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

February 15-17, Oregon 4-H Center

Open to all 7-12 grade youth in Western Oregon counties. Retreat is limited to the first 100 participants registered.

**YOUTH APPLICATION**

County __________________

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 movie/cottage theme with your first, second and third choice)

_____ Sparta(Boy) _____ London(Boy) _____

Egypt(Girl) _____ Scotland(Girl) _____ Rome(Girl) _____ Germany(Girl) _____ Greece(Girl)

**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.:

**AM Session (Pick 2)**

_____ Camp Olympics

_____ Energizers

_____ The Basics of Livestock

_____ Nature Journals and Walk

_____ Power through Public Speaking

_____ I Will Survive

_____ Creative Writing

**PM Session (Pick 3)**

_____ Photography for the Ages

_____ Country Swing and Line Dancing

_____ Coliseum Games

_____ W.O.R.L.D. Debate

_____ Skits

_____ Let’s Wing It!

**PAYMENT INFORMATION**

Registration Fee

($85.00 if received by Feb. 5th) $ __________

Late Fee after Feb. 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.
3180 Center Street Rm 1361
Salem, Oregon 97304

Questions call 503-566-2960 or email: melanie.mintken@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)

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<thead>
<tr>
<th>Question</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Is the participant currently under medical treatment? (describe)</td>
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<td>Is the participant diabetic?</td>
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<tr>
<td>Date of last tetanus shot? Month &amp; Year</td>
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<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>Yes</td>
<td>No</td>
</tr>
<tr>
<td>□ Hay Fever □ Vegetarian □ Lactose Intolerant □ Other (explain)</td>
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Name of all medications: ____________________________________________________

Emergency Contact:

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<tr>
<th>Name</th>
<th>Relationship</th>
<th>Daytime phone</th>
<th>Evening phone</th>
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**Youth Special Considerations**

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<tr>
<th>Condition</th>
<th>Yes</th>
<th>No</th>
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<tbody>
<tr>
<td>Sleepwalker</td>
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<tr>
<td>Bed wetter</td>
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<tr>
<td>Homesickness</td>
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<tr>
<td>A.D.D./A.D.H</td>
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<tr>
<td>Other (Hyperactivity Illness)</td>
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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.

<table>
<thead>
<tr>
<th>Retreat Participant Signature</th>
<th>Date</th>
<th>Parent/Guardian or Adult Participant Signature</th>
<th>Date</th>
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