

## 2018 Summer Conference Class Descriptions

(tentative as of April 30)

**(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.

### **4-H Key Chains**

Create a 4-H Keychain with a stamped 4-H ceramic charm, beads, and copper wire. The charms can be used as zipper pulls or Christmas ornaments. The 4-H ceramic charm will be stained with color (painting skills needed). Creativity a must.

### **9 Square in the Air**

Join us for the ultimate active team building game of 9 Square in the Air. It's like the game of 4-Square, but with 9 Squares above your head! You will need to work as a team to accomplish the goal of keeping a volleyball in the air. Come prepared in athletic gear to move quick and swiftly!

### **A World of Possibilities**

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)**

In today's fast-paced world, people often don't take the time to show thanks like they used to. Most of our communication is done electronically, and electronic communication can be cryptic at best (just think about the last perplexing emoji you received!). Imagine how you would feel if someone actually took the time to write you a thank you note rather than sending you a text message saying "hey thanks, bro." Come learn how to 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, after learning how to write a legendary thank you note, you'll 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.

### **Angel Gowns (CS)**

This community Service class is for experienced sewers who will be transforming graciously donated wedding dresses into beautifully crafted "Angel" gowns. The gowns will then be donated to the hospitals in our region who will gift the gowns to mourning parents who have suffered the tragic loss of an infant (angel baby). Please, we encourage only youth who are experienced with sewing and sewing on specialty fabrics to sign up. All materials and equipment will be supplied.

### **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.

### **Animal Toy Outreach (CS)**

This is a community service outreach, allowing members to create animal toys using materials such as towels, old t-shirts, or fabric. If possible bring some old items to 4H Summer Conference. We will provide materials, too. We will donate these toys to a local animal shelter.

### **Appealing Appetizers**

Great appetizers set the stage for a great meal. You can also enjoy appetizers as a quick snack. Hot and cold appetizers, spreads, dips, meats, and sweets will be made and shared during this class. You will also receive nutritional data and get instruction on balancing calorie intake with physical activity.

### **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.

### **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.

### **Bread Baking**

Make a no-knead artisan bread with the Renegade Baker. This is a simple-to-make bread with a chewy crust and moist interior. You'll have a delicious loaf to take home with you!

### **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!

### **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.

### **Cat Basics**

This class will teach you about the basics of cat care. Along with basic care, we will show you how to show your cat in 4-H and help you prepare for state cat fair.

### **Cellphone Photography**

Do you love taking photos, but they never seem to turn out the way you wanted? Well worry no more! This class will give you a crash-course on the basics of good photo composition as well as how to navigate the settings on your cellphone's camera. Afterwards, the group will take a quick walk around the OSU campus to give you a chance to put your new photography skills into practice! Participants must have an iPhone or other type of smartphone.

### **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: Estuary Investigations (CS)**

Discover estuaries and the critical habitat they provide as you explore plant and animal life along Yaquina Bay. Collect a variety of organisms and examine them in the Hatfield Marine Science Center wet lab. After lunch, play in the sand and help with beach clean up.

### **Coast Experience: ROV Design Challenge (CS)**

Take this opportunity to visit the Oregon Coast. Spend the morning at the Hatfield Marine Science Center where you will be introduced to Remotely Operated Vehicles (ROVs) and challenged to work in teams to design mini-ROVs that will be used to complete a mission. After lunch, you can play in the sand and help with beach clean up as a community service project.

### **College of Business**

Welcome to the College of Business! For this class the recruitment team of current business students will be leading you on a tour of Austin Hall and the Buxton Hall makerspace. The makerspace is where our budding entrepreneurs create the prototypes of a new product using 3-D printers, laser engravers, and more. After the tour, we will be taking you to a classroom in Austin Hall (where current students have their classes) and talking about who should study business and why it would be a great program to pursue in college. We will even be leading a game at the end for you to test your business knowledge and chops as the boss of a company.

### **Coloring for Relaxation**

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.

### **Computer Programming with Scratch**

Spend the class period learning about and using computer programming skills with Scratch. Each participant will use a Google Chromebook to create and share a short program. Experience computer coding for the first time or come and share your skills with others. While this class is meant for beginners, if you have experience with Scratch come and share the fun.

### **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 Line Dancing**

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.

### **CPR Training**

In this class, you will have the opportunity to discover the importance of knowing CPR intervention practices. You will get to have a hands-on experience with compression dummies and apply your learning with real-life scenarios.

### **Creativity**

The formula for success in the 21st century is in the right brain! Creativity, innovation, and resourcefulness come from our under-used right side of the brain. Our keynote speaker, Craig Zablocki, will show you how fun, wacky right-brained thinking can increase your success in school and business.

### **Cupcake Baking**

In this class, you will have the opportunity to get creative in the kitchen by baking delicious cupcakes. You will definitely have a blast assembling and decorating your tasty treats.

### **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!

### **Dazzling Decorations (CS)**

Help create the decorations to make our ending 4-H Summer Conference brunch a success! We will be making the decorations that are displayed on the tables for guests to enjoy.

### **Dog Agility**

Try dog agility with members of Willamette Agility Group (WAG) and their talented canine partners. Learn the basics of agility training and handling and even run a course with a borrowed, experienced dog. This class is tons of fun and will leave you begging for more. Woof!

### **Effective Communication**

Join our keynote speaker, Craig Zablocki, for this interactive workshop. Effective communication is more than just the words we speak. A greater part is how we listen. Learn how it's not so much what you say as how you say it that gets results. Be ready to talk, listen, and laugh!

### **Engineering Tour**

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

### **Expanding 4-H Opportunities**

In this class, students will discover everything 4-H has to offer! From local to international opportunities, students will find out where 4-H can take them!

### **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!

### **Food for Thought**

Have you ever stopped to wonder what food does for your body besides providing basic energy? Did you know that food affects your brain function, your mood, your ability to fight off various sicknesses and so much more. Spend this session with us learning about the many various ways that food affects you. As an added bonus, help to make and enjoy a healthy snack!

### **Geocaching and Geohiding 1 – Beginning (CS)**

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, a bottle of water, and a trash bag will be needed.

### **Geocaching and Geohiding 2 – Intermediate (CS)**

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.

### **Geocaching and Geohiding 3 – Advanced (CS)**

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.

### **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.

### **Healthy Life; Healthy You!**

Join us in making a delicious snack for your day! Also, learn how this snack is easy to prepare and healthy for your body, plus how to live a healthy life! This is one snack you will not want to miss out on!

### **Holey Cow**

How do cows turn hay into milk? Come explore a cow's stomach to find out! Think like an Animal Scientist and discover how answers from the farm to the lab bench can improve cow health, well-being and nutrition. Please note: dairy products, hay, fur, and latex are involved. 4-H members should wear clothes they do not mind getting dirty.

### **Horse Shoeing Basics**

Learn about the importance of taking care of your horse's feet and what your farrier can do to keep your horse running in top shape. A farrier is a blacksmith who specializes in shoeing horses, a skill that requires not only the ability to shape and fit horseshoes, but also the ability to clean, trim, and shape a horse's hooves.

### **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.

### **Icebreakers and Time Filler Games**

Are you a camp counselor? Are you a junior leader? Are you someone that just enjoys learning and playing new games? Then this is the class for you! In this class we will be learning how to play and how to teach multiple icebreakers and time filler games that are perfect for getting acquainted at camp or meetings or just filling some time in between activities.

### **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!

### **Linn-Benton Food Share (CS)**

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

### **Livestock Judging**

Come learn about animal selection and judging. We will cover sheep, beef, swine, and meat goats.

### **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.

### **Motion Potion**

The FUN way to learn Parliamentary Procedure and make a delicious snack too! Parliamentary procedure provides a framework that encourages all members to have an equal voice in their club. Robert's Rules of Order is the standard reference for business meetings and is commonly used in both small and large organizations. However, at its most fundamental level, parliamentary procedure is a

valuable resource to ensure each member has a say and to make certain the meeting is conducted efficiently. In this workshop, participants will hold a "meeting" to decide what goes into their snack. Using the basic rules of parliamentary procedure, every participant will have a voice in the process. Come join us as we make "Motion Potion!"

### **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 up to you. Samples will be shown. All supplies will be provided.OSU Tour

### **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

### **Outdoor Cooking**

Food, fire & fun....all in one! That's outdoor cooking. Be ready for a camping trip, hunting expedition or surviving when the power is out. Get hands-on practice starting a fire, using a charcoal chimney starter, preparing your food, and managing the coals. You will cook with a variety of equipment including foil packets, metal skewers and cast iron dutch ovens, and get to eat your amazing creations. Then it's time for clean-up with "leave no trace" techniques. Oh, and be ready to learn about nutrition and food safety, too!

### **Pencil Drawing-Shading Basics**

Did you know the type of pencil you use when you draw will change the depth of your drawing? In this beginner, hands-on drawing workshop, the participants will get to draw and experiment with different drawing pencils—ranging from hard to soft leads. This class will start with basic shading on simple objects and participants can move at their own pace into more intricate shading techniques.

### **Pet Pictures**

This hands-on class focuses on getting shutterly perfect photos of your pet. Learn about basic camera settings and how to take a high quality pet picture.

### **Poetry**

This class is not an ordinary poetry class. This class is about having fun with poetry. Poetry is a verbal art form that everyone has in them—they just have to find what makes their creativity flow onto paper. This class will be beneficial for those that are entering poems or thinking of entering poems into fair as we will talk about the judging rubric, ways to mount your poetry, how to write a poem, where you get your inspiration from and how to put it into poetry form.

### **Posca Paint Pens**

Have fun exploring the many surfaces you can paint on with Posca paint pens! They paint on almost anything. We'll provide a variety of items for you to paint on or you can bring your own. Keep it small.

### **Poultry Judging**

Poultry Judging is a fascinating project in 4-H. Come learn some basic Poultry Judging skills from a 2017 national poultry judge, and explore the opportunities that come with this project.

### **Powering up - Power Tools**

Drills, saws, sanders - don't be stumped about when or how to use certain power tools. Join us for this hands-on class to learn how to properly use a variety of power tools and complete a project.

### **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.

### **Puzzle Room**

Do you think you have what it takes to work as team and solve over 10 clues before time runs out? Crack codes, solve puzzles, find clues and escape the room in less than 90 minutes. The clock is ticking.....Go!

### **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.

### **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 see live birds of prey and learn about wildlife rehabilitation. Then take a hike in an old-growth forest in the OSU Research Forest, learning about the flora and fauna along the way.

### **Reading the Signs**

15% of the world suffers from hearing loss or impairment. In this class, you will learn some basics of American Sign Language: the alphabet, greetings, animals, foods, and more.

### **Rifle**

Introduction to the basics of safe rifle handling and target shooting using .22 caliber single-shot target rifles. Learn about sight picture, trigger hold, breath control, and friendly competition. Taught by certified OSU 4-H Shooting Sports instructors.

### **Ritmos Latinos Dance**

This workshop is aimed to provide knowledge about the history and basic dance steps of current Latin American Rhythms. This is a fun experience for participants, who are encouraged to dance alone or in pairs. Tennis shoes are highly recommended for this workshop.

### **SafeHaven (CS)**

At this community service activity, you will help at the Safehaven Animal Shelter.

### **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.

### **Salsa**

Come explore homemade salsa! Make your own salsa with choice fresh ingredients. Participants will make a basic salsa as well as their own unique salsa.

### **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.

### **Smoothies**

Smoothies are not only delicious, they are healthy and refreshing! In this class, you will create, prepare, and taste different smoothies. Each person will leave the class with new skills and smoothie recipes to make and share.

### **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.

### **Song Parodies**

Do you enjoy listening to song parodies? How would you like to write your own? We will teach you about the structure of song parodies and then you will get to write your own.

### **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 March 1).

### **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.

### **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.

### **Trap Shoot**

This class involves shooting clay targets at a shotgun range. Youth will learn basic gun handling, safety and shotgun shooting techniques taught by OSU 4-H Certified Master Shooting Sports Instructors. All safety gear and equipment will be supplied.

### **Up In the Air**

Want to build a bottle rocket? This is the class for you. In this class, we will create rockets that launch using pressure and examine how rockets fly.

### **US versus THEM**

Whether you admit it or not, we are all brought up to believe that some people are different from us. We are told to stay away from them. Don't trust them. Don't help them. Don't hire them. They are not like us. We will do a short activity in groups, talk about what happened, and identify some of our thinking about who constitutes "them". When you know better, you do better.

### **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.**

### **Virtual Reality**

Come learn about Virtual Reality, it's many uses and experience virtual reality tours. Join classmates on Google Expedition tours and discover new adventures. Also learn how you can use Google Expeditions with others in your County.

### **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.

### **Wonderful World of Wood**

Think about trees for a second - what do they do all day? Sounds like a silly question and perhaps it is. But trees are busily producing wood, bark, leaves, and numerous chemicals from which we derive thousands of everyday products. This presentation will be a mix of educational presentations on wood science and products from trees and hands-on exercises. Students will use a magnifying glass to see the differences between species. Participants will also explore the strength properties of wood with a simple classroom exercise, and then we will wrap things up with a quick look at 'wood innovation in-progress' - a look at the new College of Forestry building at OSU being constructed using cross laminated timber.

### **World of Cheese**

Want to know how four ingredients turn themselves into thousands of cheeses? Want to taste cheeses from all over the world? This is the class for you! You'll even get a chance to taste cheese made here at OSU by Food Science students.

### **Wrapped in Love (CS)**

Get involved with this service learning activity "Wrapped in Love." Activities include learning to make tie-blankets and catnip filled toys that will be donated to various dog and cat rescues. Information will be provided for any class participant that would like to continue this project on their own.

**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 Said What?**

This workshop will give you the tools to look at things differently about relationships and situations. We will touch on how to better connect to people, how to be a better listener, how to appreciate others, and what it takes to build better personal friendships.