

4-H Club Meeting #1

Meeting time: 1-2 hours

Session Summary

- ❖ Program Introduction
- ❖ Enrollment Process
- ❖ Group Decision Process

BEFORE THE MEETING

❖ Find a place to hold your meetings

Often, space can be used in your local school, church, leader's home, or the 4-H Club House. You may be asked to complete a Use Agreements or provide proof of insurance. Call the Extension office for more information. (Do not sign any agreement, these need to be signed by OSU Extension staff.)

Advertise your club by posting notices at local gathering places (schools, stores, etc.). Include the scheduled date and time of the first meeting. Be sure to encourage youth to bring along a parent or guardian.

- ❖ Make a poster with the 4-H Pledge on it. Hang it at every meeting.
- ❖ Review the 4-H Pledge, Motto, and Emblem.
- ❖ **Pick an Icebreaker game**
(good choices might be from the *Game book*)
Game 1. Pick 6 Ball.
Game 2. How Do You Do

- ❖ **Opportunities for 4-H Members."** Cut out the different opportunities available in handout (Club, County and/or State—you decide. Place these in a bowl. Have people pick up an opportunity and read what it says...make sure you put on it if it is Club, County and/or State. *(You can do this as individuals or as a group of 2 or 3).*
- ❖ **Review the Enrollment Form Instructions**
- ❖ **(Optional) Building Consensus Using Fist-to-Five".**
- ❖ **Discuss when/where you will meet.**
- ❖ **Discuss what you wish to learn/projects, field trips, etc.**
- ❖ **You can plan some "Homework" or things to "bring or think about" prior to the next meeting.**
- ❖
- ❖ **Plan/prepare a Snack**
- ❖ **(Optional) Make a rotation snack chart**
- ❖ **Gather the following needed materials:**
 - Flipchart paper or butcher paper
 - 4-H Pledge Poster
 - Post-it-notes (optional)
 - Markers
 - Cut out slips from Welcome to 4-H and Bowl
 - Pick 2 games
 - Handouts/pencils
 - Snack
 - Next meeting reminder

Meeting Procedure #1

- ❖ If possible, arrange the seating so that all members are seated in a circle, or other inclusive format. (The goal is for all members to be able to see each other).
- ❖ Ask members to introduce themselves.

Be creative and ask for not only their name, or where they live, but add on questions that allow them to share something about themselves. You might ask them to tell their favorite food, or outdoor activity.

- ❖ Plan an Icebreaker game.
- ❖ Teach the 4-H pledge using the hand motions. Tell the members what the 4-H colors stand for and what the 4-H Motto is. (See Handout)
- ❖ Using "Opportunity for 4-H Member" lead the group in a discussion about the 4-H program. (See sheet)

Encourage members and their parents to ask questions or make comments. If questions are raised that you cannot answer, don't hesitate to offer to find the answer and report back at a future club meeting.

- ❖ Introduce members to the concept of using consensus to help make club decisions. Begin practicing the Fist to Five process with minor decisions. For instance, guide the group through the process to determine what kind of snack they would like to have at their next club meeting.

Remember, once they decide what they want, ask for a family to volunteer to provide those snacks the next time the club meets.

- ❖ Next, put flip chart paper or butcher paper up on the wall. Explain to members that they now get to choose their club name. Give members a few minutes to think of ideas and ask them to tell the group their thoughts one at a time. This is a good time

to explain that club names cannot contain meaning that might be discriminatory to any group of people. Ask for a volunteer from the group to write down the ideas. (Post-it-notes work well for individual ideas).

- ❖ Give each member the opportunity to vote for two of the proposed names. After voting, retain the 2-4 proposed names that received the most votes. Vote again, this time allowing only one vote per member. Do this again if needed. Use the Fist to Five vote to finalize if you wish.

--Using the Enrollment Procedure Steps (see handout) lead the group in completing their enrollment form.

--Online or paper enrollments

--Fee must be turned in with paperwork/or paid when register online

--Club leaders need to know you are joining their club

--Not enrolled until payment is in.

--Return the enrollment papers into the 4-H office when completed.

--Remember: Accident insurance on members and leaders does not begin until enrollment/payment are completed.

- ❖ Ending Game
- ❖ (Optional) Pick next snack person
- ❖ Remind the members of the next meeting date & time and snack person.

Reason for Games

- ❖ Icebreakers are interactive exercises that introduce people to each other and help them learn interesting things about one another.
- ❖ Teambuilding and Minute-to-Win-it Games build comradery and group trust (and fun). It gives them the sense of belonging.
- ❖ As members get acquainted, they become more comfortable within the group. They relax and ready themselves for the work of the group.

Welcome to 4-H:

(Remember this is THEIR program and include them as much as possible in the planning of the club, activities, etc.).

Enrollment Procedure Steps

(Corresponds with the following Enrollment)

This can be done **ONLINE** or in the paper form. Link for registrations: <http://v2.4honline.com>

It has Member/Family information (It will need a parent/guardian signature)

Clubs and Projects- Refer to the sheet attached

Photo Opt Out Form-This is confusing. (It is a double negative)

--If you chose **DECLINE** then we **CAN** use the child's photo in recruitment (flyers, social media, videos, etc.).

--If you chose **ACCEPT** then we **CANNOT** use the child's photo in.

We accept your choice. Just be aware that if we are at fair and the kids are showing, we will not be able to video anyone in a class they are in.

Acknowledgement of Risk-You will sign knowing all activities have some risk involved, that you will conduct yourself in a manner considerate of others, and more.

Youth Health Form-If something happens, we can get them medical treatment. Please let us know if they need special accommodations to make them successful.

4-H Code of Conduct-Read through this with them so they know the expectations of 4-H.

Adult Behavior Form- Parents will agree and sign a behavior form also to insure a positive experience for the youth.

Leaders or Parents-Turn the Enrollment forms and Insurance money into the Extension office

See current year fee structure in Newsletter or Emails. Credit cards are accepted with on-line registration only. If paying at the office, we need cash or check to OSU Extension.

Fist-to-Five Consensus Building

KEY TO VOTING

Fist

A no vote - a way to block consensus. I need to talk more on the proposal and require changes for it to pass.



1 Finger

I still need to discuss certain issues and suggest changes that should be made.



2 Fingers

I am more comfortable with the proposal but would like to discuss some minor issues.



3 Fingers

I'm not in total agreement but feel comfortable to let this decision or a proposal pass without further discussion.



4 Fingers

I think it's a good idea/decision and will work for it.



5 Fingers

It's a great idea and I will be one of the leaders in implementing it.

The three H's were adopted by program organizers to reflect the educational theme of 4-H. A fourth "H" was added for Health. Together the four H's symbolize the development of the head, to think, plan, and reason; the heart, to be concerned with the welfare of others, accept the responsibilities of citizenship, and develop positive attitudes; the hands, to be useful, helpful, and skillful; and health, to practice healthful living, enjoy life, and use leisure time productively.

The 4-H Emblem

The national 4-H emblem is a green four-leaf clover with the letter "H" on each leaf. The design, attributed to O.H. Benson, an Iowa school superintendent, was adopted as the national emblem in 1911. Congress has twice passed legislation since that time protecting the 4-H name and emblem. Federal legislation regulates how the 4-H name and emblem are used. In Oregon, permission must be granted by the OSU Extension Service.



4-H Colors

Green and white are the 4-H colors. Green is emblematic of springtime, life, and youth, while white symbolizes high ideals.

The 4-H Motto

The 4-H motto is "To make the best better." Proposed by Carrie Harrison, a botanist with the U.S. Bureau of Plant Industry, it was adopted in 1927 when the 4-H pledge was introduced.

Revised by Lillian Larwood, Extension specialist, 4-H youth development, Oregon State University. Originally prepared by Leonard J. Calvert, Extension communication specialist emeritus; and Barbara Sawyer, Extension specialist emeritus, 4-H youth development; Oregon State University.

The 4-H Pledge

I pledge...



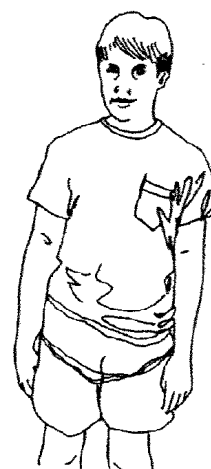
my head to clearer thinking,



my heart to greater loyalty,



my hands to larger service,



and my health to better living
for my club, my community,
my country, and my world.

In repeating the pledge, a member raises the right hand to the side of the head when speaking line one; lowers hand to heart when speaking line two; extends hands, palms upward, when speaking line three; and stands straight when speaking lines four and five.

The pledge was adopted in 1927 during the first National 4-H Club Camp in Washington, D.C. Otis Hall, State 4-H leader in Kansas, was responsible for the original wording, which remained unchanged until 1973 when the words "and my world" were added.

CLATSOP COUNTY PROJECT LIST

Cloverbuds (Ages 5-8 age on Sept 1)

Outdoor Education & Recreation

Archery
Shotgun/Rifle
Sports Fishing & Aquatic Education

Communication/Expressive Arts

Arts (painting, wood carving, sculpting, rubberstamping)
Crafts (Scrapbooking, etc)
Cake Decorating
Creative Writing
Fiber Arts
Graphic Arts
Hobbies & Collections
Leathercraft
Photography
Public Speaking (Presentations)
Videography

Family & Consumer Sciences

Business & Marketing
Clothing & Sewing
Crocheting
Knitting
Designing Spaces
Foods & Nutrition
Food Preservation
Table Setting

Plant Science

Horticulture

Natural Science

Computer
Electricity/Electronics
GPS/GIS/Geography
Robotics/Lego
Rocketry/Aerospace
Small Engines

Industrial Arts

Welding
Woodworking

Leadership

Community Service
Leadership Development
Junior Leader (Grades 7-12) *This is not a project & will not show up on your project list. It will designate you as a Jr. Leader within a club.*

Natural Science

Entomology
Forestry
Geology
Honeybee
Marine Science/Water Quality

Animals

Beef
Cavies
Dairy Cattle
Dogs
Companion Pets/Exotics – includes cats
Goat-Dairy
Goat-Fiber
Goat-Market
Goat-Meat
Goat-Pygmy
Horse & Pony
Llama/Alpacas
Pigeons/Doves
Poultry
Rabbits
Sheep
Swine
Veterinary Science

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Games for 4-H Club Meetings

Icebreaker Games-These games are to be used when

- A new group is getting together to make people feel more comfortable in their surroundings
- When people are a little familiar with one another but not yet best buddies
- When they are getting to know one another's names

Pass it To...

Group: 5+

Space: Small

Indoor/Outdoor

Prop: 1 noodle

Form a circle with one person in the middle holding a noodle. Those in the circle are sitting down facing the center with their knees up and their feet flat on the ground. Diameter should be about 8 to 10 feet around the circle. Choose one player to start. She will say "I pass it to Sally... The action starts here. The center player wants to first locate Sally and then tag Sally below the knees with the noodle before Sally can say "I pass it to Mark. If the tag is made before the pass, they switch positions. Game continues until someone is hit below the knees.

If a sitting player happens to flinch...(any movement to avoid being tagged) that player is in the center.

Peek-A-Who

Group: 10+

Space: Small

Indoor/Outdoor

Prop: blanket

Group is divided in half (no, not each of them!). Leaders hold up a blanket so that the two groups are unable to see each other. One person from each group crawls up to the blanket and puts their nose up to it. The leaders drop the tarp and the two people must shout out the other person's name. The person who says the correct name first takes the other person to their team.

Pick 6 Ball

Group: 5+

Space: Small

Indoor/Outdoor

Prop: small ball

Get into a circle. One person holds a small ball and thinks of a category (example: Colors) They throw the ball to a person in the circle...that person starts sending the ball around the circle...but, they need to come up with 6 things in that category BEFORE the ball is passed all the way around the circle.

How Do You Do

Group: 5+

Space: Medium

Indoor/Outdoor

Prop: none

Players form a circle. The hostess walks around the outside of the circle and taps one player on the shoulder. She shakes her hand and asks: "How do you do (name)?" the reply is: "Very well thank you". Repeat three times. On the third "Very well thank you" the hostess and player leave in opposite directions. The player who is last to reach an available space becomes the hostess.

Gizmo Game

Group: Any

Space: Small

Indoor/Outdoor

Prop: clothespins (1 to each 4 people for larger groups)

A few clothespins are passed unnoticed among the participants. At the end of your meeting, those with the clothespins on go up and sing a song together or do something as a group.

Other Games

Forwards & Backwards

Everyone should sit in chairs in a circle. Then a leader gives instructions. For example, "If you have on any green, more forward one chair. Or If you talk in your sleep, more back one chair."

If someone is in the chair you move to, just sit on his/her lap. You can stack people three or four high. The first person to make it all the way around the circle wins.

Bean Bag on the Foot

4 bean bags per group. 2 members lock arms and put bean bags on each foot. They lock arms (back to back). Walk without dropping the bean bags to the cone. Take the bean bags off and run back still with arms locked. Next group goes.

Animal Relay

The players form two lines with equal numbers on each team. The first animal on each team is an animal, the second a different animal. On the word "go", the first person acts like the animal they represent, run, hop or crawl to a given place and back. The next person then acts like their animals and so on until one team is finished and sitting down. Use animals such as kangaroos, bunnies, dogs, cats etc...

Flying Dutchman (circle/active)

The players stand in a circle with their hands joined. The player who is it runs around the outside of the circle and slaps any two joining hands, the owners of which become flying dutchmen. They run in opposite directions around the outside of the circle. The player who was it steps into the circle. The last player back to the place in the circle is it.

Electricity (circle/passive)

The group sits in a circle holding hands while someone sits in the center. The game commences with one person proclaiming that they are going to send a charge to the person beside them and proceeds to squeeze the hand of their neighbour. The person in the middle tries to figure out where the current is. If successful, he exchanges places with the immediate sender of the charge.

Crows and Cranes (active)

Divide the children into two equal teams. Name one of the teams crows and the other cranes. Line the two teams up four or five feet apart facing each other. Flip a coin, and if it comes up heads call crows. Upon calling crows, the crows must turn in flight with the cranes after them. If any of the cranes makes it to the safety zone he is free. If he is touched he switches teams.

Red Light (active)

Players stand in a straight line about 50 ft. from IT. IT turns his back and says "green light", counts to ten, and says "red light" and then turns around. Meanwhile the players have moved as far forward as possible. Whomever he sees moving must return to the starting place. The first person to pass IT wins.

Blanket Stand (cooperative)

Equipment: Blanket Spread out blanket; whole group must get on it so that no appendages are touching the ground off the blanket. If the group completes the stand, have them get off and fold blanket in half. Repeat the above process for as long as possible

Knots (moderate/circle/cooperative)

Groups of eight stand in a circle facing into the center. Shake hands with person directly across from you, then join left hands with a different person in the group. Must untangle the human knot without letting go of hands.

Octopus (active)

Players (fish) are at one end of the hall, inside defined limits. The octopus lives in the ocean inside the limits. The octopus tells the fish that they can cross the ocean by saying "Fish, fish, come swim in the ocean". At this signal the fish try to cross over to the other side. Players who try to cross over to the other limit. Player who are touched by the octopus must stop moving and become tentacles of the octopus.

Musical Chairs

Group: 5+ Space: Small Indoor/Outdoor
Props: Chairs (best for a group that is comfortable around one another)

Have all the kids sit in a circle. Have your chosen one go around to a member of the opposite sex, sitting on their lap and saying "Honey if you love me smile!" The one who is picked on has to say, "Honey I love you but I just can't smile" 3 times without smiling or smirking or else he/she has to get up and find another culprit to pick on.

Poor Kitty

Group: 5+ Space: Small Indoor/Outdoor
Props: Chairs

The children are arranged in a circle, sitting down. The one child is the "poor kitty" and he goes up to another child purring and meowing. The person approached must pat the kitty on the head and say, "Poor, Poor Kitty". Say this 3 times. If the child laughs, then he must become the kitty and try to make others laugh.

Elephant, Giraffe, Palm Tree

Group: 8+ Space: Small Indoor/Outdoor
Props: list of animals

One person is picked in the middle. They point to someone and that person becomes the middle person to do the following actions. The two people on both sides of the middle person also do actions. The last person to make their action goes to the middle.

Motions:

Elephant: middle person puts hands out for a trunk. Side people make ears

Palm Tree-middle person puts arms straight up, side people lean in to make side branches

Giraffe-middle person stands tall, side people make spots

Rabbit-middle person puts hands by nose, side people thump feet

Dog-middle person pants, side people wiggle their tails

Alligator-middle person makes a wide mouth, side people move away (back)

Road Kill-middle person lays down, side people put foot on his/her stomach

Barnyard

Group: 10+ Space: Large Indoor/Outdoor
Prop: none

Each child is given the name of an animal with three children having the same name. No one is allowed to tell another which animal he is. Spread out in the room. At the signal each child makes the noise of the animal that he has been given. The first group of animals to find each other and sit down is the winner. (Example: cow, pig, rooster, etc.)

Flying Dutchman

Group: 7+ Space: Moderate Indoor/Outdoor
Prop: None

The players stand in a circle with their hands joined. The player who is it runs around the outside of the circle and slaps any two joining hands. The owners of which become flying Dutchmen. They run in opposite directions around the outside of the circle. The player who was it steps into the circle. The last player back to the place in the circle is it.

Games for Cloverbuds

Jumping Jacks-Start with 20 of these to get the blood flowing. You can easily incorporate these into a game of Simon Says if your kids.

Simon Says-- First, choose someone to be "Simon". Simon either begins a command with "Simon Says" or not. To stay in the game, kids only must follow the commands that begin with "Simon Says". If you want to make the game difficult for older kids, simply issue commands faster and faster, and make the needed actions more and more difficult to complete.

Balance Beam--Very easily set up! Masking tape is all you really need – make a line on the ground and have fun! Ask your child to walk to the end only on the line. Try more lines at different angles, spirals, and zig-zags.

Keep the balloons up- Secure your lamps and pictures on the wall! Simply blow up some balloons and tell the kids to keep the balloons from touching the floor. What fun for the kids!

Dancing-Turn up the music and let them dance!

Scavenger hunt is all about finding items from a list in certain rooms or areas of the outdoors. The kids will love checking off each item found or collected on the list. If you haven't done this lately then you you just aren't living!

Variations – Make this activity into a treasure hunt. You'll just need to write the clever clues to lead them to the next clue!

Hot Potato- Simply get a soft ball (not a softball!) or a rolled up sock and toss it to a child. Tell them toss it to someone else as quickly as possible. Everyone repeats this. When does this game end? Who knows? Just get rid of it!

Welcome to 4-H Opportunities for 4-H Members in Clatsop County

Member opportunities at the CLUB LEVEL

In addition to regular meetings, field trips, and special activity days, some clubs also plan social events such as family potluck dinners, picnics, swimming parties, trail rides and campouts. This is a good way to involve 4-H members in planning and carrying out their plans.

One 4-H goal is to help members become caring citizens of their communities. Therefore, every club is encouraged to choose and work on a community service project (each member must do something). Many clubs share something related to their project area with older people in retirement or nursing homes, such as taking pets for the residents to see, making special holiday favors, or just visiting. Some clubs work on environmental projects such as cleaning up trash, planning flowers and shrubs, building and maintaining nature paths, or hosting and teaching special events for young children. As your club members grow and mature, they may decide on a long-term project to be developed or repeated over several years.

Service learning is community service with a twist. The community experience is enhanced with members studying issues related to their experience. For instance, members could learn about issues related to homelessness and then visit or assist in a soup kitchen. The members could learn about the natural foliage that grows along the trail, what can be removed without endangering wildlife in an area, or perhaps the historical value of the area (service learning) and then clear a nature trail (community service).

Many clubs have a special recognition activity at the end of the 4-H year, at which they acknowledge each member of the group for his or her achievements during the year. Usually, families and friends are invited, giving the club leader an opportunity to explain the club activities and goals.

Member opportunities at the COUNTY LEVEL

Project Workshops-Throughout the year, various project areas have workshops. Watch the 4-H newsletter and emails for notices of these.

- Super Saturday-is a one day event in January or Feb. that offers 20 workshops for traditional 4-H members and 8 to the Cloverbuds. This is a great way to learn new skills.
- Spring into Arts-this is a Saturday event in March where Home Ec, Art, and Horticulture projects are created.
- Livestock Field Day , Lamb or Goat workshops are offered usually once a year. Dogs, horses, and Small animals have either a seminar or show once a year.

Overnight Event-

- The 4-H Lock-in (Nov.) gives older youth the opportunity to be counselors and the younger youth (4-6th grade) the opportunity to meet all of the fair requirements, which include leading a song, presenting a skit, and doing a community service project. They also swim, spend the night in cabins, and have fun.

Contests-State qualifying 4-H contest include food preparation, (June) fashion revue (July), Small animal and livestock judging contest, horticulture, and flower arranging (fair). These contests provide educational opportunities for both 4-H members and leaders. Also, many 4-H members find that competition motivates them to "make the best better". Some of these contests have the 4-H member evaluate classes of three or four items each and rate them from highest to lowest quality.

Public Presentations-These are talks or demonstrations given by individual 4-H members (or teams) on any topic they choose. These are timed events and done in front of a judge. The member practices a head of time based on a set of instructions, and give the presentation. These are state qualifying events for the Intermediate and Senior members so if they do well, they can give it again at State Fair. There are also impromptu speeches that can be given. These are speeches where you pull a TOPIC out of an envelope, get 5 minutes to write about it, and then present it.

Older Youth Opportunities

Clatsop County offers many opportunities for older youth to get involved and develop their leadership skills.

- Leadership Club-8-12th graders meet once a month and learn to teach a workshop at Super Saturday, organize and plan what to teach, plan a camping trip for the club, and participate in caroling, food drive, and other ways of helping others. Many of these youth are also camp counselors.
- Junior Superintendents-the animal projects have older youth apply for helping out at fair in the role as junior Superintendents. This is a great way to learn responsibility, organization, communication, leadership and follow through.
- Member and Leader Recognition Nights-older youth volunteer to help speak and give out awards at these two events in the fall. They read at the podium and shake hands of the winners
- Teach at Super Saturday-older youth have the opportunity to teach a class either to the Cloverbuds or to their peers at Super Saturday.
- Club officers and Junior Leaders-Take on leadership roles within your club. There is a Junior Leader training in late fall where youth wanting to take on more leadership roles, can come and work side-by-side with their leader to learn to work together and develop a plan for successful leadership throughout the year.

County Fair

One of the major activities of the 4-H year is the county fair where every member has the opportunity to exhibit what he or she has learned in his or her project area during the year. Clatsop County offers interview judging for the hall exhibits. This is a conference method of evaluating 4-H members' fair exhibits. In this method of judging, the 4-H member brings his or her exhibit and visits with the judge for a few minutes. The judge evaluates the member's acquired skills and knowledge and offers positive comments and suggestions for possible improvements in future projects. This can be one of the 4-Her's most helpful learning experiences of the year.

Member opportunities at the STATE/REGIONAL/NATIONAL LEVEL

State Fair-Some members qualify for their projects to be shown at the State Fair in Salem.

- **Hall exhibits** can be Junior, Intermediate or Senior exhibits. The item goes to Salem, not the individual.
- **Animal exhibits-the members must be Intermediate or Seniors and they and their animal go to State fair.**
- **Contests**-Those member who qualify at county level to go to state fair, can repeat the contest at state fair and complete on a larger level....some of these contests include fashion revue, presentations, and foods contests, and animal judging contests.

Regional/State Leadership Activities

- **WORLD (Western Oregon Regional Leadership Development Retreat)** is usually held in Feb. and is open to youth in grades 7-12. This is held at a campground setting in Salem. About 80 kids from 5 counties attend this fun event. Transportation is usually provided
- **Summer Conference**-This event is typically held the last weekend in June and is for youth in grades 7-12. It is 4 days of classes, fun activities such as swimming, games, climbing wall, inspirational speakers, and more. The kids stay in the dorms at the OSU campus and eat in the cafeteria. Typically this event has 400 4-H members from around the state attend. Coach bus transportation is usually provided.

- **Youth Voices in Action**-This is a state-wide event for young people (ages 13-18) to share ideas, have fun, think critically, apply new social media in civic engagement and more! Teen facilitators will lead approx. ten Issue Groups to address questions that Oregon agencies are concerned about. Issue Groups will create responses and presentations for those agencies. During one day at the Oregon State Capitol building, teen participants will talk to decision-makers, take photos, and ask questions during tours and workshops there. And most of all, teens will decide how to use *Voice Voices* when they return back home.
- **Exchange Program and International Programs**-4-H sponsors some excellent exchange program, providing an opportunity for 4-H members to travel abroad to Argentina, Costa Rica, Finland, or Japan for one month (or Japan for 8 weeks). The 4-H Global Citizenship program provides opportunities for hands-on learning activities and international exchange experiences that develop awareness of the world and its peoples. (some countries may not always be available)
- **International Camp**-Elementary and Middle School multi-county International Summer Camps are held annually at the Oregon 4-H Center since 2004. The camps are designed to provide a supportive environment that reflects Latino culture while youth continue to develop understanding, skills, and confidence that allow them to successfully relate to the larger mainstream culture. Professionals from universities, private businesses, and community organizations provide a varied menu of workshops. A robust schedule of sports activities and traditional camp events round out the program.

Sample Meeting Roster

Name	Mtg. Date	Mtg. Date	Mtg. Date	Mtg. Date	Mtg. Date	Mtg. Date	Mtg. Date