then moving forward into the present day (what are my hobbies, what am I part of etc) and looking to the future (what are my goals ,how will I get there). Elements of journaling involved. I will provide some examples of experiential activities which could be combined with the work book to make this a 4-H Project Club.
Chris Jessen	The basics of chalk board art* (\$7 fee)	The 4H volunteer will have the opportunity to complete a full chalkboard art project , learn the transfer technique in two different sizes, 8 1/2 X 11 or 11 X 17 sizes. The practice pattern will be provided. All supplies will be provided Including the chalk paint pen and black board.
Lisa Chen & Benjamin Chiu	How To Start a Robotics Club	It is quite a journey when I started my own robotics club. I will provide my hand on experiences and several important Do & Don't tip for the new interested leaders. Such as the main objectives of the club, the learning resources, how to find the members, weekly activities, and etc.
Mary Louise Wood	Allowing Volunteers to Volunteer	All too often we put the call out for volunteers but we are not specific enough in what we are asking for. In today's busy lifestyles I feel that we must be very explicit in our ask. Participants will brainstorm ways that volunteers can help in their local 4-H programs.
Meggan Schulze & Sage Allen	Taking Your Youth Outside Their Norm* (\$2 fee)	In this workshop, participants will learn about two new programs in Salt Lake County 4-H, 4-H Talks (i.e. similar to TED Talks) and the Outdoor Educational Series (i.e Gear Design, Nutritional Outdoor Cooking, Hiking, Environmental Education). Participants will learn about the collaboration between healthy living and outdoor programs and how they can create soft and hard life skills that will impact 4-H'er future endeavors. This workshop will be hands-on and very educational!
Tricia Mathis	Healthy Grain Bowls* (\$2 fee)	This class will provide a demonstration and information on making the popular grain bowls while using an electronic pressure cooker, rice cooker and indoor grill. Learn how to make yummy meals that are good for you too.
Lopez	Hog Fitting and Showmanship	Come learn all about Hog Fitting and Showmanship. We will go over preparing for the show and how to properly show your hog in the show ring.

SATURDAY

10:15 to 11:15 AM (1 hour)

PRESENTER	TITLE	DESCRIPTION
Traci Frost	Let's Build a Lamp!* (\$12 fee)	We will be building a cute lamp out of a mason jar. We will wire a lamp socket, paint and distress a mason jar and learn to drill a hole for the cord. Space is limited.
Tricia Mathis	Quilt-As-You-Go Pillow* (\$15 fee)	Learn how to use the Quilt-As-You-Go method to make a fun wedge designed pillow. Space is limited.
Katelyn Hepworth	Urban youth in agriculture: youth animal learning labs (YALL)	Share ideas and resources on getting youth involved in agriculture through a community livestock facility.
Angela Hackwell	Embryology	Training for those who want to witness the miracle of a chick hatching in the classroom, 4-H Club, or home-school. Take the mystery out of the shell. We will give you the step by step process to provide a 4-H Embryology program for 1 or even 100 classrooms. Complete resource list, costs, contact information, to start or maintain your 4-H Embryology program

SATURDAY

10:15 AM to 12:15 PM (2 hour)

PRESENTER	TITLE	DESCRIPTION
Twila and Jose Gutierrez	Authentic Mexican cooking (\$5 fee)	This is a 2 hour hands-on presentation . Participants will make their own tamale, assist in the preparation of other recipes, learn how to roll out a flour tortilla, etc. At the end of class students get to enjoy the fruits of their labors. Space is limited.
Cindi Garlick	Goat By-Products	In this class you will learn how to properly milk a goat and prepare the milk for human consumption. We will be making ice cream and cheese.
Sage Allen	Ranch Riding	Youth and Leaders will learn all about Ranch Riding and how to be successful in practices and shows. Come learn the rules and expectation for a Ranch Rider.

Additional information on Hotels, Tours and Activities can be found below.

Leadermete 2019

Leadermete will be held at the [USU Botanical Center](#) Located in Kaysville Utah and the [Legacy Events Center](#) in Farmington Utah. All classes and events will be held in these 2 locations.

Opening Session

Thursday March 14th 1:30pm at the Legacy Event Center Building 2

Join us for the kick off of Leadermete 2019 there will be an exciting speaker and give aways.

Special Shooting Sports Certification (for questions email Blake Clark blake.clark@usu.edu)

March 14 - 9am to 6pm, March 15 – 12:30pm to 5:30pm, and March 16 - 8am to 12 noon

Thursday RSO Course (Range Safety Course)

Pre-requisite: Personal Hunter Education Completion

The Range Safety Officer course is an NRA structured course. This Certification allow the participant to safely operate and conduct a shooting event for youth and adults. Any event put on by a 4-H club needs (1) Safety Range Officer and (1) 4-H Shooting Sports Certified instructor. This course goes over everything that a person needs to make a safe shooting environment for participants in attendance.

RSO book additional cost.

Friday 4-H Shooting Sports Leader Certification

This course is for those leaders who would like to facilitate a shooting sports club within their county or town. This teaches safety and how to properly teach youth the skills of shooting sports in rifle, shotgun and archery.

Saturday Davis shooting range.

Thursday Evening Event

Thursday March 14th 7:00 pm at the Legacy Event Center Building 2

Come clown around with us and show off your skills on an inflatable obstacle course and jump pad. Unwind and connect during our fun-filled evening that's planned with lots of activities, games, and tasty treats. This activity is for both youth and adults.

Banquet

Friday March 15th 6:30pm at the Legacy Event Center Building 2

Dinner-Speaker-Entertainment –Awards
(Additional tickets may be purchased for \$25)

Tours

Mrs. Cavanaugh's Chocolate Factory Tour

Date: March 14, 2019

Time: 10:30am to 11:15am

Place: Mrs. Cavanaugh's Chocolate Factory 835 Northpointe Circle North Salt Lake City, 84054

Cost: \$1.00 per person will be paid by attendees to Mrs. Cavanaugh

Mrs. Cavanaugh's Chocolates and Ice Cream has been family owned and operated since 1964. Every piece of candy that we make is created by hand and has its own unique hand marking on top. Tour price includes chocolate and ice cream sampling. If you signed up for this tour please meet at the factory by 10:30am.

SeaQuest

Date: March 14, 2019

Time: 10:00am to 1:00pm

Place: Located inside Layton Hills Mall 1201 N Hill Field Rd #1072, Layton, UT 84041

Cost: \$6.95 per person will be paid by attendees to SeaQuest

Visitors to SeaQuest will journey through realistically themed exhibits where they will connect with the animals through various hands on encounters such as feeding sharks, stingrays, capybara, asian small clawed otters, giant sulcata tortoises, large exotic birds species, and thousands of other creatures along the way. If you signed up for this tour please meet at the factory by 10:00am.

Chemistry Crash Course

Date: March 14, 2019

Time: Prior to 1:00pm

Place: TBA

Cost: Free

Complete hands-on chemistry experiments and see their real-world application when you tour a local water treatment plant. This activity is jointly hosted by the Central Utah Water Conservancy District and the Weber Valley Water Conservancy District. More Information to follow.

Hill Air Force Museum

Date: March 14, 2019

Time: Open 9:00am to 4:00pm

Place: 7961 Wardleigh Rd, Hill AFB, UT 84056

Cost: Free

Hill Aerospace Museum is located on approximately 30 acres of the northwest corner of Hill Air Force Base. The Museum has close to 100 aircraft displayed in its two inside galleries and outside Air Park, it exhibits thousands of artifacts depicting the history of aviation of the United States Air Force, Hill Air Force Base and the State of Utah. This is not an organized tour. Please go on your own time.

Hotels

Hampton Inn

332 West, UT-225, Farmington, UT 84025

(801) 451-7999

Rate: \$89 (USU / Davis County rate)

To book: Call (801) 451-7999 and **mention 4-H block** or use the below link.

Booking Link: <http://group.hamptoninn.com/4hleadership>

Book by: March 1st, 2019 (Rooms released to the general public for their availability after the 1st)

Hyatt Place - Station Park

222 North Union Ave, Farmington, UT 84025

1-801-447-4404

Country Inn & Suites in Bountiful

999 N 500 W, Bountiful, UT 84010

1-801-292-8100

Best Western Plus in Layton

798 W 1425 N, Layton, UT 84041

1-801-896-0271