

## Truth, Love & Service

“May I leave with you a simple yet far-reaching formula to guide you in the choices of life: Fill your minds with truth. Fill your hearts with love. Fill your lives with service.” – *President Thomas S. Monson – Choose You This Day, Ensign, Nov. 2004, p. 67*



### 2010 Annual Utah Valley 31-45 Single Adult Conference

Welcome all single friends and members of The Church of Jesus Christ of Latter-Day Saints ages 31-45\*.

### September 17, 18, & 19, 2010

\*This conference is sponsored by the Lehi 31-45 Single Adults, an official activities organization of The Church of Jesus Christ of Latter-Day Saints. **You do not need to be a member of the church in order to participate.** Participation in the conference is subject to compliance with church guidelines. The following specific guidelines will be enforced for all participants:

- All participants must be **at least 31** years of age and **no more than 45** years of age. Participants will be required to provide proof of age for admittance to some activities. Adults only.
- All participants must be *legally single. Divorces must be finalized.*
- All participants are required to comply with LDS standards regarding dress and behavior. See For the Strength of Youth for specific guidelines regarding standards.
- Space is limited. Meals and participation in events are only guaranteed to those who pre-register.

## Schedule of Events

### **Friday, September 17<sup>th</sup>**

**Registration** – 5:30 – 6:30 p.m.  
Lehi South Stake Center

**Dinner-BBQ** – 6:30 – 8:00 p.m.  
Lehi South Stake Center Pavilion

**Concert** – 8:30 – 10:00 p.m.  
Lehi South Stake Center

**Socializing/Games** – 10:30 p.m. – 12:00 a.m.  
Lehi South Stake Center

### **Saturday, September 18<sup>th</sup>**

**Brunch** – 10:30 – 11:30 a.m.  
Lehi South Stake Pavilion- 550 S. 500 W.

**Keynote Address** – 12:00 – 1:00 p.m.  
Lehi South Stake Center

**Workshops** – 1:15 – 3:30 p.m.

**Break** – 3:30 – 4:00 p.m.  
Lehi South Stake Center – Primary Room

**Workshops** – 4:15 – 6:30 p.m.

**Dance** – 8:00 – 11:30 p.m.  
Lehi South Stake Center

**Registration** – 8:00 – 9:00 p.m. (details below)

**Dance Instruction** – 8:30 – 9:00 p.m.

**Dance** – 9:00 – 11:30 p.m. (*dressy casual, LDS standards apply; D.J. will be Abe Mills from the musical group, Jericho Road.*)

### **Sunday, September 19<sup>th</sup>**

**Fireside** – 7:00 – 9:00 p.m.  
Lehi South Stake Center

## Keynote Speaker

**Elder Gene R. Cook** - Elder Cook was born in Lehi, UT to Clarence H. and Cora Myrl Thornton Cook. He has served in various church capacities, including area presidencies, as a regional representative, and as a mission president in Uruguay and Paraguay. He was sustained to the First Council of the Seventy on October 3, 1975, at age 34, and to the First Quorum of the Seventy on October 1, 1976. He was given general authority emeritus status on October 6, 2007. Elder Cook has written books dealing mostly with families and faith and is a regular speaker at church schools. He graduated in business management and earned an MBA from Arizona State University. He has been an insurance consultant and an insurance agency manager, as well as a management consultant for various business firms. Elder Cook and his wife are the parents of eight children and reside in Lehi, UT.

## Fireside Speaker

**Elder Richard W. Wheeler** – Elder Wheeler was named a member of the Fifth Quorum of the Seventy of The Church of Jesus Christ of Latter-Day Saints on March 31, 2007. He received both graduate and undergraduate degrees in communication from Brigham Young University. He currently serves as the Vice President for Academic Affairs at Snow College. Elder Wheeler has served in numerous church callings, including service as a full-time missionary in the Florida Tallahassee Mission, bishop, stake president's counselor, and stake president, twice. He has always been involved in community and service organizations, including many state and national boards and recently as a member of the House of Representatives in the Utah Legislature. Elder Wheeler married his wife Linda in June of 1977. They are the parents of six children, three grandchildren and reside in Ephraim.

## Event Details

### Registration

- **Early Registration Online** at <http://www.uvalmsa.org>  
**Friday's Event Fee: \$8.00**  
**Saturday, the Dance only: \$4.00**
- **At-the-door Registration**  
**Friday's Event Fee: \$10.00**  
**Saturday, the Dance only: \$5.00**

Space for events at this conference is limited. You must register online **before September 10th** to be guaranteed a spot.

### Workshop Schedule & Details

#### **Session #1 – 1:15 – 2:15 p.m.**

- **Finding the Savior and the Blessings of the Continuous Atonement** – Brad Wilcox – *Lehi South Stake Center – Chapel*
- **Willpower Is Not Enough: Why We Don't Succeed at Change** – Mark D. Chamberlain, Ph.D. – *Lehi South Stake Center – East Cultural Hall*
- **Seeking, Finding, and Using Your Best Talents** – Brandon Mull – *Lehi South Stake Center – West Cultural Hall*
- **Before You Get to Heaven: 8 Mighty Changes God Wants for You** – D. Kelly Ogden – *Dry Creek Bldg. – Chapel*
- **The House of the Lord: Truths that Will Bless Your Life** – Dale Dallin – *Dry Creek Bldg. – Cultural Hall*

#### **Session #2 – 2:30 – 3:30 p.m.**

- **Finding the Savior and the Blessings of the Continuous Atonement** – Brad Wilcox – *Lehi South Stake Center – Chapel*
- **Willpower Is Not Enough: Why We Don't Succeed at Change** – Mark D. Chamberlain, Ph.D. – *Lehi South Stake Center – East Cultural Hall*
- **Seeking, Finding, and Using Your Best Talents** – Brandon Mull – *Lehi South Stake Center – West Cultural Hall*

#### **Session #2 – 2:30 – 3:30 p.m. (cont.)**

- **Before You Get to Heaven: 8 Mighty Changes God Wants for You** – D. Kelly Ogden – *Dry Creek Bldg. – Chapel*
- **The House of the Lord: Truths that Will Bless Your Life** – Dale Dallin – *Dry Creek Bldg. – Cultural Hall*

#### **Break – 3:30 – 4:00 p.m.**

Lehi South Stake Center – Primary Room

#### **Session #3 – 4:15 – 5:15 p.m.**

- **Thrones of Glory: Exaltation in the Celestial Kingdom is not what you think. It's awesomely better** – Keith A. Gullledge – *Lehi South Stake Center – Chapel*
- **Thy Will Be Done: Accepting God's Plan For Me** – Polly Astorga – *Lehi South Stake Center – West Cultural Hall*
- **Feast Upon the Scriptures: Getting More from Your Scripture Study** – John Hilton, III – *Dry Creek Bldg. – Chapel*
- **Finding Real and Lasting Happiness in All Your Relationships** – Matt Baldwin – *Dry Creek Bldg. – Cultural Hall*

#### **Session #4 – 5:30 – 6:30 p.m.**

- **Thrones of Glory: Exaltation in the Celestial Kingdom is not what you think. It's awesomely better** – Keith A. Gullledge – *Lehi South Stake Center – Chapel*
- **Thy Will Be Done: Accepting God's Plan For Me** – Polly Astorga – *Lehi South Stake Center – West Cultural Hall*
- **Feast Upon the Scriptures: Getting More from Your Scripture Study** – John Hilton, III – *Dry Creek Bldg. – Chapel*
- **Finding Real and Lasting Happiness in All Your Relationships** – Matt Baldwin – *Dry Creek Bldg. – Cultural Hall*

## Concert

Come enjoy a night of fun and great music with

## Truman



*Truman is a brother duo out of Nashville, TN. Combining a range of influences from Stevie Wonder to John Mayer, the brothers create a pop/rock/soul sound that bmi.com describes as "a mature, smooth sound that draws on an ear-tickling mélange of influences."*

*Ben and Chad Truman are sons to keyboardist Dan Truman of the award-winning country music group Diamond Rio.*

*Truman has been featured on several albums from the LDS market including "Joseph: A Nashville Tribute to the Prophet" and the 2008 and 2010 EFY albums, and have had the opportunity to share the stage with Kelly Clarkson, David Archuleta, Josh Kelley, Kalai, and Ryan Shupe and the Rubberband.*

### Locations

#### **Lehi South Stake Center:**

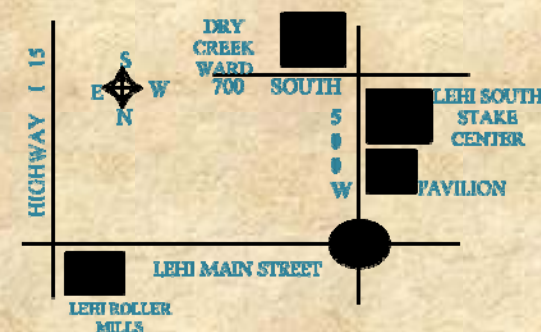
600 S. 500 W., Lehi

#### **Lehi South Stake Pavilion:**

550 S. 500 W., Lehi

#### **Dry Creek Ward Bldg:**

465 W. 700 S., Lehi



## Workshop Speakers

## Biography

### John Hilton, III

John Hilton, III is a religious educator and a favorite speaker at BYU Education Week. John received his master's degree in education from Harvard and his Ph.D. from Brigham Young University. He is the author and co-author of several Deseret Book publications. John and his wife, Lani, have five children and live in Utah.

### Dale Dallin

Dale Dallin is a former president of the Palmyra Temple and currently the Patriarch of the Lehi North Stake.

### D. Kelly Ogden

D. Kelly Ogden is a professor of ancient scriptures at Brigham Young University, earned a master's degree in Hebrew and historical geography of the Bible at the Institute of Holy Land Studies in Jerusalem and his Ph.D. in Middle East studies from the University of Utah. Brother Ogden was the first associate director of BYU-Jerusalem Branch of The Church of Jesus Christ of Latter-Day Saints. He served as president of the Chile Santiago East Mission and president of the Missionary Training Center in Guatemala. He is married to Marcia Hammond Ogden, and they are the parents of four children.

### Mark D. Chamberlain

Mark D. Chamberlain, Ph.D. is a Salt Lake area clinical psychologist specializing in the treatment of impulse-control problems. He is the author of *Wanting More: The Challenge of Enjoyment in the Age of Addiction* and co-author of *Willpower Is Not Enough*. He and his wife, Jennifer, are the parents of four boys.

### Brad Wilcox

Brad Wilcox is an associate professor in the department of Teacher Education at Brigham Young University. As a young man, he served his mission in Chile and then was called back to that country to preside over the Chile Santiago East Mission. The following year he was called as a member of the Mission President's Advisory Committee. He currently serves as the first counselor in the stake presidency of the BYU Fourth Stake. Brad and his wife, Debi, are the parents of four children.

### Brandon Mull

Brandon Mull is the New York Times best-selling author of the *Fablehaven* series. His book, *The Candy Shop War*, won the 2009 Utah Beehive award for Best Juvenile Fiction. Brandon served an LDS mission in northern Chile. He received his B.A. from Brigham Young University and now makes his career as a full-time writer. He and his wife, Mary, are the parents of four children.

### Matt Baldwin

Matt Baldwin says, "Change can happen in your life as quickly as you'll believe it." He's taught the principles in his new book, *Snow Rising, (Shadow Mountain, an imprint of Deseret Book Company)* to a variety of groups ranging from high school students to leaders at Nike. He balances his own work as a corporate executive with a passion for writing, teaching, family and friends, and the outdoors. Having spent most of his life in Portland, Oregon, he now lives and writes from Utah's Wasatch Mountains. He and his wife, Val, have two children.

### Polly Astorga

Polly Astorga is a licensed Marriage and Family Therapist practicing in Utah County. She works with people struggling with many of life's challenges including depression, addiction, marital issues, divorce adjustment and remarriage. She also helps families with parenting issues and troubles teens. Personal experiences that drive her passion for helping people have been divorce, single parenthood, step-motherhood and remarriage. After returning to Brigham Young University 19 years ago as a single mother of two children, she graduated with her master's degree, remarried and pregnant. She and her husband, Roland, just celebrated their 15<sup>th</sup> wedding anniversary. They have 6 children ranging in age from 7 to 27, two sons-in-law, as their two oldest daughters are married, and 4 adorable grandchildren. Polly currently serves as a Sunday School Teacher in her ward in Saratoga Springs, Utah.

### Keith A. Gullede

The most important things to know about Keith are his blessings as the father of six marvelous adult children who in turn have eight fantastic kids of their own, and his fervent testimony of the atonement. He grew up in the "mission field" of North Carolina, served a mission in France and Belgium, and lives in Eagle Mountain as a most happy single adult who still looks forward to someday being even more joyfully double. He says he can't remember ever not having a testimony. His Church services spans many callings which have challenged, stretched, and humbled him, including home teach, primary teacher, gospel doctrine teacher, ward mission leader, bishop and stake president. His gratitude runs deep. Professionally, after graduating from BYU with his MBA, he has engaged in two careers. He ran his own commercial real estate business for many years while living in the Washington D.C. area. He then relocated his family to Utah and served as a senior organizational change consultant with Franklin Covey for twelve years; he has conducted his own private marketing and financial consulting practice since 2002. He has extensive experience professionally and in the Church in writing, public speaking, and teaching workshops and seminars.