



**STEP
IT
UP
with 4-H**

Enjoy learning art, photography, sewing and cooking on Tuesdays!

Graphic Elements of Design - Photography

JANUARY 15, 6 - 7:30 PM; Ages 7+. Free

Learn how to take eye catching photos with 4-H photography judge, Janis Rubus. You don't need a fancy camera to take good pictures, just a good eye and imagination. In this interactive class, youth will take pictures, critique photos, and learn how to control the image with lighting, aperture settings, picture composition and cropping. Bring camera (iPhone/Android, digital point & shoot, or DSLR) and 2 recent photos on a flash drive. RSVP by 1/14

Fruits are Divine – Foods and Nutrition

JANUARY 22, 6 – 7:30 PM; Ages 5+. Free

Are you ready to “level up” your cooking skills? This class is the first of a 3-part mini-cooking class series, where you will master basic cooking skills to help you succeed in the “Foods of the Pacific Northwest” portion of the Food Preparation Contest. Practice basic kitchen safety/food preparation, learn the basics of MyPlate, devour fruit and veggie nutrition facts and review knife cutting and safety skills while preparing a favorite fruit appetizer. RSVP by 1/21

Zippy Zipper Pouch – Sewing

JANUARY 29, 6 – 7:30 PM; Ages 7+. Free

Sitting down at a sewing machine for the first time can seem like a scary task, but we promise it's easy once you get the hang of it. Whether you're just learning how to stitch a straight line or you're already a pro at reading patterns, there are endless possibilities to what you can create no matter what your sewing level. RSVP by 1/28

Sizzling Skillet Meal – Foods & Nutrition

FEBRUARY 12, 6 – 7:30 PM; Ages 5+. Cost: \$2

Prepare for the main event with a nutritious Chicken, Broccoli and Cheese Skillet Meal. Learn about the unique foods and flavors iconic to the Pacific Northwest. Review Food Presentation and table setting, explore the protein food group and understand how to properly, and safely, prepare meats. All Food Adventurers welcome! RSVP by 2/11



Pre-registration required day before event.
Location: 569 Hanley Road, Central Point, OR 97502
RSVP: Jackie.Freeman@oregonstate.edu
541-776-7371

Awesome Oven Mitt - Location: Central Point Library

FEBRUARY, 19, 6 – 7:30 PM, Ages 7+. Free

Come learn how to make an oven mitt that you can use while you cook. Don't worry if you are just learning how to master the sewing machine, this project will be easy to get the hang of!

RSVP by 2/18

Creative Collage - Art

FEBRUARY 26, 6 – 7:30 PM, Ages 6+. Free

Do you imagine in 3-D? 4-H Art Superintendents, Patty Bunch and Erin Conte, will take you beyond the traditional magazine collage into an art form that includes stamping, painting and even found objects.

RSVP by 2/25

Save Room for Dessert – Foods and Nutrition

MARCH 5, 6:00 – 7:30 PM, Ages 5+. Cost: \$2

Join us and make Marionberry Crisp a La Mode. Demonstrate your mastery of measuring dry and liquid ingredients with this tasty treat. We will practice breaking an egg and review oven safety, as well as discover the delights of the grain and dairy food groups. Amaze your friends with this neat treat!

RSVP by 3/4

Sewing IS Fun & Games - Sewing

MARCH 12, 6:00 – 7:30 PM, Ages 8+. Free

Looking to add more fun to your club meetings? Then come and sew with us! We are making an easy Bean Bag Toss game board and bags with colorful fabric. Great way to liven up a family get together or camping trip.

RSVP by 3/11

Screen Printing Magic – Art

MARCH 19, 6:00 – 7:30 PM, Ages 5+. Free

Screen printing is a fun and flexible art form. Different screens combined with different inks will be printed on paper or fabric to make interesting patterns. Sue Densmore, silk screen fiber artist, will teach you techniques and terminology such as transfer, blocking, stencil, squeegee, mesh, apertures and ink. Guaranteed fun!

RSVP by 3/18

Photography Spotlight: Photojournalism

SATURDAY, MARCH 23, 1:00 – 4:00 PM. Ages 8+. Free

What is the difference between a good photograph and an eye-stopping, breath-catching image? Light and Composition. Weather permitting, youth will capture a story by photographing Jacksonville or Hanley Farms. After, Photography Instructor, Janis Rubus, will show you how a simple adjustment can make your image even stronger. Camera needed - iPhone/Android, digital point & shoot, or DSLR. Parents are required to transport their children.

RSVP 3/22

Say “Cheese!” - Photography

APRIL 2, 6 - 7:30 PM; Ages 7+. Free

A portrait should do more than just show a person's likeness. It should also capture his or her personality. In this workshop learn composition and lighting tips to make your photographs of people even better. Bring your camera for in-class shooting. Janis Rubus, fair judge and photography instructor, will expand your idea of what a portrait is, and show you how a simple adjustment can make your image even stronger.

RSVP by 4/1



Accommodations for disabilities should be made seven days before the event by calling 541-776-7371 or emailing Lena.Hosking@oregonstate.edu



Oregon State University
**Southern Oregon Research
and Extension Center**