

2017 HDLR Class Descriptions

Ready, Set, Goal! | Katy Joyce | 30 | 2 classes

How do most people achieve their dreams? They set goals and put steps in place to make sure the goals are met. Don't know what the big end goal is yet? No problem...starting with small everyday goals is the only way to achieve bigger goals in the future. Come learn the basics of effective goal setting and the important steps to making your goals a reality.

Oh, the foods you can eat!! | Katy Joyce and Kristi Hiaasen | 30 | 1 class

You have brains in your head. You have feet in your shoes. Come learn how to steer towards THE RIGHT FOODS! Come join us to learn about the food you eat, making healthy choices, and how to prepare healthy snacks (with sampling opportunities). Remember: You are what you eat from your head down to your feet!

Become a Design Ninja | Jamie Davis | 40 | 2 classes

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 hands on workshop will showcase quick, simple and free tricks to create memorable printed and digital materials.

Not Your Average Team builder! | Jamie Davis | 20 | 2 classes

Bump, set and spike your way into developing team building skills by playing a challenging high-paced game. This is an active workshop so make sure you wear athletic clothing and shoes.

Find Your SPRK+ | Samara Rufener | 24 | 2 classes

This session will use Sphero SPRK+ robots to guide you through coding, team building math and science. You will get the chance to play robo tag, code your robot to dance, speak and run through obstacle courses. Come prepared to Find Your SPRK+.

Yeah, I Work Out! | Samara Rufener and Lindsay Walker | 35 | 2 classes

Get pumped to learn some at-home fitness and nutrition tips to use all year long! First, we will take you through a workout that you can replicate at home with minimal equipment. Then, you will take charge in making and taste testing some healthy snacks that will complement your workout!

Unfiltered | Karissa Dishon | 20 | 1 class

Do you want to take better pictures? Would you like to learn what makes some photos more impactful than others? Join this hands on experiential class where we will learn and practice photography basics, as well as simple ways to edit and share photos. Bring your DSLR, Smart phone, or any camera to join in on the fun.

Ready...Set...Action | Karissa Dishon | 30 | 2 classes

Learn to tell your story, and impact people through video. Discover simple ways to communicate through technology, and explore career and hobby interests related to video

design. Bring your own phone, iPad, or use one of ours, just come ready to learn and try new ideas.

You Got This! | Lindsay Walker | 30 | 2 classes

Life can get you down and make you feel sad, angry, stressed, frustrated...etc.

#thestruggleisreal Join this class to learn some positive coping skills so you can begin to face adversity to the best of your ability. The class will be a fun, interactive time with your friends to build skills that could last a lifetime!

Livestock Judging | Jon Gandy | 30 | 1 class

Don't be placed in the bottom of the class anymore! Beef up your livestock judging knowledge by learning the basics. This class will help you learn the basics so that you feel more comfortable at the next livestock judging contest.

Livestock Quality Assurance | Jon Gandy | 1 class

In this class we will "inject" some fun into your knowledge of what livestock quality assurance is. Learn why it is important to keep good records and what should be in those records? Take your project to the next level and be a winner in Quality Assurance!

Camp Counselor Leadership | Jon Gandy | 30 | 1 class

Learn what it takes to be a camp counselor. With camps all over the state, you may be interested in becoming a counselor. Uncover the fun and build your leadership skills as this class shows you what it takes to be a true leader through camp.

Hunting for Sasquatch | Jon Gandy and Randy Silvey | 20 | 2 classes

Next time you go out into the woods, make sure you look over your shoulder! This legend has had many people searching for facts their entire life. The class will dive into the myths about the hairy monster and we will leave the decision making up to you.

Powering Up | Kendall Derby | 25 | 1 class

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.

Outdoor Cooking | Amy and Kendall Derby | 20 | 1 class

Want to learn how to make some tasty Campfire Treats? Sign up for this hands-on class and learn how to create enjoyable treats such as banana boats, campfire cones, or cheesy little smoky bites. Yum!

Zines 101 | Kellie Eldridge | 20 | 2 classes

No art skills needed! We will be hand-making several small booklets ("zine" is short for "magazine") to showcase your artwork, dreams, goals, poetry, comic book characters, graphic novel, mini-diary, pocket calendar.... A really fun and easy activity that uses minimal supplies. The only limit is your imagination!

Low Ropes Team Challenge | (All will take)

When we all come together, we can accomplish magnificent things! Join us as we work through team building challenges, leadership games, and sharpen your critical thinking skills. This will be a hands on and active session for all.

Time to spend some money! | Andrea Leao | 30

You just got your paycheck and you are ready to go shopping. Do you want a new phone? A new pair of shoes? A new TV? Or do you want to have lunch with friends? Once you decide what you want, you need to figure out what is the best deal. Come and develop your consumerism skills!

Skill – a – what? | Andrea Leao | 25

A skill-a-thon can be used as a fun introduction to a topic, an initial assessment of skills, or as an evaluation of skills learned. Livestock skill-a-thon. Family and Consumer Science skill-a-thon. What are these and why would you care? These are two fairly new contests that are available for Oregon 4-H members to participate in and now you can have the opportunity to explore what these events are all about.

Impromptu Speaking | Samara Rufener | 25

Public speaking is an important life skill that is like riding a bike, you may be nervous at first but once you learn you will never forget! In this session you will learn the basic skills of public speaking, how and where it is used and present an impromptu speech of your own.

Entrepreneurship | Maureen Hosty | 30 (1 class)

What did you say? Ahn-truh-pruh-new-er-ship

This french word refers to the process of designing, launching, and running a new business. If you think you're a future business owner or fancy knowing what it takes, don't wait to sign up!

Hip-Hop Dance | Shannon Abero | 40 (2 classes)

Did you know dancing can improve your mood and boost confidence? Shannon is a trained, professional dance instructor who will be leading these fun classes with some great music and moves! Bring your dancin' shoes and water bottle to stay hydrated!

What Makes a Leader? | Karissa Dishon | 30 (1 class)

Are leaders born or grown? Do you have what it takes? Find out with this interactive class to un-pack the essentials of leadership.

Make a Macramé Bracelet | Reza Mansur | 20 (1 class)

In this class, you will learn to make a fun and easy macramé and bead bracelet that is a twist on the traditional friendship bracelet. This beaded, woven bracelet can be made from any kind of twine or embroidery floss and whatever beads you like. It is easily removable with the slide closure that we will add. This fun little piece is proof that the very best crafts can be simple!

Murder Mystery Dinner | All 10-12th graders

Saturday evening 10th, 11th, and 12th graders will enjoy dinner aboard the private Pullman car "Desire" attached to a military train due to depart Paris Gare D'Austerlitz, Platform #7 at 6:30 pm.