



SUPER SATURDAY March 7, 2020



The 2020 Super Saturday is Saturday, March 7th from 9 a.m. to 11:45 a.m. at Highland Community College (Bldg. R), 2998 W. Pearl City Road, Freeport. A morning of hands-on learning and fun, Super Saturday will have you DOING, THINKING, and CREATING! Make sure to bring the items indicated for the workshops you have signed up for and LOTS of energy and get ready to have a SUPER day! You do not have to be in any particular project area to attend, in fact, you do not even have to be in 4-H, so grab a friend and have them join you!

The schedule for the day:

8:30 - 8:50 a.m.	Registration
9:00 - 9:50 a.m.	Session 1
9:55 - 10:45 a.m.	Session 2
10:50 - 11:40 a.m.	Session 3
11:45 - 11:55 a.m.	Evaluations & Dismissal



You have to be ages 8 & up to participate in the following sessions:

REGISTRATION DEADLINE: MARCH 1, 2020

PRE-REGISTRATION IS REQUIRED!

Please use the enclosed form or register online at go.illinois.edu/jsw.

Please choose three workshops to attend (1 from each Session unless noted). Course descriptions, presenters, age guidelines and class requirements listed on the following pages! Note class size minimums and maximums next to the descriptions.

Plan to **WEAR COMFORTABLE, OLD CLOTHES.**

Registration fees: \$9.00 per person

Please submit fees with your registration form. Make checks payable to:

U of I Extension (please do not write anything on the memo line of your check).

University of Illinois College of Agricultural, Consumer & Environmental Sciences
■ United States Department of Agriculture ■ Local Extension Councils Cooperating
University of Illinois Extension provides equal opportunities in programs and employment.

If you need a reasonable accommodation to participate in this program, please contact Stephenson County Extension at 815-235-4125.

SESSION 1

9:00 – 9:50 a.m.

- A. Stepping Up in the World
- B. Mini-Succulent Garden
- C. Livestock Showing- Rabbits
- D. Public Speaking
- E. Science for Foodies (1 of 2)
- F. Robot Construction
- G. Pharmacy Project

SESSION 2

9:55 – 10:45 a.m.

- H. Emergency 9-1-1
- I. Mug Meals
- J. Livestock Showing- Rabbits
- K. Public Speaking
- L. Fuel Up and Feel Fantastic (2 of 2)
- M. Robot Construction
- N. Friendship Bracelets
- O. Pharmacy Project
- P. Cupcake Decorating (1 of 2)

SESSION 3

10:50 – 11:40 a.m.

- Q. Emergency 9-1-1
- R. Mug Meals
- S. Cupcake Decorating (2 of 2)
- T. Livestock Showing- Rabbits
- U. Public Speaking
- V. Cloud Slime
- W. Pharmacy Project
- X. Fuel Up and Feel Fantastic

SESSION 1 CHOICES:

Stepping Up in the World **Class Limit: 10**

Instructor: Tom Mulder

Description: Ages 8 & up. Come make a small step stool for gaining just a little height for those hard to reach places.

Note: This class requires an extra charge of \$3 to cover materials. Please bring a hammer with your name on it.

Mini- Succulent Garden **Class Limit: 15**

Instructors: John Miller (Nikki Keltner assisting)

Description: Ages 8 & up. Have fun making a miniature succulent garden by reusing an item that normally is placed in the trash. You will learn how to build and care for little planters made with recycled Keurig cups.

Livestock Showing- Rabbit Focused **Class Limit: 10**

Instructor: 4-H Ambassadors: Celeste Munda, Kasen DeHaven, Rachel and Magen Busker

Description: Ages 8 & up. Learn all about how to care for and present rabbits as you hang out with rabbits.

Public Speaking **Class Limit: 10**

Instructor: 4-H Ambassadors: Rachel & Madison Young, Hannah & Rebekah Visel, & Odin Stabenow

Description: Ages 8 & up. Learn all the pros & cons about public speaking & even some ways to have fun with it.

Science for Foodies **Class Limit: 10**

Instructor: Karen Wilhelms

Description: Ages 8 & up. Explore the world of food, what makes it great and not so great. Must take concurrent session! Register for both.

Robot Construction **Class Limit: 10**

Instructor: Adam Boyer

Description: Ages 10 & up. Learn basic building skills to make a homemade robot, using household and a few store-bought items. Please note the age limit for this class.

Pharmacy Project **Class Limit: 15**

Instructors: Aaron Flynn & Heidi Roberts, UIC College of Pharmacy

Description: Ages 8 & up. Work with UIC College of Pharmacy on Medical terminology, conversion of measurements, and transcribing prescriptions in 3 fun activities. You'll learn a lot and even name your own disease!

SESSION 2 CHOICES:

Emergency 9-1-1 **Class Limit: 10**

Instructor: Star Ambulance EMTs

Description: Ages 8 & up. Ever wonder what it feels like to work as an Emergency Medical Technician (EMT)? Come find out! You will learn basic first-aid techniques and see the inside of a working ambulance.

Note: This class is also offered in Session 3. DO NOT register for both.

Mug Meals **Class Limit: 15**

Instructor: HCE Volunteers

Description: Ages 8 & up. Mug Meals are great for people wanting to cook a single serving meal, someone in a hurry or a college kid in a dorm and are an easy way to eat real food with little waiting and easy clean up. All you need is a mug, a microwave, and a few basic ingredients.

You will be provided recipes for a variety of mug meals. Mug Meals are an easy way to eat real food with little waiting and easy clean up. We will make some mixes to take home.

We will prepare a couple of the recipes for participants to taste.

Livestock Showing- Rabbit Focused **Class Limit: 10**

Instructor: 4-H Ambassadors: Celeste Munda, Kasen DeHaven, Rachel and Magen Busker

Description: Ages 8 & up. Learn all about how to care for and present rabbits as you hang out with rabbits.

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Robot Construction **Class Limit: 10**

Instructor: Adam Boyer

Description: Ages 10 & up. Learn basic building skills to make a homemade robot, using household and a few store-bought items. Please note the age limit for this class.

Friendship Bracelets **Class Limit: 10**

Instructor: Michelle Marck & Natalie Fellows

Description: Ages 8 & up. Learn how to make a cute or colorful friendship bracelet!

Pharmacy Project **Class Limit: 15**

Instructors: Aaron Flynn & Heidi Roberts, UIC College of Pharmacy

Description: Ages 8 & up. Work with UIC College of Pharmacy on Medical terminology, conversion of measurements, and transcribing prescriptions in 3 fun activities. You'll learn a lot and even name your own disease!

Cupcake Decorating **Class Limit: 10**

Instructors: Katie Engelkens

Description: Ages 8 & up. We have all seen beautiful decorated cakes, cookies, and cupcakes. Here is your chance to try decorating some cupcakes yourself the way you want to. In this session you will learn everything to get started. You will use several different icing tips and learn how to use them. Some of the tips you will use are for making drop flowers, open & closed stars, grass, leaf, writing, and to make a rose. We will also be using Russian piping tips and different ruffle tips as well as creating different types of flowers. ***Please plan to bring: seven undecorated cupcakes and a container to***

take them home in. This class spans 2 sessions. You must also select it for the 10:50 time slot.

SESSION 3 CHOICES:

Star Ambulance - Emergency 9-1-1 **Class Limit: 10**

Instructor: Star Ambulance EMTs

Description: Ages 8 & up. Ever wonder what it feels like to work as an Emergency Medical Technician (EMT)? Come find out! You will learn basic first-aid techniques and see the inside of a working ambulance.

Note: *This same class is also offered in Session 2. You will only be allowed to take this once so please **DO NOT** register for both.*

Mug Meals **Class Limit: 15**

Instructor: HCE Volunteers

Description: Ages 8 & up. Mug Meals are great for people wanting to cook a single serving meal, someone in a hurry or a college kid in a dorm and are an easy way to eat real food with little waiting and easy clean up. All you need is a mug, a microwave, and a few basic ingredients.

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Livestock Showing- Rabbit Focused **Class Limit: 10**

Instructor: 4-H Ambassadors: Celeste Munda, Kasen DeHaven, Rachel and Magen Busker

Description: Ages 8 & up. Learn all about how to care for and present rabbits as you hang out with rabbits.

Public Speaking **Class Limit: 10**

Instructor: 4-H Ambassadors: Rachel & Madison Young, Hannah & Rebekah Visel, & Odin Stabenow

Description: Ages 8 & up. Learn all the pros & cons about public speaking & even some ways to have fun with it.

Cloud Slime **Class Limit: 15**

Instructor: Carson Williams & Olivia Boeck

Description: Ages 8 & up. Cloud slime is so much fun to make and play with! It really does feel and look like fluffy clouds. Think of a super stretchy and fluffy slime that melts away in your hand like a giant fluffy cloud! Please bring an 8 oz. plastic container with a lid to take your cloud slime home.

Pharmacy Project **Class Limit: 15**

Instructors: Aaron Flynn & Heidi Roberts, UIC College of Pharmacy

Description: Ages 8 & up. Work with UIC College of Pharmacy on Medical terminology, conversion of measurements, and transcribing prescriptions in 3 fun activities. You'll learn a lot and even name your own disease!

Fuel Up and Feel Fantastic! **Class Limit: 10**

Instructor: Karen Wilhelms

Description: Ages 8 & up. Learn how to nourish your body for exercise and well-being. Plan is to make a healthy snack to take home.