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

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

February 15-17 at 4-H Center (5390 4-H Rd, NW, Salem, OR 97304)

TRAVEL AROUND THE ANCIENT W.O.R.L.D. at the 2013 Western Oregon leadership development retreat.

Retreat Goals:
- Develop leadership skills for 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 has 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 learning sessions
► Dance – plus games and of course a couple of movies
► Cottage Decoration and Dress-Up Contests based on different regions of the ancient World:
  - Boys- Sparta, London
  - Girls- Egypt, Scotland, Rome, Germany, Greece
► A community service project focused on the homeless, which will include an informative speaker to help us learn more about this important issue affecting many youth and families.
► Lots of time for interaction and meeting new friends

Costs and Logistics:
Registration is from 5:00-5:45 pm on Friday. The retreat ends at 11:30 am on Sunday. Youth will stay in beautiful cottages, 16 per cottage, decorated in different themes.
Cost: $85.00 per participant if paid by Feb. 5th. A late fee of $10.00 is added after Feb. 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 503-566-2960
OSU Extension/Marion County 4-H or email: melanie.mintken@oregonstate.edu
3180 Center Street Room 1361
Salem, Oregon 97301
Class Descriptions

AM Sessions

- **Camp Olympics**- Camp Olympics will teach you how to play games that require very little equipment and that can be used during camps and trainings to entertain and engage participants.
- **Energizers**- Get your blood flowing, get those endorphins going and get energized in this class. You will have a blast, get to meet new people and get out of that uncomfortable bubble. Come learn some fun dances and songs to show off to your friends.
- **The Basics of Livestock**- A fun, interactive way to learn some of the basics and fun facts about livestock. This class will have an emphasis on Sheep, but will cover elements of other species.
- **Nature Journals and Walk**- Learn about plant species both native and invasive species to Oregon. Make a journal to sketch plants and their names in while on a nature hike.
- **Power through Public Speaking**- Learn how to speak like a pro! Class participants will learn tips to make their public speaking powerful and informative. Participants will have the opportunity to practice their speaking skills with the group.
- **I will Survive**- Learn survival skills that you can use in any environment. Elements will include plant identification, animal tracks, shelter building and how to build a fire.
- **Creative Writing**- Writing will be crazy, collaborative and fun. There will be group writing for humor and individual dramatic stories. You can’t be wrong… unless you aren’t there.

PM Sessions

- **Photography for the Ages**- Learn three digital photography techniques: the rule of thirds, texture (macro) and angle/orientation of a subject. Practice taking photos using these techniques and share your best with the group. Also learn a few quick adjustments in Photoshop to change the look of your photographs.
- **Country Swing and Line Dancing**- While sitting do you constantly fight the urge to move your feet, swing in rhythm, and have fun with a partner? Do your fingers and toes slide into a classy expression of character? If this sounds like you come join us and learn how to swing and line dance.
- **Coliseum Games**- Have you ever wanted to be a champion of the Coliseum? Have you ever wanted to battle in heroic challenges such as Capture the Flag or Ultimate Frisbee? If you answered yes to these two questions Coliseum Games is the class for you!
- **W.O.R.L.D. Debate**- Parliamentary Procedure will be used in this class to teach the basics of debate. Prepare for fun and formal arguments in this fun exciting environment.
- **Skits**- Plan, practice and perform fun skits with friends! You will improve your speaking and acting skills and get to perform your skits for the camp Saturday night!
- **Let’s Wing It!**- No need to be nervous over this class! Public speaking can be hard, but in this class you’ll learn new tricks on preparing and giving a speech put together in just 5 minutes.