



## Sauk County 4-H Super Saturday – January 28, 2023

Location: Baraboo High School, 1201 Draper Street, Baraboo, WI 53913

Fee of \$15 per youth/adult attending session OR \$5 for adult helpers or observers eating lunch

Youth or adult presenters also participating in sessions- \$5, Only presenting-\$0

[Register Online](#) by Jan 14<sup>th</sup>

8:30 – Registration Opens.

9:00 AM – Event Begins with Welcome Session – Cafeteria

9:20AM-10:20AM – Session 1      10:30-11:30- Session 2      11:30-12:00 Lunch      12:10-1:10 Session 3      1:15-2:15 Session 4

2:15-2:30 Closing – Wrap Up and Reflection

### Cloverbuds Sessions

K-2 grade (Parents are asked to stay with their Cloverbud)

All Cloverbuds will be assigned the same sessions that are designed to be developmentally appropriate

- o All About the Senses
- o Legos
- o Gnome Craft
- o Slime/Oobleck
- o Paper Rockets
- o PE/Recreation Activities
- o Happy minds & bodies

### Members & Adult Sessions

- Adding Wellness to Your Routine (Katy Carter)- Practice some wellness tools and skills to be a well-rounded individual.
- Amazing Llamas (Christy Wehler & Kelsey Kreul) Come learn what it is like to raise llamas including benefits, traits, and care for them.  
Limit 30
- First Aid for YOUth (Susan Thering) Learn the basics of First Aid including bandaging, splinting, and AED use. Limit 15
- Horse Trivia (Natalie Kieffer) Learn about horses or put your knowledge to the test! Limit 20
- Learn to Crochet (Petra Metzger & Jeena Metzger) no experience required, beginners welcomed. Session 1 only, Limit 20
- Robotics (Mike Pullen)- Introduction to robotics using super-cheap open-source brains and household parts. Limit 15
- Nail & String Art (Avery Bussan) String art making is done by nailing nails into a piece of wood in the design you want then string strung on to the nails. Limit 10
- Painting (Jennifer Nelson & Courtney Haggard) Follow along with the instructor to create a masterpiece. Limit 20
- Paper Quilling (Rene McClaine)- Design art by rolling paper strips, pinching them into different shapes, and gluing the shapes together. Limit 15
- Quick Breads (Shalome Ullmann & Elise Hooks) Practice measuring and mixing while baking quick breads. Limit 15
- Rabbits (Brooke Beardsley) Learn the basic care of rabbits as well as showing breed judging and showmanship Limit 20
- Sewing Project -two sessions long (Stephanie Beardsley)- Learn the basics of sewing and have a completed sewing project to take home. Limit 12
- Wreath Making (Jada Hooks) Hand weave a grapevine or curly willow wreath, make a simple bow, decorate and have an item ready for the fair! Limit 15.
- Paracord Bracelet or Keychain (Jenny Hudson-Stanek) Braid paracords together to create a keychain or bracelet. Limit 20
- 4-H Goes Global- (WI 4-H International Programs)- Join in a multi-culture experience exploring countries around the world while learning what it means to be a global citizen! Limit 25
- Making Paper Art (Becky Pfile)- Celebrate 4-H, yourself, and different cultures while creating different paper creations
- Soldering LED Project (Baraboo RadioShack) Learn basic soldering skills while assembling a flashing LED kit to take home. Limit 8
- All About Horses (Brooke Beardsley) Learn about the basics of horses, tack, and everything else that goes into owning or showing horses. Limit 20
- Astrophotography (Cliff Nieuwenhuis) Learn how to take pictures of the night sky with the camera you have. Limit 12
- Cake Decorating (Shalome Ullmann & Megan Ullmann). Learn techniques on decoding with frosting while creating farm animal cupcakes. Limit 15
- Bead Projects- (Avery Bussan) be creative with beads. Create bracelets, keychains, bead animals, peeler bead projects and more! Limit 10
- Diamond Art (Stephanie Beardsley) Learn a fun and relaxing craft. Diamond painting is similar to paint by numbers, but with sparkling rhinestones. Limit 15
- Entomology (Deb Nieuwenhuis) Explore the world of insects, why they are important, and learn techniques to prepare an insect collection for the fair. Limit 12
- Focus on Photography- Come and learn about ways to improve your photographs, with hands on tips and tricks. Limit 20
- Geologic Maps (Carsyn Ames & Eric Stewart)- Build maps out of playdoh while learning how to read and interpret local maps.
- Small Plants (Jada Hooks) Plants after decorating 3 small pots. Limit 15
- Self Defense (Elite Self Defense Center) How to defend yourself Limit 30
- Small Engines (Jr. Leaders) Learn how a basic 4 stroke engine works while taking it apart and identifying each part. Limit 15
- Sewing Handwarmer- Courtney Haggard- Simple project(s) - hand warmers and a 4-h scarf if time allows. Limit 10
- Sewing a Pillowcase- Courtney Haggard- sewing a pillowcase and 4-H scarf- Limit 10
- 4-H Impacts- High Schoolers & Adults only (Stacy Parsons & Becky Pfile) Reflect on your 4-H story and experiences as a member or volunteer. Help the Sauk County 4-H program identify and build on its strengths though Ripple Effect Mapping process.