



October 10th, 2009
 9:00am – 3:00pm

Skagit Valley College
 2405 E. College Way, Mt Vernon

Registration Form

Participant's Name			
Circle One	Youth	Adult	Volunteer Leader
Parent's Name			
Contact Phone Numbers			
Enrolled in 4-H ?	Yes	No	

Look at the Class Schedule and fill in your 1st, 2nd, and 3rd Class Choices in the boxes below. Use the appropriate codes.

Classes will be filled in the order registrations are received. Please send in early!

	(A) 9:30 – 10:30	(B) 10:40 – 11:40	(C) 12:30 – 1:30	(D) 1:45 – 2:45
1 st Choice Class				
2 nd Choice Class				
3 rd Choice Class				

Registration fee: \$5 per person or \$12 per family for the whole day!

PRE-REGISTRATION DEADLINE: Postmarked by Tuesday, October 6, 2009

Registration at event begins at 8:30 am

Please mail this form (only page 1) and Payment (make checks out to **Skagit County 4-H Council**) to:

4-H Super Saturday—11768 Westar LN Suite A - Burlington, WA 98233



For more information call the 4-H office at 360-428-4270, ext 0.

4-H Super Saturday - Schedule of Events

Registration 8:30 – 9:15 am

Session A 9:30 – 10:30 am

Code	Class Name	Description
A1	Public Presentation for Beginners All grades + New Leaders and parents	Participants will work on topic selection, speech preparation, poster making, and voice presentation. Participants will also work on voice control, dressing for the speech, and have their questions answered. <i>Instructor: Bonita Elfstrom</i>
A2	Having Fun Cooking With the Microwave All grades Additional Class Fee: \$2.00	Have fun cooking up snacks in the microwave. We will make the usual sweet things, but we might even do something nutritious. Attendees will receive a whole packet of recipes created in previous classes as well as this current class. This class always fills quickly, so get your enrollment forms in. <i>Instructor: Jean Swift</i>
A3	Yoga Fun Kindergarten – 6 th grades	Come play, exercise and connect more deeply with the inner self. We'll use our flexibility, strength and coordination while we learn how to stretch like a dog and balance like a flamingo. <i>Instructor: Ada Crowl</i>
A4	Creative Collage Binder Covers All grades	You will learn how to create a collage binder covers to use in binders for school. Participants are encouraged to bring magazines to use for this project. Some magazines will be provided as well as paper, glue sticks, and scissors. <i>Instructor: Michelle Fry</i>
A5	Horse Bowl Contest 4-H Seniors	Horse Bowl contest is required for members enrolled in the horse project and seeking to attend Skagit County Fair in 2010. <i>Instructor: Sherrie Nelson</i>
A6	Gearing Up: Smart Bicycling Skills for Safe and Fun Riding – Part I 4 th grades – adults	* This is a 2 sessions class – Must enroll in both sessions Gearing Up is a combination of classroom and on bike experience. Participants must bring their helmet and a bicycle in good working order. Preparing to ride, bicycle handling basics, your role in traffic and hazard avoidance skills will be covered in this fun 2 hour session taught by League of American Bicycling, League Certified Instructors – <i>Instructor: Liz McNett Crowl & others</i>
A7	The Fine Art of Creating A Personalized T-Shirt Additional Class Fee: \$5.00	You will learn how to paint and / or draw a personalized design on a t-shirt. Designs, patterns, paints and simple instruction sheet will be provided. Please bring a PRE-WASHED t-shirt to the class for each youth participating. <i>Instructor: Bonnie Artchley</i>

Session B 10:40 – 11:40 am

B1	Gearing Up: Smart Bicycling Skills -- Part II 4 th grades – adults	2nd part of the class – must be enrolled in both sessions.
B2	Training your Dog and Cat to be a Good Patient All grades	Learn how to check for shock, take pulse and heart rates; how to make an emergence muzzle, to give medications pills and liquid medicines. How to remove bee stingers and safely lift a dog. <i>Instructor: Bonita Elfstrom</i>
B3	I am Me! Kindergarten – 12 th grades	Collage some wall art with your favorite pictures and items you can glue and stick to make your own poster. Bring magazines to cut from and anything you would like to stick on your art! <i>Instructor: Sophia Beltran</i>
B4	Gear up for Hiking Expeditions 3 rd – adults	Not sure what to pack for your next backcountry trail adventure? Learn from a Parks Ranger how to make informed decisions selecting and using the proper gear to ensure a safe, successful, and enjoyable experience hiking trails in the Pacific Northwest and beyond. <i>Instructor: Kerry Cook</i>
B5	Henna Body Art 4 th – 12 th grades Additional Class Fee: \$7.00	How to draw on your body with Henna: Learn how and why henna stains skin. Quick overview of safety, traditions, and making the henna paste. Then onto the fun stuff...practicing the henna designs! Learn some simple shapes of traditional patterns. Everyone will be given handouts and a henna cone. <i>Instructor: Justine Howland-Goodwin</i>
B6	Horse Bowl Contest 4-H Intermediates	Horse Bowl contest is required for members enrolled in the horse project and seeking to attend Skagit County Fair in 2010. <i>Instructor: Sharrie Nelson</i>
B7	The Fine Art of Creating A Personalized T-Shirt Additional Class Fee: \$5.00	You will learn how to paint and / or draw a personalized design on a t-shirt. Designs, patterns, paints and simple instruction sheet will be provided. Please bring a PRE-WASHED t-shirt to class for each youth participating. <i>Instructor: Bonnie Artchley</i>



LUNCH 11:40 – 12:20 pm
Bring a sack lunch or eat at the 4-H Food Booth

Session C 12:30 – 1:30 pm

C1	Pet's First Aid Kit All grades	Learn how to make a first aid kit for your pet and for yourself. The kit includes even natural products. What to take on a hike or camping trip when taking your pet along. <i>Instructor: Bonita Elfstrom</i>
C2	Diorama Around Kindergarten – 12 th grades	Make your own secret box full of some of your goals! Bring any favorite items you want to cut and stick in your box. Please bring a shoe box to decorate. <i>Instructor: Sophia Beltran</i>
C3	Basic Bonsai 2nd – 12th grades	Why would you want to bonsai a tree? How would you do it? What do you need to start this ancient hobby? Bonsai was introduced to Japan in the 9th century and is still a growing hobby. Learn the basics in this class and see a bonsai started and potted. <i>Instructor: John Pinquoch</i>
C4	Youth Fit (by YMCA team) 3 rd – 6 th grades + parents	An introduction to fitness incorporating basic muscular strength and endurance training into recreational fun activities. Parents are welcome to attend. <i>Instructors: Jessica Blackburn & Stefanie Ash</i>
C5	Horse Bowl Contest 4-H Juniors	Horse Bowl contest is required for members enrolled in the horse project and seeking to attend Skagit County Fair in 2010. <i>Instructor: Sharrie Nelson</i>
C6	Backyard Poultry 3 rd grade to adults	Have you ever wished for your own fresh eggs? Have you seen the chicks at the fair or feed store and wanted to raise your own chickens? In this class we will cover the basics of raising chickens, simple coop requirements, equipment, feed, and care. Several breeds of chickens will be on display. <i>Instructor: Benjamin Janicki</i>
C7	Scrapbooking 101 – The Basics Additional Class Fee: \$7.00	In the class you will learn the basic ideas involved in scrapbooking and then you will create a 4-H themed 6x6 scrapbook layout for all those great 4-H related pictures. You can bring 2-6 photos of your favorite photos. Scissors and glue will be provided for everyone to share, but by bringing your own the projects go together much faster. <i>Instructor: Shonna Ausbourne</i>

Session D 1:45 – 2:45 pm

D1	Henna Body Art 4 th – 12 th grades Additional Class Fee: \$7.00	How to draw on your body with Henna. How does it work? Learn how and why henna stains skin. Quick overview of safety, traditions, and making the henna paste. Then onto the fun stuff...practicing the henna designs! Learn some simple shapes of traditional patterns. Everyone will be given handouts and a henna cone. <i>Instructor: Justine Howland-Goodwin</i>
D2	Introduction to Vet Sciences 9 th – 12 th grades	An introduction to the new veterinary medicine 4-H program in Skagit County. This is an advanced vet science class open to 4-H members enrolled in large and small animal projects. <i>Instructor: Dr. Rebecca Quam</i>
D3	Bugs R Us 3 rd – 6 th grades + parents	Are you fascinated with bugs? Come and learn about the beneficial insects that live in Skagit County backyards. We will learn how to recognize them, how they live, and ways to explore the insect world. Learn how important bugs are and why they do such amazing things. <i>Instructors: Virgene Link & Rosalie Myers</i>
D4	Record Books Made Easy 3 rd – 12 th grades	Learn what it takes to put together a blue ribbon record book. Recommended for 4-H Members, leaders, and parents. <i>Instructor: Sherrie Nelson</i>
D5	Explore GPS 5 th – 12th grades	You've probably heard that GIS and GPS are two of the hottest technology programs in 4-H right now, but what exactly are GIS and GPS? How is 4-H involved with these technologies? Learn how the use the technology of a GPS receiver. Learn about satellites, and get some practice finding coordinates. <i>Instructor: Stacie Watne</i>
D6	Exotic Animals as Pets 4 th - adults	Learn about how to take care of exotic animals. The do and don'ts and how to show your lizard, hamster, guinea pig and other exotics at the county fair. <i>Instructor: Hydee Garman</i>
D7	Creative Card Additional Class Fee: \$2.00	In this class students will create 3 paper crafted cards with Halloween or Fall themes to share with family and friends. Scissors and glue will be provided for everyone to share, but by bringing your own the projects go together much faster. <i>Instructor: Shonna Ausbourne</i>