

JUNIOR WILDLIFE STEWARDS



4-H CAMP

EST. 2001

July 22nd-27th, 2024



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4-H Wildlife Stewards Camp

Camp Arrival and Check-In

Camp counselors and Junior Counselors are expected to arrive at camp on **Monday, July 22nd at 9 am**. Follow the signs to the main parking lot by John Gray Hall once you arrive at the 4-H Center. Check-in will be held at Cascara House (see map). On Monday, you will attend a **mandatory all-day training** on youth safety and camp policies. Campers will arrive on Tuesday morning.

If you have any medications you will need during camp, you will be directed to stop by the medical team's station and check-in with Ginger, Poppy, Luna, and Fungi! Please read the packing list for more instructions.

Camp Bags

4-H Wildlife Stewards Camp provides oversized duffle bags for campers. Using the same size bag for all campers helps transport campers' belongings to cabins. New counselors will receive their bag at check-in. Please be prepared to transfer your belongings into your new camp bag at check-in. Camp bags were included in the registration fee.

If you are a returning counselor, please pack your belongings into your 4-H camp bag from previous years. Returning counselors who need a new bag can order a new bag at check-in. The cost is \$25.

Camp Schedule & Activities

Each camp day starts Rise and Shine at 7 am and camp lights out is at 9:45 pm. In addition to daily recreation times, meals, and campfire programs, you will experience and provide leadership for different activities. These activities may include swimming at the pool, horseback riding, archery, adventure swings, games, crafts, nature hikes, outdoor cooking, wildlife classes, and leadership development.

Showing pictures of the different camp activities and facilities can help prepare you to have an exciting fun-filled week at camp. Check out last year's 4-H Wildlife Stewards camp pictures (2023 Camp Photos) on our website: <https://extension.oregonstate.edu/4h/portland/4-h-wildlife-stewards-camp>

Cabin Assignments

You will learn your cabins assignments and counselor team in the next two weeks. Information provided in your counselor application was used to create cabin assignments. While all efforts were made to honor and accommodate those requests, there is no guarantee you will be placed in the cabin you requested. If you have any questions or concerns, please reach out to Kristen Moore at kristen.moore@oregonstate.edu.

An order wishlist will be sent out along with cabin assignments. Please use that form if you wish 4-H staff to purchase supplies to decorate your cabins.

Camp Departure

Camp Closing Program on Saturday, July 27th at 11 am and will be held at John Gray Hall. Camper check out will begin promptly after the closing program. You are expected to help clean camp facilities after camper check-out. **Leaving prior to dismissal** by Grizz or Doc after clean-up is finished will result in revoking your invitation to join camp next year. Last year camp clean up finished at 2 pm.

Parents and grown ups, please remember to **bring your photo ID**. Only verified adults or people listed as designated pick ups on your counselor's registration can check-out counselors. **This includes older siblings or friends** who may be camp counselors.

Let me state this again – **if you plan on carpooling home with fellow camp counselors, you need to include them as designated pick-ups on your registration.** If you need to make changes to who you listed as an authorized person for pick up, please reach out to Kristen Moore at kristen.moore@oregonstate.edu.

Homesickness

Everyone will experience homesickness at least once in their lifetime. Homesickness marks a transition in one's life and is considered a rite of passage. Everyone at camp will experience a level of homesickness – missing loved ones, routine of home life, and home comforts. For me, it will be my pets and Netflix.

Camp offers an opportunity for your counselor to begin developing a lifelong skill of working through feelings of homesickness. Evidence shows that **talking** about homesickness and **identifying** coping strategies **before camp starts** is the strongest predictor for campers working through homesickness.

Talk with your counselor and start **today!** Share a time you may have experienced homesickness. What did it feel like for you? How did you cope?

Have a **positive outlook** during check-in. Your counselor knows you well. If you are nervous, hesitant, and stressed, your counselor will know it. Your feelings and body language may send a signal to your counselor that you have doubts or worries about their ability to be independent and thrive at camp.

Having tangible words of affirmation and support greatly helps counselors. **Receiving mail** at camp or finding a letter in their camp belongings from loved ones can help counselors move through homesickness when it feels very big. Mail letters or cards **at least a week** before camp begins to ensure your letter arrives during camp.

The address is:

Oregon 4-H Center
c/o 4-H Wildlife Stewards Camp
5390 4-H Rd., NW
Salem, OR 97304

Packing List

Please pack clothes that will help your counselor feel comfortable and confident. Ideal clothes are ones your camper feels comfortable when active and will help keep them cool. Please **label** items brought to camp with your counselor's name and a phone number. This helps prevent lost items.

Clothes worn at camp must be summer appropriate. Clothes should not have any offensive slogans or designs. Private body areas must be covered.

Items to bring:

- Sleeping bag or bed sheets
- Pillow
- Toiletries
 - 2 towels for the shower
 - Washcloth
 - Tooth brush and tooth paste
 - Body wash or soap
 - Shampoo and conditioner
 - Hair brush and hair ties for longer hair
 - Chap stick
 - Body lotion
- Listed medication from registration in labeled containers with dosage for camp duration
 - **Anything that has an active ingredient** except for sunscreen and bug repellent needs to be given to the Camp Medical Team at Check-In
 - This includes allergy medications and birth control
 - Pack all medications together in a small bag to ensure an efficient check-in process
- Sunscreen
- Coat
- 1-2 sweatshirts
- 1-2 pairs of long pants
- 2-3 pairs of shorts
- 2-3 short sleeved shirts
- 2 pairs of sturdy closed toed shoes
 - Crocs must be worn with the strap on at all times
- 1 pair of sandals or flip flops to use for shower
- 1-2 swimsuits
- Underwear
- 6-7 pairs of socks
- 1-2 pairs of pajamas (sweatshirts and sweatpants work!)
- Rain jacket or poncho
- Flashlight
- Small bag for day hikes
- Water bottle with name clearly marked
- Small bag like a plastic bag or small gym bag for carrying towel and swim suit to the swimming pool
- Bag for dirty clothes like a plastic garbage bag

Optional items:

- Stuffed animal or blanket to sleep with
- Materials to write letters like paper, pencil, pre-addressed envelopes, and stamps
- Camera (disposable ones work great!)
- Bug repellent (non-aerosol)
- Nature field guides
- Other sun protection items like a hat or sunglasses

DO NOT BRING INTO CABINS OR MAIL:

- Food and Candy
- Anything valuable and cannot be replaced
- Money
- Sharp tools like a pocket knife
- Cell phones
- Smart watches
- Tablets
- Any electronic devices that can connect to the internet and social media, can make calls and texts, and has games

Any items brought into cabins or mailed to camp that are listed on the 'do not bring' items will be collected by camp staff and volunteers and returned at check out. Camp staff and volunteers are not responsible for any lost or stolen items.

Cell phones and car keys will be given to the Senior Wildlife Stewards Leadership Team upon check-in. You will be permitted to use your cell phone during one of your counselor breaks.

Lost items:

In the case of lost items, the 4-H staff will make every effort to locate the item but will not be able to replace or reimburse the camper for the lost item value. Unclaimed items will be disposed of two weeks after camp.

Directions to the 4-H Center:

If using GPS, please type in the whole address for more accurate directions (Oregon 4-H Center 5390 FOUR H Road NW Salem, OR 97304).

Unfortunately, a delivery truck recently hit the entrance sign. Please take the **left hand green gate at the entrance fork** (not the white gate on the right). Follow the gravel road for about ¼ mile until you see the 'Office' sign.

If you are having any difficulties finding the 4-H Center, please call/text Kristen Moore at 919-614-4397. The 4-H Center office phone number is 503-371-7920.

Directions:

- Address is 5390 4-H Rd NW, Salem, OR 97304
- From Portland via I-5
 - Take I-5 South to the Salem Parkway Exit. Exit right and cross Chemawa Road at the light. Bear to the right and drive approximately 4.6 miles on the Parkway and Commercial Street. (The Parkway becomes Commercial Street just past the Fred Meyer store.
 - Drive South on Commercial and turn right at the Marion Street Bridge.
 - Cross the Willamette River on the Marion Street Bridge, staying in either of the two right lanes and follow the signs onto Wallace Road.
 - Drive North approximately 2 miles and turn left onto Brush College Road.
 - Drive approximately 5 miles on Brush College Road. Turn left onto 4-H Road.
 - Drive uphill to the end of the pavement. Remember: The speed limit while in camp is 10 mph.
 - Take the left-hand gate and drive uphill. Follow the signs to the office.
- From Eugene via I-5
 - Drive I-5 North to the Mission Street Exit. Exit right and turn left onto Mission Street at the exit light.
 - Drive West on Mission Street approximately 2 miles and turn right onto Liberty Street.
 - Drive North on Liberty Street and turn left onto Marion Street.
 - Cross the Willamette River on the Marion Street Bridge, staying in either of the two right lanes and follow the signs onto Wallace Road.
 - Drive North approximately 2 miles and turn left onto Brush College Road.
 - Drive approximately 5 miles on Brush College Road. Turn left onto 4-H Road.
 - Drive uphill to the end of the pavement. Remember: The speed limit while in camp is 10 mph.
 - Take the left-hand gate and drive uphill. Follow the signs to the office.

Camp Staff and Camp Counselors

The 4-H Wildlife Stewards Camp Director is Chuck Packard, or Grizz. Grizz is a founder 4-H Wildlife Stewards and Camp Director for more than 20 years. Kristen Moore, or Doc, is the 4-H Faculty that helps provides leadership, training, and support.

The 4-H Camp staff also includes dedicated adult volunteers and teen camp counselors. We have a low staff/camper ratio (1:3). Campers receive a high degree of small group interaction and personal attention from 4-H staff and camp counselors. Camp counselors and volunteers are chosen for their interest and ability in working with other people, as well as their skills in special areas. Each year volunteers and camp counselors undergo an extensive 32 hour camp training that includes youth safety principles, supporting positive behaviors, and conflict resolution. Lifeguards and archery instructors all have received specialized training and certification.

All volunteers and camp counselors have completed a background check. Training is focused on helping to ensure all kids thrive at camp.

Dismissal Policy

- Violating code of conduct you signed on your registration
- Failure to participate in mandatory youth safety training on Monday, July 22nd
- Engage in bullying, harassment, or discriminatory behaviors at camp or outside of camp towards fellow camp counselors or leadership team including social media
- Not complying with youth safety principles with campers or fellow camp counselors

A dismissal at camp will result in revoking your invitation to join camp in the future. Parents and grown ups will be called to pick up their camp counselor regardless of time of day or if your camp counselor drove to camp themselves.

Health, Safety, Well being

The health, safety, and well-being are 4-H staff, volunteer, and camp counselors' top priority. The 4-H Center has a nutrition team that provides nutritious and balanced meals. The site has hot and cold running water, showers, and flush toilets. Our camp medical team includes four volunteers who are nurses and firefighters in their daily lives outside of camp. Our camp medical team is on-site 24/7 to attend to counselor's health needs.

Medical Insurance

The camp program has limited medical insurance on every participant. Coverage extends only to accidents and illnesses originating at camp. The accident limit is \$3,000 and sickness is \$1,000. Pre-existing illness is not covered. The camp has an infirmary.

Oregon 4-H Center Core Area Map

