

take part in  
"THE GREATEST CHALLENGE,  
THE GREATEST CAUSE,  
AND THE GREATEST  
WORK ON EARTH"

- President Russell M. Nelson



# 2019 MULTI-STAKE YOUTH CONFERENCE

Saturday, March 16



San Francisco • San Mateo • Concord • Saratoga • Hayward  
Danville • Antioch • San Leandro • Pleasanton • Walnut Creek

THE CHURCH OF  
JESUS CHRIST  
OF LATTER-DAY SAINTS

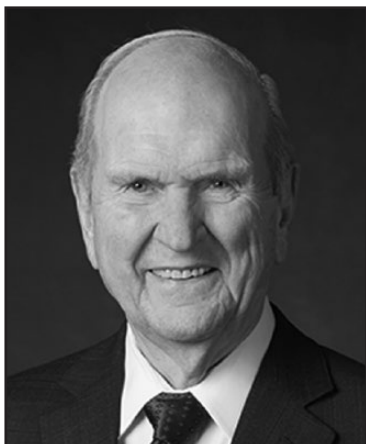
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## THEME

President Nelson's invitation to every single youth in the Church to take part in

**"THE GREATEST CHALLENGE,  
THE GREATEST CAUSE,  
AND THE GREATEST  
WORK ON EARTH"**

- President Russell M. Nelson



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## CODE OF CONDUCT

I agree to cheerfully and willingly follow the counsel and direction of all leaders and chaperones, and to abide by the standards of the Church of Jesus Christ of Latter-Day Saints as set forth in the pamphlet entitled "For the Strength of Youth," for the duration of this Youth Conference. I will not leave the activity at any time, and will refrain from using any inappropriate language and participating in any inappropriate activities. I will also strictly follow the Word of Wisdom and refrain from the use of any drugs, tobacco or alcohol and I will wear clothing in compliance with Church standards.

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## OPENING KEYNOTE SPEAKER

**Meg Johnson**

***"When life gets too hard to stand...  
JUST KEEP ON ROLLIN'!"***

- Meg Johnson

### HOW IT ALL BEGAN...

Meg was paralyzed in St. George, Utah when she accidentally jumped off a 40-foot cliff, breaking both her femurs, arms, collar bone, and neck in the landing. She became a C-7 quadriplegic.

### NOW NOTHING CAN HOLD HER DOWN!

Though confined to a wheelchair, Meg refuses to sit still. She started out her time in a wheelchair playing rugby, also known as Murderball, with the Utah Scorpions. Less than a year and a half after her injury, Meg represented Utah as an independent delegate at the national Ms. Wheelchair America Pageant in New York, winning the Spirit Award. That same year, Meg founded Utah's chapter of the Ms. Wheelchair pageant. Meg taught high school seminary at Layton, Northridge, and Fremont High Schools. Her work has touched many on a local, national, and international level and Meg was the recipient of the Athena Leadership Award in 2012.

In addition to numerous television and print stories, Meg was the cover story for Wasatch Women in 2008. She has been the inspiration for several documentaries and movies including *Falling Up*. Meg was paralyzed halfway through college, but finished her degree at Weber State University. She has a BA in Communications with a minor in English. Part of her college experience was as an intern at Walt Disney World.

Meg married Whit in the Salt Lake Temple in 2009. They live in Northern Utah and have two daughters and many tea parties. She loves presenting at Conferences, Firesides, Corporate Events, and more!

*[megjohnsonspeaks.com](http://megjohnsonspeaks.com)*



## CONFERENCE SCHEDULE

Time	Activity	Location
9:00 AM	<b>Registration</b>	Outside
9:00 AM - 9:30 AM	<b>Icebreakers Doughnuts</b> - To say THANK YOU to Krispy Kreme for their generous donation, if you post any pictures to Instagram/Facebook, please be sure to tag <b>KKSanFranciscoBay</b>	Big Gym
9:30 AM	<b>Group Drone Picture</b>	In Front of Temple
10:00 AM - 11:00 AM	<b>Opening Keynote ~ Meg Johnson</b>	Auditorium
11:15 AM - 12:00 PM	<b>Workshops</b> (select from options on pages 5-9)	various
12:15 PM - 1:00 PM	<b>Workshops</b> (select from options on pages 5-9)	various

1:00 PM	<b>Lunch - Subway</b>	Big Gym
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2:00 PM - 2:45 PM	<b>Workshops</b> (select from options on pages 5-9)	various
3:00 PM - 3:45 PM	<b>Workshops</b> (select from options on pages 5-9)	various
4:00 PM - 5:00 PM	<b>Testimony Meetings</b> (see below)	
	Walnut Creek (host) – Saratoga	Assembly
	San Leandro (host) – Hayward	Baptistry
	Pleasanton (host) – Antioch	Auditorium
	Concord (host) – Danville	South Chapel
	San Francisco (host) – San Mateo	South Cultural Hall

5:00 PM	<b>Dinner - Mexican</b>	Big Gym
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6:00 PM	<b>Closing - Videographer Recapture of the Day, Stake Contests and Awards</b>	Auditorium
7:00 PM	<b>Dance w/ DJ Stevie Wonder</b>	Big Gym
7:00 PM	<b>Game Room</b>	South RS Room
7:00 PM	<b>Photobooth</b>	Room 202
9:30 PM	<b>Closing Prayer</b>	

## GENERAL SESSIONS

<b>Opening</b> . . . . .	<b>10:00 AM</b>
Presiding . . . . .	President Tim Fewkes, San Mateo Stake President
Conducting . . . . .	Sophie Roser (San Mateo Stake)
Chorister . . . . .	.Kasey Dickson (Saratoga Stake)
Pianist . . . . .	Aidan Fewkes (San Mateo Stake)
Opening Hymn . . . . .	<i>#2 The Spirit of God</i>
Opening Prayer . . . . .	Samantha O'Connor (Antioch Stake)
Keynote Introduction . . . . .	Lizzie Thornton (San Leandro Stake)
Keynote Speaker . . . . .	Meg Johnson
Closing Hymn . . . . .	<i>#249 Called to Serve</i>
Closing Prayer . . . . .	Josh Gewondjan (Antioch Stake)

<b>Testimony Meetings</b> . . . . .	<b>.4:00 – 5:00 PM</b>
Conducting . . . . .	.Host Stake Presidency
Opening Hymn . . . . .	<i>#301 I Am a Child of God</i>
Pianist . . . . .	Host Stake Youth
Chorister . . . . .	Host Stake Youth
Opening Prayer . . . . .	Host Stake Youth
Speaker . . . . .	.Host Stake Presidency

### TESTIMONIES

Closing Hymn . . . . .	<i>#302 I Know My Father Lives</i>
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<b>Closing</b> . . . . .	<b>6:00 PM</b>
Conducting . . . . .	Sophie Roser (San Mateo Stake)
Chorister . . . . .	.Kasey Dickson (Saratoga Stake)
Pianist . . . . .	Aidan Fewkes (San Mateo Stake)
Opening Hymn . . . . .	<i>#60 Battle Hymn of the Republic</i>
Opening Prayer . . . . .	Fernanda Palacios (Hayward Stake)
	Videographer Recapture of the Day (Many thanks to Balaine Wightman of the Danville Stake)
	Stake Contests & Awards

Closing Prayer . . . . .	Garrett Dickson (Saratoga Stake)
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# WORKSHOP SCHEDULE & LOCATIONS

	Auditorium	North Relief Society Room	South Relief Society Room	Rooms 202-205	South Chapel	South Cultural Hall	Small Gym	Assembly (downstairs)	Baptistry (downstairs)	West Patio (outside)	Big Gym
10:00-11:00am	Opening Keynote: Meg Johnson										
11:15am-12pm	Technology and Testimony: Tips for Teens Dr. Geoff Nugent	The Temple: A Higher Vision for Your Purpose on Earth President & Sister Walton	Be a Light - How to make a great first impression for good in this ever-changing world Heather Dougal Wright	Ahoy, Mateys! Ready to walk the plank?... Jump in and rescue your ancestors! Melia Rios-Lazo			Creative Dance Workshop Angela West	Speed Dating Workshop Greg & Kristin Jones <i>*ONLY ages 13-15</i>	Selfies, Memes, Finstas, and Rinstas Jared Allgood	Service Project - Rheumatic Relief Come help create packages that will provide joy to children in Samoa!	
12:15-1:00pm	Technology and Testimony: Tips for Teens	The Temple: A Higher Vision for Your Purpose on Earth	Be a Light - How to make a great first impression for good in this ever-changing world	Ahoy, Mateys! Ready to walk the plank?... Jump in and rescue your ancestors!			Creative Dance Workshop	Speed Dating Workshop <i>*ONLY ages 16-18</i>	Selfies, Memes, Finstas, and Rinstas	Service Project - Rheumatic Relief	
1:00-1:45pm	<b>LUNCH BREAK</b>										
2:00-2:45pm	Technology and Testimony: Tips for Teens	The Temple: A Higher Vision for Your Purpose on Earth	Be a Light - How to make a great first impression for good in this ever-changing world	Ahoy, Mateys! Ready to walk the plank?... Jump in and rescue your ancestors!			Creative Dance Workshop	Speed Dating Workshop <i>*ONLY ages 13-15</i>	Selfies, Memes, Finstas, and Rinstas	Service Project - Rheumatic Relief	
3:00-3:45pm	Technology and Testimony: Tips for Teens	The Temple: A Higher Vision for Your Purpose on Earth	Be a Light - How to make a great first impression for good in this ever-changing world	Ahoy, Mateys! Ready to walk the plank?... Jump in and rescue your ancestors!			Creative Dance Workshop	Speed Dating Workshop <i>*ONLY ages 16-18</i>	Selfies, Memes, Finstas, and Rinstas	Service Project - Rheumatic Relief	
4:00-5:00pm	Testimony Meeting: Pleasanton (host) Antioch				Testimony Meeting: Concord (host) Danville	Testimony Meeting: San Francisco (host) San Mateo		Testimony Meeting: Walnut Creek (host) Saratoga	Testimony Meeting: San Leandro (host) Hayward		
5:00-6:00pm	<b>DINNER BREAK</b>										
6:00pm	Closing										
7:00-9:30pm			Game Room	Photo Booth							Dance with DJ Stevie Wonder

• **Song Requests:** Our DJ is accepting song requests for the dance! If you have a song request, please text it to: 925 322-2332. Please keep in mind that songs need: Clean Language, Appropriate Meaning, Able to Be Danced to (A favorite song that you belt out in your car doesn't necessarily make it a good song to dance to)

## WORKSHOPS

### “Technology and Testimony: Tips for Teens”

**GEOFF NUGENT**

**Location: Auditorium**

With all the technology around us, from smartphones to computers, it is easy to get caught up in spending a lot of time online or just texting your friends. But have you ever wondered what they do to your brain, as well as your testimony? In this workshop, you will explore the positive and negative effects of technology on our brains and testimonies, as well as how to manage and master those negative effects.

• **Dr. Geoff Nugent**, a video game-loving therapist (they do actually exist) has been practicing therapy since 2006. During that time, he has worked in schools, community agencies, and his own private practice, helping kids, teens, and adults work through their issues. When not earning his various degrees and licenses (Ph.D. in Health Psychology, Licensed Marriage Family Therapist in three states: California, Arizona, and Utah, as well as a Licensed Professional Clinical Counselor), he spends time watching his favorite comic book heroes on the big screen, playing games with his three children, and enjoying the beautiful California weather, so different than his native Canada.



### “The Temple: A Higher Vision for Your Purpose on Earth”

**PRESIDENT AND SISTER WALTON**

**Location: North Relief Society Room**

How does preparing for and being in the Temple give you a higher vision for your purpose on earth. President Nelson asked the youth of the Church, “What were you born to do?” How does the Temple help you find and fulfill your mortal mission?

• **Chuck and Liz Walton** were recently called to serve as the President and Matron of the Oakland California Temple. They both grew up in the Bay Area and were sealed in the Oakland Temple. They have 4 children and 13 grandchildren. President Walton was an attorney with a real estate development company. President and Sister Walton served as a mission president in Portugal and as an acting mission president in Angola, a former Portuguese colony in Africa. They also served as the Executive Secretary for the Africa Southeast Area which included 23 countries and 15 missions. President Walton served as a missionary in Brazil and has served as a bishop and stake presidency counselor. Sister Walton has served as a stake and ward primary president, ward young women president, and seminary teacher. President and Sister Walton have served in many other callings where they always loved working with the youth.



### “Ahoy, Mateys! Ready to walk the plank?... Jump in and rescue your ancestors!”

**MELIA RIOS-LAZO**

**Location: Room 202-205**

Embark on an ocean of possibilities. Powerful protection lies just ahead as you search through waves of ancestors and throw them the life line to eternal blessings. Catch the spirit of Elijah and reel in your ancestors. “All ships are safe in the harbor but that isn’t what ships are built for.” Set sail on a course of courage and get “all hands on deck” for the ride of a lifetime... and beyond the horizon. Learn how to anchor yourself to Family History and save souls. As soon as you get wind of the concepts, you can catch the wave and enjoy the ride!



• **Melia Rios-Lazo** is a wife and mother of five. She loves to build, read, create, inspire, blog and she has a passion for Family History that takes her searching for ancestors from the islands of Hawaii to the hills of Denmark. She served in the Puerto Rico San Juan Mission. She has served in many Family History callings such as assistant director, teacher, consultant as well as being one of the youngest to serve on the Board of Directors of the Pottstown Historical Society in Pennsylvania. She currently blogs and shares her passion for life and the gospel at FamilyHistoryLife.com and BrightlyStreet.com. Melia is currently serving as Temple and Family History Consultant in Arizona.

### “Be a Light - How to make a great first impression for good in this ever-changing world”

**HEATHER WRIGHT**

**Location: South Relief Society Room**

Have you ever felt out of place? Like everyone was staring at you? Have you ever wondered if you could date the cutest boy/girl at Youth Conference? Do you know how to speak in front of an audience and not forget what you are saying? Learn how to be a “light” and be confident (even when you don’t feel like it) on any given day and time. Tips on style, speaking and engaging those you associate with everyday.

• **Heather Dougal Wright** grew up in the Pleasanton Stake and graduated from Livermore High School. She currently resides in Boise, Idaho and is the mother of two (son, 16 & daughter, 14). Heather has a BA in Japanese from Brigham Young University and a minor in Dance. She has worked for Merrill Lynch in NYC and SF. She then transitioned to a new career and was part of the team to launch the Sony PlayStation. She and her husband Steven have had a successful graphic design and marketing business (mostly for video games) for the last 18 years. Heather has also worked for Nordstrom for 15 years as a make-up artist/stylist and enjoys helping people look fabulous. She competed in the Miss America Scholarship Program and was a State runner-up and scholarship recipient. She enjoys sewing, going to the movies, traveling and hanging out with her family.



### “Selfies, Memes, Finstas, & Rinstas”

**JARED ALLGOOD**

**Location: Baptistry (Downstairs)**

Your parents didn’t grow up with social media, but you probably feel like you can’t imagine life without it. We’ll dive into what the scientific data say about how social media affects your brain for good and bad and teach you one of the secrets to well-being.

• **Jared Allgood** started his first business selling homemade cookie subscriptions to his neighbors when he was in third grade and has been an entrepreneur ever since. Around that same time he met Kim Buchanan, the cute blonde girl who sat in front of him and who eventually became his wife (third grade was a big year for Jared!). They married in the Seattle Temple and live in San Mateo with their daughters Kennedy, Macey, and Rebecca and their son Peter. Jared is CEO of Juxta Labs, a social technology startup that has built apps with over 50 million users including Yearbook, Jott Messenger, and Mappen. Jared is currently serving on the High Council and as the Stake Young Men’s President in the San Mateo Stake.



## “Creative Dance Workshop”

ANGELA WEST

Location: Small Gym

We will focus on skills related to: group dynamics/social interactions, self-confidence, creative thinking, artistic skills, as well as responding creatively to challenges. Lets have some fun being groovy together with a scarf, a straw and a drum....

• **Angela West** has a Masters in Education from Mills College. Her dance background consists of: being in the civic ballet company in San Luis, CA; dancing on both folk and ballroom teams at BYU; creating a garage studio for creative dance in her backyard. Currently she is a member of the Board and dancing with Behold, Dance Collective at Temple Hill, performing in “Ship Brooklyn” in Oakland, teaching dance lessons to patients in the hospital with DancinPower.org, and teaching creative dance lessons to elementary school kids. She recently performed in “Behold the Gift” in Oakland and would like to personally invite you to come watch Tapestry performed April 27 on stage at Temple Hill. I’ve been married 20 years. I saw my husband at youth conference at age 15. We have 4 kids: Sam and Audrey (13 year old twins), JJ (8) and Luke (6). Be sure to see her perform in person at Tapestry on April 27 at 7pm! This is a Temple Hill performance by 10 local dance companies invited to weave a community of dance.



## “Speed Dating Workshop”

GREG & KRISTIN JONES

Location: Assembly Room (Downstairs)

Sometimes you only get a little more than a first impression. How much can you learn about someone in 3 minutes? This is a fast, easygoing approach to get to know each other! Put down your phone and let’s make a good impression in person! Ask questions and listen for answers face to face. What does your body language say? Come have fun and get to know new people with speed friendshiping and speed dating!

**Speed Friendshiping: Ages 13-15 ONLY Session 1, 3**

**Speed Dating: Ages 16-18 ONLY Sessions 2, 4**

• **Greg and Kristin Jones:** Greg served a mission in the New York, New York Spanish speaking mission. During this time Kristin dated a lot. They had yet to meet. Greg and Kristin met at Ricks College, now known as BYU Idaho. Kristin, being a California girl, was set on not dating or marrying anyone from Idaho but ended up doing both. They are quite opposite but decided they couldn’t live without each other and married on August 4, 1990 in the Idaho Falls Temple. Opposites do attract! They’ve been married for 28 years, live in Belmont and have three pretty incredible grown sons (yes, Kristin wrote this), Garret, Logan, and Ian. Greg serves as 1st counselor in the Crystal Springs 2nd Ward bishopric and Kristin serves as stake YW Camp Director in the San Mateo Stake.



## SERVICE PROJECT

Location: Outside at Registration Tables

We are working with an organization called Rheumatic Relief for our service project this year. Rheumatic Relief helps diagnose children with Rheumatic Heart disease in Samoa. Samoa records one of the highest rates of Rheumatic Heart disease in the world. We travel with a team of heart surgeons, echo techs from the Mayo clinic, genetic researchers and students from BYU to lead a collaborative effort for early detection of the disease, treatment and education. The first time we went we noticed the students using rice sacks as backpacks and a lack of school supplies. For many being screened this can be their first time seeing a doctor so the process can be overwhelming. The excitement at the end of their treatment is the opportunity to select 2-3 books, a toothbrush, toothpaste, a water bottle and a backpack filled with school supplies. You can’t imagine the joy on their faces as they receive these things.

You have the opportunity to help us create that joy packaging some of the supplies and organizing and boxing the books that have been donated. Come see how quick you can box some of these items and compete with some of your friends for the best time.

## HYMNS

### *The Spirit of God #2*

1. The Spirit of God like a fire is burning!  
The latter-day glory begins to come forth;  
The visions and blessings of old are returning,  
And angels are coming to visit the earth.

[Chorus]

We’ll sing and we’ll shout with the armies of heaven,  
Hosanna, hosanna to God and the Lamb!  
Let glory to them in the highest be given,  
Henceforth and forever, Amen and amen!

2. The Lord is extending the Saints’ understanding,  
Restoring their judges and all as at first.  
The knowledge and power of God are expanding;  
The veil o’er the earth is beginning to burst

### *Called to Serve #249*

1. Called to serve Him, heav’nly King of glory,  
Chosen e’er to witness for his name,  
Far and wide we tell the Father’s story,  
Far and wide his love proclaim.

[Chorus]

Onward, ever onward, as we glory in his name;  
Onward, ever onward, as we glory in his name;  
Forward, pressing forward, as a triumph song we sing.  
God our strength will be; press forward ever,  
Called to serve our King.

2. Called to know the richness of his blessing--  
Sons and daughters, children of a King--  
Glad of heart, his holy name confessing,  
Praises unto him we bring.

### *Battle Hymn of the Republic #60*

1. Mine eyes have seen the glory of the coming of the Lord;  
He is trampling out the vintage where the grapes of wrath are stored.  
He hath loosed the fateful lightning of his terrible, swift sword;  
His truth is marching on.

[Chorus]

Glory, glory, hallelujah!  
Glory, glory, hallelujah!  
Glory, glory, hallelujah!  
His truth is marching on.

2. He has sounded forth the trumpet that shall never call retreat;  
He is sifting out the hearts of men before his judgment seat.  
Oh, be swift, my soul, to answer him; be jubilant my feet!  
Our God is marching on.

### *I Am a Child of God #301*

1. I am a child of God,  
And he has sent me here,  
Has given me an earthly home  
With parents kind and dear.

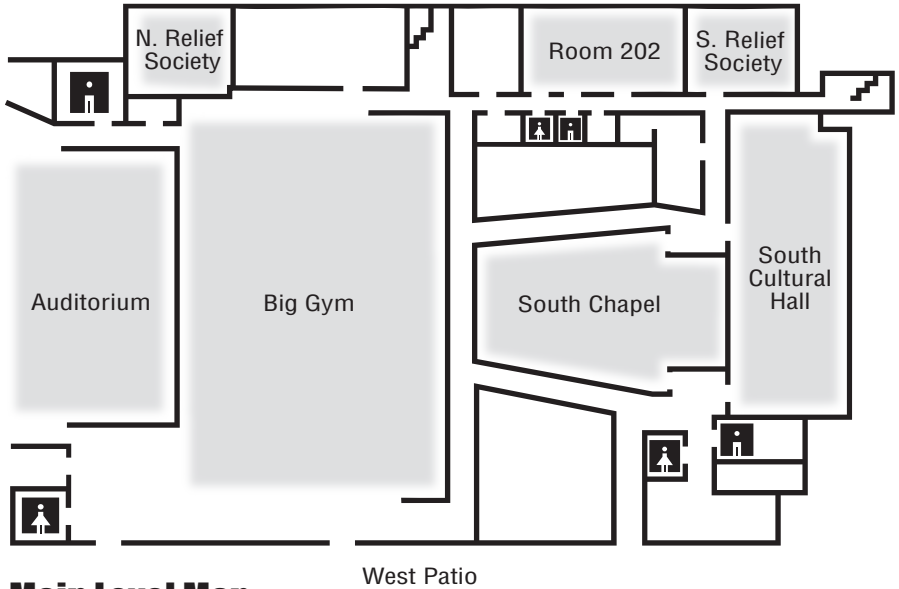
[Chorus]

Lead me, guide me, walk beside me,  
Help me find the way.  
Teach me all that I must do  
To live with him someday.

2. I am a child of God,  
And so my needs are great;  
Help me to understand his words  
Before it grows too late.
3. I am a child of God.  
Rich blessings are in store;  
If I but learn to do his will  
I’ll live with him once more.

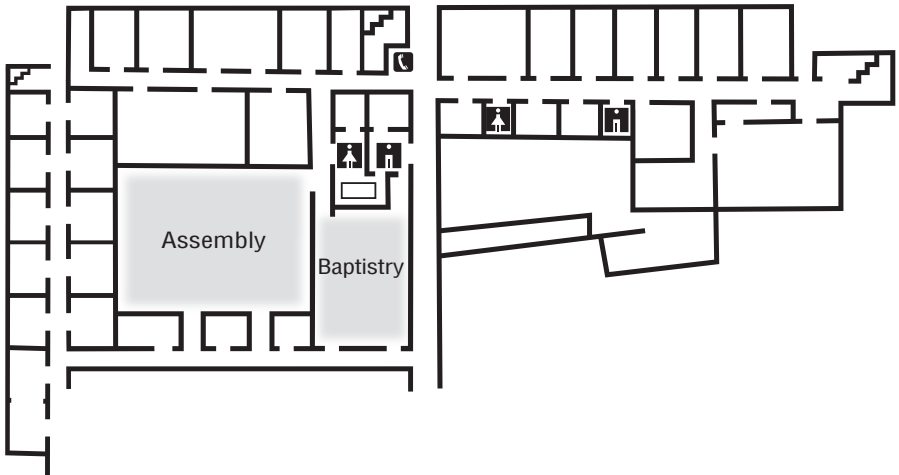
### *I Know My Father Lives #302*

1. I know my Father lives  
and loves me too.  
The Spirit whispers this to me  
and tells me it is true,  
And tells me it is true.
2. He sent me here to earth,  
by faith to live his plan.  
The Spirit whispers this to me  
and tells me that I can,  
And tells me that I can.



## Main Level Map

West Patio



## Lower Level Map

**#BayAreaYC**

**#BayArea YC 2019**

Post your photos and comments

### Save the Date - Oakland Temple Youth Fireside

Sunday, June 15th - Follow the website  
[OaklandTemple.org/Youth](http://OaklandTemple.org/Youth) or the  
 Instagram page [@OaklandTempleYouth](https://www.instagram.com/OaklandTempleYouth)  
 for details as they become available.