Workshops
What topics are offered at a volunteer development retreat?

Here are a few topics we are working on for this year’s retreat:

- Positive Youth Development: “How to Hit a Home Run in Your Club”
- The Structure of the 4-H Program and What it Means to Me
- Risk Management
- Record Books: The Good, the Bad, and the Ugly
- Speakeasy: How to Make Speech Giving Non-Threatening
- Managing Challenging Behaviors in Your Club
- Leader Associations: What are they all about?

Previous year’s workshops:

- Ice Breakers
- Ethics
- Everybody is a Leader
- Emotional Intelligence/Leadership Styles
- How to Deal w/Difficult People
- How to Manage Behavioral Issues
- Meeting Planning
- Adding Pizzaz to Your Meetings
- 4-H Opportunities: Youth/Adult Partnerships
- COLORS (personality traits)
- Public Speaking 101
- Social Networking
- Civic Engagement
- Online Learning Modules

We are very interested in meeting the needs of our volunteers so suggestions are always welcome!

Quotes from participants:

“Thank you for organizing and inviting me to such a wonderful conference.”

“The workshops reinforce for me the reasons I choose to volunteer in 4-H.”

For more information contact:

Jeremy Green, Crook County Extension Agent
Phone: 541-447-6228
Fax: 541-416-2115
Email: jeremy.green@oregonstate.edu

or:
Amy Derby, Wheeler County Extension Agent
Phone: 541-763-4115
Fax: 541-763-2042
Email: amy.derby@oregonstate.edu

Oregon State University Extension Service offers educational programs, activities, and materials without regard to race, color, religion, sex, sexual orientation, national origin, age, marital status, disability, and disabled Veteran or Vietnam-era veteran status.

High Desert 4-H Volunteer Retreat

Friday, January 14 - Monday, January 17, 2011
Volunteer Development

The volunteer retreat is an annual volunteer development conference held over the Martin Luther King, Jr. weekend. During the weekend 4-H volunteers (leaders and parents) gather at Eagle Crest Resort to attend a series of workshops geared towards volunteer and club development.

This conference is held in conjunction with the High Desert Leadership Retreat for 7th-12th graders.

It is open to all 4-H volunteers across the state.

Networking

Join 4-H volunteers from across the state for fun, educational workshops. You’ll have an opportunity to network with other 4-H leaders and parents that are in similar positions.

Eagle Crest Resort
Redmond, Oregon

Located just a few miles west of Redmond, Oregon, the Resort at Eagle Crest hosts an abundance of amenities ideal for the Retreat. Participants are housed in condominiums a short distance from the conference center, swimming pools, and recreation centers.

Flexibility

To meet the needs of a variety of 4-H volunteers we have created several ways you can participate in the retreat. With workshops being held during the day on Saturday and Sunday you have several options:

1. Spend the entire weekend (F, Sa, Su nights) at Eagle Crest in a condo with other 4-H volunteers, enjoying full resort privileges.

2. Arrive Saturday morning staying until Sunday afternoon, spending only Saturday night in the condos (same charge as option 1).

3. Participate in the workshops only (no meals or lodging).

Organizers

The retreat is planned by 4-H Faculty and Staff of the Central Oregon area. Presenters are 4-H Faculty and Staff from across the state.

Cost

This low cost volunteer retreat is made possible through generous donations, grants and fees. A certain portion of the registration fee is non-refundable.

Early bird rates are available.

Many county 4-H leaders associations have scholarships available to assist with the registration fee.

Register for Lodging/Meals/Workshops:

<table>
<thead>
<tr>
<th>Register by:</th>
<th>Price/Participant</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 17, 2010</td>
<td>$150.00</td>
</tr>
<tr>
<td>Dec 18 through Jan. 7, 2011</td>
<td>$200.00</td>
</tr>
</tbody>
</table>

Deposit to Hold Place: $50.00

$50 is non refundable

Total: ________

Register for Workshops Only:

<table>
<thead>
<tr>
<th>Register by:</th>
<th>Price/Participant</th>
</tr>
</thead>
<tbody>
<tr>
<td>December 17, 2010</td>
<td>$80.00</td>
</tr>
<tr>
<td>Dec 18 through Jan. 7, 2011</td>
<td>$100.00</td>
</tr>
</tbody>
</table>

Deposit to Hold Place: $50.00

$50 is non refundable

Total: ________

Name

Address

City, State, Zip

Gender: M F

Years involved w/4-H: _______

County: _______________________

Shirt size: Sm Med Lg XLg 2X 3X

Method of Payment

☐ Check ☐ Visa ☐ MC

Credit Card #: _______________________

Exp. date

Signature

Mail to:
High Desert 4-H Volunteer Retreat
“Leading the Way to Learning”
498 SE Lynn Blvd.
Prineville, OR 97754