



“Head to Clearer Thinking”  
**4-H Super Saturday**

January 28<sup>th</sup>

Bridgerland Applied Technology College  
325 W 1100 S Brigham City

FREE

Leader, Parents, Friends, Members (3<sup>rd</sup>-12<sup>th</sup> grade)  
9:00-Noon: Register for 1 class each hour



*\*Please bring a Personal Care Item  
(shampoo, soap, toothpaste, tp)  
to donate to the Family Support Center*

REGISTER ONLINE @ <http://tinyurl.com/4hsaturday>

Or at the 4-H Office  
by January 20<sup>th</sup>

## Class Descriptions

### Public Speaking

Bradlee Skinner, 9:00AM

**Age: Teens**

Public speaking can be fun! Come learn lifetime skills to help make you a great public speaker.

### Science Palooza

Dave Francis, 9:00AM

**Age: All Ages**

Explore, design and build fun science activities.

### Sweet Treats for Holidays and Parties

Becky Holland, 9:00AM

**Age: All Ages**

Fun Ideas for Holidays and Parties

### What Steps Should I Take to Raise the Best Possible

#### Animal for the County Fair

Lyle Holmgren, 9:00AM

**Age: All Ages**

Raising a livestock project for the county fair is fun and educational but it is crucial to know how big your project animal should when you purchase it and what its nutrient requirements are. This workshop will discuss the basics of purchasing your project to proper feeding techniques.

### Zumba Fitness

Sherrie Baugh 9:00AM

**Age: All Ages**

"The Latin inspired, easy to follow, calorie burning, dance fitness party. Feel the music and let loose!" Whether you are a novice or a zumba expert, this fun filled hour is sure to get you moving. Take the plunge-older, younger, heavier, thinner, dancer, no rhythm, whatever, you can do it. You'll love yourself for it.

### 20 Ways to Use Dough

Kathy Bunderson, 9:00AM

**Age: All Ages**

Take the boredom out of learning to make yeast breads by teaching 4-Hers to make one yeast dough that can be made into pizza crust, loaves, rolls, sweet breads, and more.

### Cupcakes to Cake Decorating

Beth Allen, 10:00AM

**Age: Youth, Adults**

Cupcakes are a great place to begin when teaching beginning cake decorating skills. Learn how to make basic borders, simple stars, daisies with leaves, and write on your cupcake creation.

### Components of Positive Leadership

Verne Larsen, 10:00AM

**Age: 9<sup>th</sup>-12<sup>th</sup> Graders Only**

For teens 9<sup>th</sup>-12<sup>th</sup> grade. Learn the skills it takes to be a positive leader through fun games and activities. You won't want to miss this!

### Cookin' Up Fun

Ann Henderson, 10:00AM

**Age: All Ages**

Like to cook or experiment in the kitchen? 4-H is a great place to cook up some fun. Come and create a unique smoothie and learn about the Chef Extraordinaire, Healthy Cuisine and Favorite Foods Contests and where they can lead you.

### **Emergency Preparedness the 4-H Way**

Lanette Sorenson, 10:00AM

**Age:** All Ages

Looking for a fun project? Even though there is limited ideas in the Emergency Preparedness curriculum, come and learn how to find and create new and innovative ideas that will help you learn about Emergency Preparedness, practice it in your club and at home and how to make it a successful project for the fair.

### **Raising Money Smart Kids**

Members First Credit Union, 10:00AM

**Age:** All Ages

What kids need to know about money. Learn the importance of money management through saving, budgeting, and more.

### **What's New and Exciting about the Utah Turkey Show**

Lyle Holmgren, 10:00AM

**Age:** All Ages

A wise turkey grower once suggested that there are only four times in the life of a turkey that a great deal of attention needs to be given to the turkeys: First, the first few hours; second, the first few days; third, the first few weeks; and fourth, the rest of the time until the turkeys go to market. The Utah Turkey Show has undergone some exciting changes recently that will provide some great opportunities for 4-H'ers to get more involved in a fun and educational project.

### **Cake Decorating: Simple Icing Flowers**

Beth Allen, 11:00AM

**Age:** Teens, Adults

Learn to create simple icing flowers using cake decorating tips. Participants should bring a plastic container to take their flowers home.

### **Incredible Edible Food Journey**

Jody Jensen, 11:00AM,

**Age:** Teens, Adults

Whether you're looking to shed a few pounds or just want to eat healthier, this class is what you might be looking for. Come discover the wonder of vegetables and protein and the powerful affect it can have on you. Learn a few tricks on how to kick your metabolism into gear as we learn about the food pyramid. Let's chase away the processed foods and discover the glory of whole grains. Let's start from scratch - recipes that don't require the opening of a box. This class will cover all the basics and then some. Learn from someone who has been there.

### **Intro to Jr Master Gardner**

Rhonda Pace, 11:00AM

**Age:** All Ages

What is the Junior Master Gardner Program? How can I get involved? Come learn all about the benefits of participating in the Junior Master Gardner Program.

### **Leather Craft Workshop**

John Leach, 11:00AM

**Age:** All Ages

Watch a demonstration, see sample of leather projects and then make 2 projects yourself

### **Multi-Family Club Intro**

Heather Watts 11:00AM

**Age:** All Ages

The 4-H Multi-Family Club is a program developed for multiple families in a community or neighborhood. These activities build on 4-H's unique ability to provide family learning vs. focusing on individuals. The 4-H Multi-Family Club Curriculum includes activities ranging from science experiments to cooking, from community service to gardening! Come learn about this curriculum as you participate in one of the projects.

### **To Goat or Not to Goat**

Cody Roche, 11:00am

**Age:** All Ages

Interested in raising a goat for the fair? Or just want to learn more about goat care? Come learn about the different goat breeds, their nutrition and feed, and all about goat health.