

Super Saturday Class List 2018

8:30 – 9:00 AM

Check in, Optional: order \$5 pizza lunch provided by Skagit County State Horse Bowl Team.

9:00 AM

All gather for opening comments

and Guest Speaker Talea Price: **Small JOY, Bigger HAPPINESS**

TWO HOUR MORNING CLASSES: 9:30 - 11:45AM

1A & 2A. Is your Farm Biosecure?

Participants need to bring a laptop or a tablet to connect to WiFi. Participants will have the opportunity to pilot a brand new online curriculum about biosecurity focusing on beef, dairy cattle, sheep, goats and swine. The information is relevant to all species, even humans. Learn how you can do things to reduce the risk of disease for you and your animals. Ages 12-18. *Susan Kerr, WSU Livestock Specialist*

1B & 2B. Oral Reasons for Beginners

Learn why we give oral reasons: organization, eye contact, posture, proper dress, speaking to the judge, how to take notes to prepare. Opportunity to practice and get tips on how you are presenting. For all ages and leaders and parents encouraged to observe and learn how to support your 4-H members. *Bonita Elfstrom, 40+ year Skagit County 4-H leader and local judging and oral reasons expert.*

ONE HOUR CLASSES

FIRST HOUR CLASSES: 9:30-10:30

1C. Active Threat Dialogue with WSP Officer for HS age and adults

A civilian-based curriculum regarding an active threat event, this hour class with a WSP Patrol officer with experience at MPHS and the Cascade Mall, will give advice on red flags, resources available when red flags appear, difference between an active threat and a hostage situation and answer questions. HS age and adults. *Jason Betts, WSP Trooper/K-9 unit and Homeland Security Division, Sedro Woolley Resident and 4-H Dad*

1D. AntLIONS, TIGER Beetles and (SEDRO)Woolley BEARS....OH MY!!

Learn about the amazing world of insects! In this class we will talk about what makes an insect different from other invertebrates, how to make your own insect collection and create your own species!! Ages 10-18. *Benjamin Diehl WSU Entomologist; Skagit County Extension and possible INSECT 4-H CLUB LEADER!*

1E. Basic First Aid for Youth

This teaches youth the logistics of calling 911, how to help someone who is choking, how to tie an arm sling, how to bandage a wound. Students receive their own practice kit. This would be a great class for those getting ready to start a babysitting career. Ages 6-12. *Jack Rodman and Stephan Hatton, Americorps Community Preparedness Coordinators.*

1F. Rodeo Queening Might be for you? Rodeo Queen Basics

This offers the fundamentals of pageant preparation for a queen title and responsibilities before during and after a queen is crowned. Attire, hair, make up, social meeting skills, poise, sportsmanship. Ages 9-18 years old. *Lena Thompson is our local Sedro Woolley Riding Club Royalty coach as well as involved with Miss Rodeo Washington Pageant and a former queen Mom.*

1G. Homemade Ice Cream in a BAG!!

Simple ingredients and basic equipment makes this tasty vanilla ice cream making class a valuable skill to learn! Ages 5-18 years old. **\$1.00 per member.** *Brenda Dunford, Whatcom 4-H Program Coordinator*

1H. NAMASTE...Start the Morning with basics of YOGA

Stretching for health, vitality and energy. Wear clothing suitable for being on the floor and stretching. Ages 8-18. *Michael Wallace NW 4-H Region Program Specialist.*

1I. Low Stress Canine Handling

Drawing on the latest research in applied ethology (the science of animal behavior from a biological perspective) with a focus on dogs, we will explore sensory perception

and cognition of predatory species. Learn how to make simple changes in your approach, restraint and handling to reduce stress to animal and handler and improve communication with your dog. Ages 12-18. *Elise Poston, WSU Livestock Advisor.*

1J. Living without Vision

Have you ever wondered how a blind person can work, cook, travel, use computers or even a smart phone? What is a guide dog? How do blind children go to school? Ages 5-18. *Holly Turri, Whatcom County.*

1K. The Art of Thank You Cards

Spread the Attitude of Gratitude while getting your crafting fix while thinking about why we thank people and why we like to be thanked as well. *WSU Extension educator Alex DuPont* will bring endless amounts of supplies and creative ideas to make a card for someone special. Ages 5-18.

1L. Budding Gardeners

This class is especially for young gardeners to learn about herbs and plants. Local gardening expert will provide seedlings, soil and plants for kids to plant and take home to grow for their families. **\$3.00 per child.** Ages 5-7. *Kathryn Poole, local gardening enthusiast.*

1M. FUN and Easy Fleece Scarves

Before you know it, we will need warm scarves again, or fun easy gift ideas! These fleece scarves will be prepped and ready to assemble. Make your choice of fabric now so material can be purchased. **Class fee: \$4.00 per scarf.** Ages 8-18. *Becky McClellan, Skagit 4-H home ec leader and county fair superintendent.* CHOICES: RAINBOW, 4-H COLORS, SEAHAWKS COLOR, OR RED/WHITE CANDY STRIPES.

MIDDAY 2 HOUR CLASS

10:45-to 11:45 AM, then lunch break. Class concludes from 12:30-1:30.

2C & 3C Whole Grain Chocolate Chip Cookies

Experiment with 100% whole grain cookies using Skagit Valley grown wheat and barley. Flour will be freshly milled during class. Participants will go home with 2 dozen cookies. **Please bring \$2.00 cash and your own bag or re-useable container to take your cookies home.** Ages 10-18.
Kim Binczewski, WSU Bread Lab

SECOND HOUR CLASSES: 10:45-11:45 AM

2D. Explosive K-9 Detection

WSP Trooper Betts and his K-9 Sparky visit with this class to explain dog and officer duties and demonstrate his abilities with training aids. Q&A and a time to greet Sparky. Ages 5-18. *Jason Betts, WSP Trooper/K-9 unit and Homeland Security Division, Sedro Woolley Resident and 4-H Dad.*

2E. Making Informational Posters

What is the difference between an informational poster and an educational poster and an educational display? Tips on do's and don't's of design. Keys to a blue ribbon poster! Ages 8-18. *Doug Ballard, Snohomish County 4-H.*

2F. AntLIONS, TIGER Beetles and (SEDRO)Woolley BEARS....OH MY!!

Learn about the amazing world of insects! In this class we will talk about what makes an insect different from other invertebrates, how to make your own insect collection and create your own species!! Ages 10-18. *Benjamin Diehl, WSU Entomologist; Skagit County Extension and possible INSECT 4-H CLUB LEADER!*

2G. Robotics: Explore the Junk Drawer

Plan and build simple machines using common household items. **\$3 class fee.** Ages 8-18. *Michael Wallace NW Region 4-H Specialist*

2H. A Rose by Any Other Name

Learn to create beautiful roses using pages from old books! Ages 12-18. *Olivia Greso, artist and 4-H Alum*

2I. Homemade Ice Cream in a BAG!!

Simple Ingredients and basic equipment makes this tasty vanilla ice cream making class a valuable skill to learn! **\$1.00 per member.** Ages 5-18 years old. *Brenda Dunford, Whatcom 4-H Program Coordinator*

2J. Introduction to Beekeeping and Honey Bees

Learn about honey bees, the colony, what they do in the hive and out in the world. Find out how Beekeepers take care of their bees. Ages 10-18. *Brad Raspet, Beekeeper and owner operator of Skagit Valley's Bingaling Bee Company.*

2K. Low Stress Canine Handling

Drawing on the latest research in applied ethology (the science of animal behavior from a biological perspective) with a focus on dogs, we will explore sensory perception and cognition of predatory species. Learn how to make simple changes in your approach, restraint and handling to reduce stress to animal and handler and improve communication with your dog. Ages 12-18.

Elise Poston.

2L. Reading with Fingers: Introduction to Braille

Learn about the man that invented the Braille Code as a child. Explore Braille books, equipment, Learn the Braille alphabet and practice this fun new code. Ages 5-18. *Beth Marsau from Northwest Braille Service in Bellingham*

2M. The Art of Thank You Cards

Spread the Attitude of Gratitude while getting your crafting fix while thinking about why we thank people and why we like to be thanked as well. *WSU Extension educator Alex DuPont* will bring endless amounts of supplies and creative ideas to make a card for someone special. Ages 5-18.

2N. FUN and Easy Fleece Scarves

Before you know it, we will need warm scarves again, or fun easy gift ideas! These fleece scarves will be prepped and ready to assemble. Make your choice of fabric now so material can be purchased. **Class fee is \$4.00 per scarf.** Ages 8-18. *Becky McClellan, Skagit 4-H home ec leader and county fair superintendent.* CHOICES: RAINBOW, 4-H COLORS, SEAHAWKS COLOR, OR RED/WHITE CANDY STRIPES.

LUNCH (PURCHASE AT MORNING CHECK-IN or bring your own sack lunch)

AFTERNOON TWO HOUR CLASS: 12:30 – 2:45

3A & 4A. Fly Tying and Fly Casting

Learn how to tie feather, fur, and other materials to a fly fishing hook to make it look like a bug to fool fish into thinking that it is something good to eat. The second hour of the class will be to learn how to cast the fly with a fly rod and line. Ages 8-18. *Klaus Lohse, 4th Corner Fly Fishers club in Bellingham.*

THIRD HOUR CLASSES: 12:30-1:30PM

3B. Making Informational Posters

What is the difference between an informational poster and an educational poster and an educational display? Tips on do's and don't's of design. Keys to a blue ribbon poster! Ages 8-18. *Doug Ballard, Snohomish County 4-H.*

3D. Anime introduction: the Awakening

Delve into the world of Japanese comics with a beginning overview of body proportions and dynamic poses. Anime continued next hour too! Ages 12-18. *Olivia Greso, artist and 4-H Alum.*

3E. Robotics: Explore the Junk Drawer

Plan and build simple machines using common household items. **\$3 class fee.** Ages 8-18. *Michael Wallace, NW Region 4-H Specialist*

3F. Advanced Oral Reasons

This class is for 4-H members that have had some experience with doing oral reasons but would like to improve and receive tips on "faults and grants." Ages 13-18. *Bonita Elfstrom, 40+ year Skagit County 4-H Leader and local Judging and Oral Reasons expert.*

3G. Homemade Ice Cream in a BAG!!

Simple Ingredients and basic equipment makes this tasty vanilla ice cream making class a valuable skill to learn! Ages 5-18. \$1.00 per member *Brenda Dunford, Whatcom 4-H Program Coordinator.*

3H. Low Stress LIVESTOCK Handling

Drawing on the latest research in applied ethology (the science of animal behavior from a biological perspective) with a focus on LIVESTOCK, we will explore sensory perception and cognition. Learn how to make simple changes in your approach, restraint and handling to reduce stress to animal and handler. This class will feature a live goat for demonstration. Ages 12-18. *Elise Poston.*

3I. How High can YOU Bounce?

This fun and active workshop will help participants appreciate a life skill critical to success and happiness. What is it? Come find out! Ages 5-18. *Dr. Susan Kerr, WSU Faculty.*

3J. Pigeon Pets

Pigeons as pets, therapy and their effect on humans. Ages 6-18. *Vicki and Thomas Strand, Whatcom County 4-H Thunderbirds club and Racing Birds*

3L. Down the Rabbit Hole

Come learn about and meet some rabbits of the amazing Angora rabbit breed. These endearing creatures have traditionally been bred for their wool. This class will feature an overview of the breed, the special care they require and a demonstration on working with their exquisite fiber. Age 10-18. *Laurie Grow, local Angora Breeder.*

3M. Plastic Canvas Bookmark

Learn the basic tent stitch and overcast stitch while making a cute bookmark topped with a pompom. With these basic skills you can continue to create all kinds of projects. Ages 8-18. *Becky McClellan, Skagit 4-H home ec leader and county fair superintendent.*

FOURTH HOUR CLASSES: 1:45-2:45 PM

4C. Pigeon Pets

Pigeons as pets, therapy and their effect on humans. Ages 6-18. *Vicki and Thomas Strand, Whatcom County 4-H Thunderbirds club and Racing Birds.*

4D. Anime continued: Once more with feeling

Continue your journey and learn about the unique facial expression of anime characters and how they convey emotion. Ages 12-18. *Olivia Greso, artist and 4-H Alum*

4E. The Do's and Don't's of Rabbit Showmanship

Join in this discussion with a rabbit showmanship judge from Snohomish County. Focus will be on the rabbit handler, what skills the judge looks for, what to do if you don't know the answer to a question, and what if your rabbit is acting a little crazy and more. No rabbits needed—this is about the person showing!! Ages 5-18. *Doug Ballard.*

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