

2017 Summer Conference Class Descriptions (CS) = Community Service

4-H 101 for Military Youth

A class for all youth at Summer Conference that have a parent currently serving in a branch of the United States Military and are attending SC on a military scholarship. The class will be an opportunity to connect with fellow Military Youth attending Summer Conference and interact with the 4-H Staff, State Ambassadors, the Oregon National Guard Child & Youth Program staff, and Military Teen Panel Members.

A World of Possibilities: 4-H Japan Exchange

Come taste, craft, and explore Japanese culture with guidance from older youth who have hosted and traveled to Japan through the 4-H International programs. You will learn unique things about our culture and the Japanese culture, and taste a multitude of Japanese snacks. Origami will be tried by all.

An Important Thank You Message (CS)

Does it make you feel good when someone says thank you, when it's genuine and clear that what you did meant something good to someone and they tell you? In a world of electronic communication that can often be cryptic at best and very difficult for some of us to understand and interpret, a simple hand-written thank you note can make our day. Isn't that the kind of message you want to send? Learn how to simply write a thank you note that carries a sincere message, and will be received as it is intended--an honest thank you for something that impacted you in a positive way. Then write actual thank you notes to people who have donated to 4-H.

Anatomy of the Heart and Eye

OSU Veterinary Medicine Professor, Dr. Niguise, will lead this class on animal anatomy in the vet school's anatomy classroom. The first part of the class will involve discussion of the anatomy and function of the heart and eye. In the second part of the session, you will dissect hearts and eyes.

Animal Science Tour

Tour the animal science facilities at Oregon State University. Visit the Dairy Barn, sheep barn, Horse Center and more. Take a look at new additions to the department and the various off-campus facilities where livestock are housed. You'll also learn a lot about the Animal Science program at OSU.

Avery Park (CS)

Avery Park is the largest community park in the Corvallis Parks & Rec. system. Youth who participate in this service project are vital to the yearly maintenance of the park. Possible projects to be completed at the park include spreading bark, maintaining paths, and pulling weeds. Participants must wear closed-toe shoes.

Become a Design Ninja

Imagine you are at an overcrowded bulletin board full of flyers promoting community events, fundraisers and meeting notifications. Chances are you don't read all the flyers, but how do you decide which ones to read? This workshop will showcase quick, simple and free tricks to create memorable flyers that people will want to read. Join your 4-H friends and become the ultimate design ninja!

Become a Team Building Master!

Do you want to build your leadership skills and have fun doing it? Then join our interactive team-building class, where you can learn exciting new games along with tips and tricks for successful facilitation.

Beginning Cartooning

Have you ever wanted to learn how to draw cartoons? During this workshop you will be learning drawing tips and techniques on how to draw cartoons and make your drawings come alive. Get ready to draw and have fun!

Blue Ribbon Animals

Raising an animal is more than feeding and watering. Youth raising a 4-H animal must have a broad knowledge of their project. In this livestock quality assurance session, test your knowledge on livestock selection and judging. Learn what makes your animal a blue ribbon animal in the show ring and on your plate. Join two county 4-H agents who know how to make livestock quality assurance fun!

Boot Camp

Despite the class title, I promise your instructor won't be too much of a drill sergeant! This class mixes strength training and cardio for full-body interval workout. Come kick your body into gear in this fun class! Taught by Pam Lundeberg, CSU Fitness Instructor and Oregon 4-H Alumnus.

Calligraphy - the ancient art of writing

Learn the fine art of calligraphy. Explore the different style pens. Practice the ancient art of illumination. Be creative and make a masterpiece.

Can you feed yourself?

Do you know how much food costs? Can you choose foods within your budget to make a healthy snack? Do you know how to pick foods that have the best nutritional value for your money? These questions and more will be answered during this fun interactive cooking class. During class you will be assigned a job and given a salary. With that salary your goal is to make the most nutritionally balanced snack for your money.

Cardio Kickboxing

Like throwing punches and kicking in doors? Then this is the class for you! Come jab, hook, uppercut, and kick in this fun, fast-paced cardio class! Work hard, get sweaty, and have a great time doing it!

Cards for Cheer

A decorated card with a cheery message can bring a smile to many people. Help with this community service activity by making cards that can be given to homebound seniors through the Meals on Wheels program, to veterans in hospitals, or to other organizations.

CARDV (CS)

In this community service project, you will write cards and prepare packages for CARDV (Center Against Rape & Domestic Violence). CARDV provides services and support to those affected by domestic violence and provides education within the community to change the societal conditions that cultivate these forms of violence.

Chemistry - Hands on Investigations

Join OSU Scientists and Engineers for 90 minutes of hands-on science and engineering activities. Activities might include investigations of gases, electromagnets, robotics, catapults, design stability, and batteries.

Climbing the Walls

Spend part of your day at the OSU rock-climbing wall under the watchful eyes of well-qualified instructors. You can literally reach the ceiling as you and a partner work together to reach the top! A release form must be signed by your parent or guardian to participate in this class.

Coast Experience (CS)

Take this opportunity to visit the Oregon Coast. Spend the morning at the Hatfield Marine Science Center where you will learn about Animal Adaptations and the Rocky Intertidal Zone. After lunch, you can play in the sand and help with beach clean up as a community service project.

College of Business Tour

Beavers Mean Business. The College of Business at OSU has the resources to bring your ideas to reality - come see how it's done. Includes a tour of Austin Hall and the business focused Living-Learning Community.

Colors

Have you ever wondered why some people act the way they do or why you act the way you do? Find out your personality (color) type, the gifts of all the color types, and how to work with people who are different colors than you. This is a fun, interactive workshop that will give you a new outlook on life!

Communicatiing Through Puppetry and Ventriloquism

Ever wonder how Jim Henson made Kermit the Frog and the Muppets seem so "real"? Want to become the next Jeff Dunham or Terry Fator? Come to this class and learn all about the wonderful world of puppetry and ventriloquism and how to use them for creative communication and storytelling. We will explore different types of puppets, how to properly manipulate them and even learn the secret to making them appear to talk without moving your lips!

Congress Interviews

Previously selected Congress finalists participate in a formal interview with the State 4-H Recognition Committee. Selected delegates will attend National 4-H Congress in Atlanta, Georgia with other 4-H members from all around the country.

Country Western Dance

Hey guys and gals, cowboys and cowgirls. Wanna learn some good ol' fashion western dancing? Well then this is the class for you! Stop on by, grab yer boots (or other footwear) and come learn dances like the famous Foot Loose, Cotton Eye Joe, the Sweetheart stroll, and many more.

Country Western Swing

Learn the basics to Country Swing, Cha Cha, and Horseshoe. In swing you will learn moves like the Cowboy Arch, Walkthrough, Pretzel, Octopus and more if time allows. In pairs you will go through the basic steps and connection for each of these dances.

Crochet Pot Holders

If you can single crochet... you can make a thick sturdy potholder. Using an old secret pattern, you crochet around and around until it turns back on itself. The secret will be shared with crochet participants.

Cupcakes

Cupcakes are little bites of deliciousness. Bakers will prepare different filled cupcakes and share them with the class, developing new skills and new recipes. Everyone loves cupcakes!

Decorating Flower Pots

In this class, students will be able to let their creativity run wild as we decorate flower pots using acrylic paint and decoupage techniques, allowing them to create fun, unique, and personalized pots for their home. Materials will be provided, but youth may bring their own magazine clippings and photographs that they would like to add to their creations.

Disability: What's your ability?

You've heard words such as disability, ability, strengths and challenges, but do you know that you possess all of these? Come to this class and get a chance to experience what it can be like to have a disability in a fun and non-threatening environment. We will facilitate small groups of experiential activities and talk about how to increase the inclusive nature of our activities and experience in 4-H. Learn how to make your leadership activities more fun for everyone!

Drawing Realistic Faces

Want to improve your people drawing skills? Learn to draw eyes, noses, ears and mouths. Learn general face proportions and shading techniques.

Engineering Tour

Tour all the engineering facilities at OSU and learn about the various programs offered.

Equine Bandaging Extravaganza

Take a look at the bandages available in your latest equine catalog: Vet wrap, polo wraps, standing wraps, and spider wraps! Oh my! Do you know the difference between all the different bandages available for horses? Do you know when to use them and for what purpose? Do you know how to apply them properly? In this class you will learn about all those bandages you see in the catalog, and how to apply them safely and effectively. You will even get the chance to practice applying bandages of all types and participate in the 2017 SC Equine Bandaging Extravaganza competition!

Extended 4-H Opportunities

Did you know you can travel all around the United States with 4-H? Or what about travel abroad to a different country, like China or Australia? All of these opportunities are possible with 4-H! This class will give you a chance to learn about the different programs offered through 4-H at the state, national and international level.

Expanding Your World with Interviews

What's more scary than interviewing? Not much, right? You think you are perfect for a job, but how do you get others to know that? Come learn how to tell your story, look your best, and stay focused on what the interviewers want. You'll have fun and make new friends while learning.

Find Your SPRK+

Are you interesting in robotics and coding? This hands-on class will allow you to learn basic coding concepts using an iPad and a Sphero SPRK+ robot. These robots are designed to roll, spin, climb ramps and even splash into water and trudge through the mud. You don't have to be a tech wizard to check out this class, but you may leave with a new interest and passion for science and technology!

Flower it Up! (CS)

Have a hand in putting together decorations for the Saturday brunch! This class will include small craft activities in addition to flower arranging. Come learn about aesthetics, what looks great for table decorations and floral designs, and decorations on a small budget.

The Fun Game of Chess

Chess is a valuable tool for teaching creative thinking, math, reading skills, and patience. Learn to play chess or improve your game. You'll learn the history of chess, the goal of the game, general chess rules, chess moves, and strategy. Play against each other and with a tournament winner.

Geocaching and Geohiding 1 - Beginning

An introductory course into the use of GPS's to navigate and find specific locations around campus. Includes overview of GPS history, functions, and Geocaching with knowledge of what makes a good geocache. While the class starts inside, we will be walking around campus finding local geocaches and learning how to be an effective and stealthy geocacher. Good walking shoes, proper outdoor clothing for the day, and a bottle of water will be needed. This class and other Geocaching classes are in tribute to a former Summer Camp 4-H attendee who enjoyed participating every day during camp.

Geocaching and Geohiding 2 - Intermediate

An intermediate course into the use of GPS's to navigate and find specific locations around campus. This class includes working with a Geocaching website and extended knowledge of what makes a good geocache including construction of one in class for deployment in your home county. While the class starts inside, we will be walking around campus finding local geocaches and honing our effectiveness as a geocacher, being environmentally responsible at all times. Good walking shoes, proper outdoor clothing for the day, a bottle of water, and a trash bag will be needed. This class and other Geocaching classes are in tribute to a former Summer Camp 4-H attendee who enjoyed participating every day during camp.

Geocaching and Geohiding 3 - Advanced

An advanced course into the use of GPS's to navigate and find specific locations around campus and the city of Corvallis. Includes working with Geocaching website and extended knowledge of puzzles and harder logic questions. While the class starts inside, we will be walking around campus finding local geocaches and honing our effectiveness as a geocacher, being environmentally responsible at all times, focusing on the CITO (Cache In, Trash Out) role of a respectable geocacher. Good walking shoes, a bottle of water, and a trash bag will be needed. Not required, but helpful, is a geocaching account. This class and other Geocaching classes are in tribute to a former Summer Camp 4-H attendee who enjoyed participating every day during camp.

Get Pumped About Saving Lives

Are you interested in the medical field? Do you want to learn how to save lives in an emergency? Well get pumped because this is a fun filled, hands on, extravaganza of training for medical emergencies. In this class you will learn the basics of treating a traumatic crisis. So get prepared because even you can save a life!

Giving Garden (CS)

The Giving Garden raises fresh vegetables for local food banks and Youth Shelters. With this community service project, you might plant, weed, harvest, or package produce.

Habitat for Humanity (CS)

Houses provide stability for families where children can learn and grow to their full potential. Habitat for Humanity builds new homes and repairs old ones. For this community service project, you will help at their "ReStore."

Healthy Life, Healthy You

Join us in discovering how to lead a healthier lifestyle in this fun and active youth-led session! We will show you how to cook up some delicious Food Hero recipes, incorporate fun exercise into your daily life, and find greater emotional health through a variety of activities!

How Animals Learn

Can an old dog learn new tricks? Why does my horse listen to my trainer but not to me? Are cats trainable? We'll answer these questions and more in this workshop. The basic psychology of learning is the same for all animals (including humans). We'll learn the science that underlies animal training, consider real-life examples, and discover the secrets to being an effective trainer.

Impromptu Speaking Like a Pro

Have you ever presented an Impromptu speech at county fair? Have you ever had interest in presenting an impromptu speech, or are seeking a chance to practice your speaking skills? This is the class for you! We will practice giving impromptu speeches with fun games, activities, and topics!

Introduction to Sausage-making

Attendees will learn basic meat processing principles and will get to make their very own sausage. Topics covered will be carcass fabrication, non-meat ingredients, and adding value to meat products through further processing. Participants will get to use a meat grinder and stuffing machine, and will be able to take their sausage home with them at the conclusion of the class to enjoy!

Lead Better Meetings!

So you've got Parli Pro all figured out, but what else can you do to make sure your meetings are smooth and effective? Attend this session for a whole new set of tools for facilitating great meetings! You'll learn about group decision-making techniques, room arrangement tricks, group sensing tools, creating objectives and agendas, how to intervene when things aren't going well, and understanding your own leadership style.

Life is like a Camera!

Love Photography?? Well then this class is the class for you! In this class you will learn some tips and ways to capture great photos with any type of camera you may use. You will be able to walk around the OSU Campus and capture any and all things you find photograph worthy. You will then be able to view and adjust any or all of your photos how you like them, getting to choose your favorite to show to the class and share why it is your favorite. Bring a flash drive to be able to save all your photographs to take home with you to use for fair or just to keep for yourself! Come and join this fun class that is all about photography.

Line Dancing

Line dance is for anyone and everyone. We will start of with the most popular such as Footloose, Canadian Stomp, and Uptown Funk then move on to what dances we see fit the class. You'll learn to grapevine, stomp, shuffle, and boogie with style.

Linn-Benton Food Share (CS)

Linn-Benton Food Share annually distributes over 4 million pounds of food. During your afternoon here, you will be helping to repackage and sort food items for distribution to local organizations.

Make a Mark on the Runway

This class will help you have confidence while walking the runway during fashion revue. We will learn great modeling tips and tricks that will help you rock your outfit but also master interviews. The class will have fun using accessories to master a pose, create confidence and most importantly have fun. With fun props and music, your creativity will come out and shine. This is a class full of fun and games.

Make Up Your Mind!

Do you even know what those little voices in your head are telling you? You get to decide which ones you listen to...Come learn more about your mindset with this interactive class and discover the ways of being a growth mindset person! This class will make you aware of your current mindset which in turn affects your mental health, decision making, and relationships.

Nail String Art

Combine colorful string, a wooden board, and nails into art. You will be surprised at the end result. How complex or simple it is is up to you. Samples will be shown. All supplies will be provided.

Napkins can be used for what?

Learn an easy technique for changing the look of an item using napkins. This can be used on many different items. During the class you will have the opportunity to decorate a small box to hold keepsakes or give as a gift.

National FCS Contest

Learn about a new National opportunity for members enrolled in Family and Consumer Science project areas. The National FCS Classic consists of several contests including a skill-a-thon and a quiz bowl. During this class you will get to experience each of the contests and learn how you can qualify to represent Oregon 4-H at the National FCS Classic in Denver.

Old McDonald Has a Drone - UAS in Agriculture and Research

Drones are cool and used in all kinds of interesting applications. Attend this class to learn about drone technology, aeronautical concepts, and how drones are used in agriculture and research. You'll also get a chance to try your hand at flying a virtual drone and a small nano drone.

OSU Tour

Take a campus tour and learn about the buildings and history of Oregon State University. The tour includes a visit to the Memorial Union which contains many treasures, including beautiful art and architecture

Pet Rock Preparation (CS)

In this Community Service project, you will help prepare for an activity for the public at State Fair.

Pocket Purses

Purses, bags,pockets.... we need them to hold the important things we carry at all times (cell phone, lip gloss, tissue, etc.). We will recycle jean pockets into handy and cute little bags to be carried or worn cross-body. Decorate to match your personal style. Very little hand sewing required.

Produce for the People (CS)

Produce for the People garden grows fresh nutritious food for low-income individuals and agencies while providing opportunities for gardeners of all ages to grow, learn, and contribute to their community. They donate a large portion of their produce to the local food bank. You will

be planting, weeding, watering, harvesting, moving leaves and compost, possibly painting picnic tables, cleaning tools, and anything else garden related.

Purrfect Paw-traits

Say cheese! We will be exploring the wonderful world of pet photography to capture those special moments with our furry friends. By the end of this class, you'll have a strong sense of basic photography concepts and how to snap Fido's purrfect paw-trait.

Radiation Center Tour

When was the last time you got to say you saw a functioning nuclear reactor? Well, come to this class and witness the inner workings of a research reactor as we tour OSU's on-campus radiation center! You won't glow in the dark when you leave, but the light bulbs in your head will sure come on with all the cool science you will learn.

Raising Show Rabbits 101

Have you ever wondered what goes into raising show rabbits? Then this is the class for you! Raising Show Rabbits 101 will cover the basics of all things in rabbit showing. In this class, we will be using the guidelines of the American Rabbit Breeders Association--learning what to look for when purchasing your show animal, tips for successful showing, an introduction to showing with the American Rabbit Breeders Association, and much more!

Raptors and the Outdoors

Visit Chintimini Wildlife Center where staff will lead you through interactive activities. Skulls, bones, talons, owl pellets, and other artifacts are available to touch and feel to help you understand raptor adaptations. You will also see live birds of prey as well as a slide show and discussion about wildlife rehabilitation. Learn how to help local wildlife as well as ways to prevent animals from being injured or orphaned. Then take a hike in an old-growth forest or a wetland, learning about the flora and fauna along the way.

Recycled Postage Stamp Ornaments

Collage, assemblage, patchwork, philatelic, design, glue... do these words intrigue you? In the age of email and text messaging, postage stamps aren't as indispensable as they used to be. These miniature pieces of artwork will be used to make beautiful ornaments. Come join us! Imagine the possibilities. All supplies will be provided.

Royal Rabbits and Cavies with Crowns

Have you ever wanted to go to Texas or Indiana? Maybe Massachusetts? What about Ohio or California? In this class, you'll discover ways to travel all across the United States, and better yet, do it with your rabbit! This class will cover the many opportunities there are to compete with your rabbit or cavy on a national level. Come play games, eat candy, and learn something new about rabbits and cavies. This class will also cover breed identification and how to get involved with the American Rabbit Breeders Association. Life is about adventure, so learn how to set out on your own!

SAGE Garden (CS)

SAGE is a one-acre education and production garden where they grow 3-4 tons of produce each year that is donated to local hunger relief agencies. Volunteers will be able to assist in all parts of the growing cycle at the garden: planting, tending, and harvesting.

Self Defense

An introductory self defense course. We will have some fun, learn a lot about defending ourselves, and learn how to avoid the situations if possible.

Self-Defense: Krav Maga Intro

Krav Maga is a highly effective self-defense system as it is designed to be suitable for any sized defender against any sized attacker. This makes it a perfect form of defense for anyone. The focus on speed and leverage vs strength makes it ideal for women's self-defense. In this class, you will start off learning the history and defense mindset of Krav Maga, and then we get to the action! You will learn foundational level 1 Krav Maga moves, including basic punches, choke defenses, palm strikes and various kicks. You will need to bring comfortable workout clothes that allow freedom of movement, closed-toed tennis shoes, a water bottle and an eager attitude! The ability to defend oneself is priceless and exhilarating, so join us for this empowering class!

The 7 Habits of Highly Charismatic Teen Leaders

Join our fabulous keynote speaker, John Beede, for this workshop. Discover a 7-step process to develop rapport with anyone you meet. Seriously, you're going to be able to "hack" into other people's psychological hard-wiring and get them to like you. You'll learn how to "own" your elections, rock your college and job interviews like a boss, and have better relationships with friends and family for the rest of your life.

Soccer

Have some fun playing the world's most popular sport. Kick the ball around and play soccer games while learning new skills. This is not a game of soccer, but rather a series of semi-competitive and non-competitive team and individual skill development games.

Solar Eclipse & The Dark Arts of Astronomy

Be prepared for the darkest day of the decade and learn the dark arts of astronomy. Learn about solar eclipses and how to view them safely. Make a pinhole viewer and sundial and test them outside. Also build a star clock and learn the phases of the moon using an Oreo cookie.

Speak Up with Confidence

Want to improve your public speaking skills? Learn how to make great oral presentations and decrease your nerves. Have fun gaining an important life skill in this interactive class.

State Ambassador Interviews

This is the interview and speaking test portion of the State Ambassador Team selection process. Members must sign up for this class if they wish to try out for the State Ambassador Team and have submitted an application (due June 1).

Stop the Spread!

Raising an animal is more than feeding and watering. Youth raising a 4-H animal must have a broad knowledge of their project. In this livestock quality assurance session, test your knowledge on diseases and biosecurity. Learn what it takes to keep your animal safe and healthy. Join two county 4-H agents who know how to make livestock quality assurance fun!

Stress Free Coloring

Coloring is the latest craze in the hobby world. Come explore the myriad designs and techniques of coloring. A variety of color books will be available to peruse. Participants will explore colored pencils, sharpie markers, crayon sticks, and more. Finished projects can be laminated and used as bookmarks, cards, artwork, etc. The possibilities are unlimited.

Surviving a Zombie Apocalypse

Oh no! The zombies are coming! Do you know what to do? In this exciting, interactive class, participants will use the example of a zombie apocalypse to learn the basics of emergency preparedness and response, including rudimentary first-aid, how to identify a “safe-house,” create an emergency family plan, and what survival supplies are most important. You will participate in an emergency scenario simulation.

Surviving in the Wild

Stuck in the wild? No problem! Learn basic skills that could save your life. Tie knots, identify edible plants, learn first aid, and more!

Swing Dancing

Are you interested in learning how to country swing dance? Then this is the class for you. In this class, we will be teaching some of the basic steps of country swing dancing. We hope you can come and participate!

Table Setting

How many forks do I use? Where do they go? Come to this fun, hands-on workshop where you will learn the answer to these questions and more. Have fun coming up with a menu and set the table to match the menu. Then become the judge and critique each other and the instructor. The State Fair Contest and guidelines will be explained.

Teen Leadership Development

Come learn how to expand your leadership opportunities in 4-H and strengthen your skills. Learn how to communicate with potential 4-H members, business owners, and potential sponsors. Participants will learn what it means to be an Ambassador for 4-H and how to apply the information that is learned to their own county program.

Thinker Tinker Maker Space Program

The Thinker Tinker Maker Space is filled with interactive activities, teambuilding exercises, inspiring business ideas, and other things designed to help participants find inspiration for their next big ideas. Build your creative muscles and test out your ideas while learning what it is like to be a startup business. Participants will spend time in the high-tech maker space and have the

opportunity to use design tools that teach kids about entrepreneurship and collaborative problem solving.

Tree Identification Hike

Do you like hiking? Are you interested in the outdoors? Do you want to ‘wow’ your friends with knowledge of trees? Then join us on a tree identification hike! This class is sure to be a breath of fresh air as we will spend our time outside hiking while having fun learning how to identify trees. Worried that you don’t know enough about trees? Worried that you know too much? Well worry not! This class is designed to be fun for all, hands-on, and engaging regardless of your current tree ID knowledge.

Vet School Tour

Learn what it takes to be a veterinarian and a student of veterinary science at OSU. Visit the College of Veterinary Medicine and see if this might be the career for you. View the small and large animal hospitals in action, with the possibility of observing animals being examined and treated. Visit the animal diagnostic lab and the vet student classrooms. Please note: you must be at least 16 years old to tour the vet school.

Water Color Pencil Artwork

Water Color pencils are a great way to create your art. Artists will draw a still life and then finish the artwork with a water wash. Several other water color techniques will be taught. Several projects will be completed during class. Artistic talent is a plus, but not necessary for this class.

Wave Lab Tour

Tour the O.H. Hinsdale Wave Research Laboratory, the largest tsunami research lab in the United States. The tour will feature a presentation highlighting the use of engineering and research to address tsunamis and other coastal hazards. There will also be a walking tour of the laboratory with demonstrations as available.

Wearable Technology

Wearable technology from interactive clothing to illumination is all the rage. During this class, you will learn the basics of adding technology to your clothing projects. Come prepared to sew with conductive thread and create a simple illuminated project.

Who’s Egg-cited about Breakfast?!

Sure, grabbing a Pop-Tart on your way out of the door in the morning is quick and easy, but you can do better than that! Breakfast is the most important meal of the day, and it’s imperative to start the day off right with a breakfast that is healthy and packed full of the nutrients we need to fuel us all day long. In this class you’ll learn how to prepare breakfasts that are healthy, easy, and – most importantly – delicious! I promise, you don’t have to sacrifice taste to make a healthy breakfast. Pamela “Pamcakes” Lundeberg will show you the way to jumpstart each and every day!

World of Cheese

Make your own cheese. Hear how cheese-making is an applied science involving microbiology, chemistry, biochemistry, and engineering.

Yoga

A vigorous array of flowing asanas coupled with some meditation and yoga philosophy. Cultivate increased flexibility, strength, endurance, balance, and peace of mind, body, and heart. All levels will be challenged. Bring your energy!

You Make the Rules

Do you have questions about animal ethics? Strong opinions about rules and if they are necessary? This is your chance to have a say, share your thoughts, and bring your opinions to the table for a SAFE discussion with peers and decision makers for statewide animal science rules and guidelines. Expect discussion topics to range from the equine 90-day rule, to NO natural disposition remedies or topical treatments not intended for livestock, to holding animals' weights and more. Participants will facilitate and participate in group discussions. Outcomes will be shared with the appropriate statewide advisory committees.

Your Digital Life

This class will explore how we use the internet. We now live digital lives - have you considered what kind of digital footprint you are leaving? How do you know if the information you are reading online is true? What can you do if you are being cyberbullied? This class will give you the knowledge to carry your citizenship skills into the digital world.

Your Leadership Journey

People who look to improve are 17.1 times more likely to feel passion for their work and life. Growing is essential for achieving the dreams, goals, and aspirations we have. This class will look closely at five important things you can do to encourage your personal growth. Don't plan on sitting in your chair as there will be group activities incorporated throughout the class.