Attention 7th-12th graders! You are personally invited to:

**4-H W.O.R.L.D.** (Western Oregon Retreat for Leadership Development)

**January 14-16 at 4-H Center** (5390 4-H Rd, NW, Salem, OR 97304)

Super Heroes vs. Villains is the 2011 4-H W.O.R.L.D theme. We welcome you to come and soar with us at this fun and engaging leadership development retreat.

**Retreat Goals:**
- Develop leadership skills for Western Oregon youth in a retreat setting
- Meet new people from other counties
- Have fun
- Build confidence
- Develop appreciation and encourage involvement in community service

This is a retreat **planned by youth for youth**! A Regional Youth Governing Board gathered to plan this year's retreat including the theme, classes, and activities. You can be guaranteed a worthwhile and memorable experience! We look forward to having youth participate from Benton, Clatsop, Hood River, Lane, Linn, Marion, Multnomah, Polk, Tillamook, Washington, Wasco, and Yamhill Counties! Come & make some new friends!

**What is in store?**
A few highlights include:

► Youth led hands-on sessions, including:
  - **Flash – Improv** - Improve your *improv* like the “Fastest man alive!”
  - **Super Manager** - Learn how to organize and when to do it, plus learn about 4-H opportunities.
  - **How to Soar with your Words** - Soar when you are in front of people and get your point across.
  - **Super Leader** - Learn leadership skills and how to apply them in your community.
  - **X-Men Team** - Build your arsenal of teamwork skills for use in different settings.

► Dance – plus games and of course a couple of movies

► Cottage Decoration and Dress Up Contests based on different heroes and villains:
  - Batman, The Joker, Wonder Woman, Cat Woman and Supergirl

► A community service project focused on making blankets local police officers can have in their cars.

► Lots of time for interaction and meeting new people

► Guest speaker on the meaning of play and having fun in life.

**Costs and Logistics:**
Registration is from 5:00-6:00 pm on Friday. Retreat ends at 11:30 am on Sunday.
Youth will stay in beautiful cottages, 16 per cottage, decorated with different heroes and villains.
Cost: $75.00 per participant if paid by January, 5th. A late fee of $10.00 is added after Jan. 5th.
(Check with your county 4-H youth development agent for availability of scholarships)
Costs cover: 4 meals, 2 snacks and two nights lodging, t-shirt, insurance and class supplies.

**To register, please complete the 4-H W.O.R.L.D registration forms and mail to:**

4-H W.O.R.L.D.  Questions call 541-967-3871
OSU Extension/Linn County 4-H  or email: melanie.mccabe@oregonstate.edu
PO Box 765
Albany, OR 97321
Saving the W.O.R.L.D. . . . One 4-Her at a time
January 14-16, 2011
4-H Center, Salem, Oregon

Open to all 7-12 grade youth in Western Oregon counties.
Retreat is limited to the first 100 participants registered.
A Program of Oregon State University Extension 4-H
Open to all 7-12 grade youth in Western Oregon counties. Retreat is limited to the first 100 participants registered.
A Program of Oregon State University Extension 4-H

YOUTH APPLICATION

Your Name: ________________________________ (as you would like to be called at 4-H W.O.R.L.D.)
Address: __________________________________________________________
City: ___________________________ State ______ Zip __________
Daytime Phone: __________________ Evening Phone __________________
Are you a □ Boy □ Girl Birth date __/__/____ Grade ______ E-Mail ____________________________
Parent Name: ___________________________________ Phone __________________
Parent Name: ___________________________________ Phone __________________
Alternate Phone Numbers (Cell, pager, relatives)

T-shirt size: □ Adult X-Small □ Adult Small □ Adult Medium □ Adult Large □ Adult X-Large □ Adult XX-Large

Cottage Theme: (Rank your favorite super hero/villain theme with your first, second and third choice)
____ Batman ______ Joker ______ Wonder Woman ______ Cat Woman ______ Supergirl

PERMISSION TO PHOTOGRAPH I authorize retreat staff and/or their designee(s) to record on videotape and/or still photography my child, (name) ________________________ and to use, and to authorize others to use, such recordings and photographs for general educational and promotional purposes. Further, I understand there will be no remuneration for any appearances, use or displays.

__________________________ parent/guardian signature __________________________ date

SESSION SELECTION

A number of great workshops will be offered at 4-H W.O.R.L.D. Please rank your first, second and third choice from the list of sessions being offered this year at 4-H W.O.R.L.D.:

_____ Super Leader- Learn leadership skills and how to use them in your community
_____ Super Manager- Learn how to organize your world
_____ How to Soar with your Words- Soar when you are in front of a group
_____ Flash- Improv- Improve your improv like the “Fastest man alive!”
_____ X-Men Team Building- Build your arsenal of teamwork skills

PAYMENT INFORMATION

Registration Fee ($75.00 if received by Jan. 5th) $ __________
Late Fee after Jan. 5th ($10) $ __________
TOTAL CHARGES: $ __________

Contact your County 4-H Extension Agent to Check for availability of scholarships.

Payment amount $ __________ ck# __________

Make Checks Payable to:
Marion Co. 4-H Leaders Council

Please complete and mail:
4-H W.O.R.L.D.
PO Box 765
Albany, Oregon 97321
Questions call 541-967-3871 or email: melanie.mccabe@oregonstate.edu
Questions call 503-373-3774 or email: pamela.rose@oregonstate.edu
4-H W.O.R.L.D.
OREGON 4-H YOUTH HEALTH CARD

HEALTH STATEMENT
(to be completed by parent, physician or adult participant)

<table>
<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Is the participant currently under medical treatment?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>(describe)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Does the participant have any history of respiratory illness? (describe)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is the participant diabetic?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Date of last tetanus shot? Month &amp; Year</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Is there any medical condition (heart condition, ulcers, etc.) or malformation now existing that may require treatment or affect the participant's participation in this program?</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Has the participant had recent surgical operations or accidents or been exposed to infectious disease within the last two weeks? (Please bring notification to the activity if this changes prior to the event)</td>
<td>Yes</td>
<td>No</td>
</tr>
<tr>
<td>Does the participant have any allergies or dietary restrictions? If yes, please describe:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>□ Hay Fever □ Vegetarian □ Lactose Intolerant □ Other (explain)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Name and phone number of physician:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency Contact:</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Name of all medications:</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Youth Special Considerations

□ Sleepwalker □ Bed wetter □ Homesickness □ A.D.D./A.D.H □ Other ________

(Hyperactivity Illness)

Any restrictions on physical activity? If so, please explain

IMPORTANT: Please notify us if this child is exposed to any communicable diseases or there is a change in the child's health status within 3 weeks prior to camp.

4-H ACTIVITIES CODE OF CONDUCT

Your participation in 4-H activities carries the responsibility of representing Oregon 4-H to the public. You are expected to conduct yourself in a manner that reflects well on your state, county, and club as well as yourself. Your contribution to the program is as important as what you receive from the program.

1. You are expected to attend all parts of the planned program. Inform those in charge if you are not feeling well or have a schedule conflict.
2. On overnight activities, observe hours established and be in your room when indicated. Boys are not allowed in "girls only" designated areas nor girls in "boys only" designated areas.
3. Dress appropriate to the occasion. At all times be courteous, clean and display good manners. Language must be appropriate and respectful of others. No swearing.
4. Participants are not to leave assigned program areas at any time without written permission of the person in charge of the group except as part of the planned program. (Example: dormitories, cabins, campus, campsite, etc.)
5. Participants will not use tobacco, alcohol, drugs (except those directed by doctor) or fireworks or remain in the immediate area where they are being used. Only 4-H Shooting Sports participants will handle firearms and only in secured designated areas under the direct supervision of a trained 4-H Shooting Sports leader.
6. Shoplifting or theft of public or personal property will NOT be tolerated.
7. Avoid roughness and damage to room furnishings, equipment, etc. Participants are financially responsible for any damage or misconduct.
8. 4-H events are to encourage interaction among all members of the group, but not exclusively with another person. Kissing and other sexual display of personal affection distract from the group, and are not appropriate behavior.

Violators may expect to: 1) have the opportunity to explain actions to staff in charge; 2) Behavior that is disruptive to the event will be noted and a letter describing such may be sent to parents and county 4-H leadership; 3) Violation may result in dismissal and the offender being sent home at parental expense; 4) Violations involving numbers 5 & 6 above will result in the offender being sent home at the earliest convenience at the parents' expense and can result in criminal charges.

Accommodations*: OSU and the 4-H Youth Development Program do not discriminate against otherwise qualified participants with disabilities on the basis of disability. Are there any accommodations that you are requesting for yourself or your child in order to participate in the 4-H Youth Development Program? Yes ________ No ________ If yes, please describe:

*Accommodations may include: speech, hearing or vision impairments that may effect participation, behavior disorders or emotional disturbances or abnormally severe moodiness, sleepwalking, and the ability to carry heavy objects, participate in strenuous travel or physical labor.

AUTHORIZATION FOR EMERGENCY MEDICAL CARE

As parent or guardian, if my child needs medical attention, I understand every effort will be made to contact me. I hereby give permission to the medical personnel selected by the person in charge of the 4-H event to order x-rays, routine tests, treatment, release any records necessary, and to provide or arrange necessary related transportation for the person named on this form. I hereby give permission to the physician selected by the person in charge of the 4-H event to hospitalize, secure emergency treatment for, to order injection, anesthesia, and/or surgery for my child as named on this form. I will assume all financial obligations incurred if not covered by insurance.

I understand and agree to follow the health and safety guidelines of the camp.

Retreat Participant Signature ___________________________ Date _______________ Parent/Guardian or Adult Participant Signature ___________________________ Date _______________

OSU Extension 4-H W.O.R.L.D. 2011