



OREGON STATE UNIVERSITY EXTENSION 4-H

4-H CAMPS

Winter, Spring and Summer Camps



Extension Service



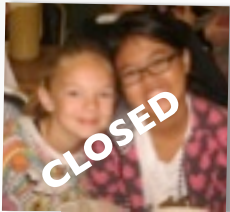
4-H IS THE YOUTH EDUCATION PROGRAM OF OREGON STATE UNIVERSITY

<http://extension.oregonstate.edu/metro4h/4-h-camps>

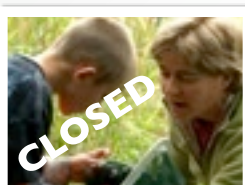
4-H camps transport children to a special place where curiosity, knowledge, creativity and adventure flourish. The 4-H Youth Development Program of Multnomah and Washington

Counties are pleased to announce our 2010 camping season. 4-H combines exciting, hands-on learning, science inquiry and stewardship with fun activities that inspire and engage children of all

ages at a very affordable price. We help youth develop life skills and an enthusiasm for learning that lasts a lifetime. Our theme for 2010 is Healthy Kids, Healthy Planet. We hope you will join us.



WINTER CAMP (\$130)
FEBRUARY 5-7, 2010



FAMILY CAMP (\$55/\$45)
MARCH 26-28 2010



TEEN COUNSELOR CAMP (FREE)
MAY 15-16, 2010



OCEAN DISCOVERY FAMILY CAMP (\$70)
JUNE 25-26, 2010



EAGLE TREK TRAVEL CAMP (\$275)
JULY 12-16, 2010



WILDLIFE STEWARDS CAMP (\$275)
AUGUST 3-7, 2010



FARM AND GARDENS DAY CAMPS (\$125)
AUGUST 9-13



SUPER SCIENCE CAMP (\$275)
AUGUST 16-20, 2010

4-H Winter Survival Camp

Campers will discover the magic of winter while nestled in snug cabins located within a beautiful forest environment. During their stay children will explore how both wildlife and people survive and thrive during the cold winter months... and in taking a lesson from the Black Bear, food will be an exciting component of our winter survival camp. Learn wilderness skills in fire building, first aid and shelters. Every camper will go home with their own 10 essentials kit to survive.

4-H SURVIVAL CAMP

LEARN HOW TO SURVIVE IF
LOST DURING THE WINTER IN
THE WILDERNESS

Spring Break 4-H Family Camp

This is a wonderful opportunity for families to relax and leave the planning and work up to 4-H. Family Camp lets you focus on what makes camping so great... adventure, discovery and new experiences. Families will learn and play together while exploring the natural world and sustainable living. There is something for every family member, from forest discovery hikes to hands-on science experiments to crafts, delicious foods and campfire entertainment.

Teen Counselor Leadership Camp

Youth in grades 10-12 who are interested in gaining leadership skills and serving as a 4-H Camp Counselor should attend this training for camp counselors. During this weekend training event, teen leaders will meet 4-H camp counselors from across the state, participate in workshops on everything from child development, behavior management, camp skits and songs, safety guidelines and teamwork. This certification training is free to all teens in the 4-H camp counselor program for a lifetime.



4-H WINTER CAMP(3 DAYS)

TYPE: OVERNIGHT YOUTH CAMP

DATES: FEBRUARY 5-7, 2010

AGES: YOUTH GRADES 3-8

LOCATION: 4-H EDUCATION
CENTER (SALEM)

COST: \$130

CLOSED



4-H SPRING BREAK FAMILY CAMP (3 DAYS)

TYPE: OVERNIGHT FAMILY CAMP

DATES: MARCH 26-28, 2010

AGES: ALL AGES WELCOME

LOCATION: 4-H EDUCATION
CENTER (SALEM)

COSTS: \$55/ADULT AND \$45/CHILD

CLOSED



4-H TEEN COUNSELORS

TYPE: OVERNIGHT TEEN TRAINING

DATES: MAY 15-16, 2010

AGES: YOUTH GRADES 10-12

LOCATION: 4-H EDUCATION CENTER
(SALEM)

COST: FREE

<http://extension.oregonstate.edu/metro4h/4-h-camps>

4-H Ocean Discovery Family Camp

Families will remember this 4-H adventure for a lifetime. 4-H Ocean Discovery introduces campers to the fascinating world of marine science. A journey to the sea will give families a chance to get up close and personal with whales as they surface and dive for food. Together you will explore sandy beaches and investigate the mysteries of tide pools and the amazing creatures that call them home. At night gather around the warm campfire to roast smores while sharing songs and stories with other families. We hope you will join our experienced naturalists and 4-H faculty for this exciting camping adventure along Oregon's beautiful coast.



4-H OCEAN DISCOVERY FAMILY OVERNIGHT CAMP

TYPE: OVERNIGHT FAMILY CAMP

DATES: JUNE 25-26, 2010

AGES: ALL AGES

LOCATION: NEWPORT, OR (BEVERLY BEACH STATE PARK)

COST: \$70/PERSON

**INDEPENDENCE,
COMPETENCE,
KNOWLEDGE AND
CONFIDENCE
... SKILLS GAINED BY 4-H
YOUTH AT CAMP**

Eagle Trek Travel Camp

Journey through forests, over mountains and out to sea on a true Trek through the wilds of Oregon. Eagle Trek is designed for youth who are already passionate about the environment and are looking for a closer connection to Oregon's unique natural beauty. Opportunities will include hiking through the coastal rainforest; wetlands and estuary exploration; beach hikes; and a journey to sea for whale watching and marine life discovery. An overarching theme of Eagle Trek is environmental stewardship. Registration for Eagle Trek is limited to 22 youth and spaces will fill fast. Early registration is recommended.



4-H EAGLE TREK TRAVEL CAMP

TYPE: OVERNIGHT TRAVEL CAMP

DATES: JULY 12-16, 2010

AGES: YOUTH GRADES 4-8

LOCATION: NEWPORT, OR (BEVERLY BEACH STATE PARK)

COST: \$275

4-H CENTER OPEN HOUSE

ATTENTION ALL FUTURE CAMPERS AND FAMILIES: CHECK OUT OUR SITE AT THE 4-H CENTER, MEET YOUR CAMP STAFF, TRY YOUR LUCK AT FISHING, RIDE THE ADVENTURE SWINGS, CANOE AT PAGODA POND, TOUR THE CAMP FACILITIES AND OTHER FUN ACTIVITIES! ALL AGES ARE WELCOME.

DATES: SATURDAY, MAY 15, 2009

TIME: 1-3 PM

LOCATION: 4-H EDUCATION CENTER (SALEM)

COST: FREE

RSVP: CALL THE 4-H OFFICE TO LET US KNOW YOU ARE COMING
503-821-1119

<http://extension.oregonstate.edu/metro4h/4-h-camps>

4-H Farm and Garden Day Camps

Children deserve to feel rich, garden soil between their fingers and hold a fresh egg in their hand. It is important for them to understand and care for the land, animals and food that all of us depend on. 4-H Farm and Garden Discovery gives youth the opportunity to engage in fun, hands-on gardening and farming both in urban and rural settings while gaining a greater understanding of sustainable agriculture and healthy foods. Multiple tracks are age appropriate while opportunities for cross-age mentoring allow young students to learn and become inspired by their older peers.



4-H FARM AND GARDEN DAY CAMPS (9AM-3PM)

TYPE: YOUTH DAY CAMP

DATES: AUGUST 9-13

AGES: YOUTH GRADES 1-8

LOCATION: LEARNING GARDEN LABORATORY (SE PORTLAND)

COST: \$125

4-H Wildlife Stewards Camp

This camp is designed for youth who wish to explore wildlife and the wonders of nature in an outdoor setting. Previous experience or knowledge in these areas is not required — 4-H welcomes novices who want to learn and have fun in the process. Trained staff from OSU Extension 4-H will provide guidance in the basics of fishing and aquatic habitats, horses, wildlife tracking, nature crafts, bird watching, forestry, canoeing, evening campfire programs, and more. A special highlight for the entire camp community will be a hands-on wildlife restoration project.



4-H WILDLIFE STEWARDS RESIDENT CAMP

TYPE: OVERNIGHT YOUTH CAMP

DATES: AUGUST 3-7, 2010

AGES: YOUTH GRADES 3-8

LOCATION: 4-H EDUCATION CENTER (SALEM)

COST: \$275

4-H Super Science Camp

Within every child is a sense of wonder, adventure and curiosity about the world around them. 4-H Super Science Camp is designed to help nurture the scientist that is within every student. Exciting, hands-on experiments will inspire and engage campers as they explore the sciences such as geology, biology, botany, astronomy, chemistry, physics and much more. Throughout the camp we will emphasize ways science can help us better understand and care for our planet and people.



4-H SUPER SCIENCE RESIDENT CAMP

TYPE: OVERNIGHT YOUTH CAMP

DATES: AUGUST 16-20, 2010

AGES: YOUTH GRADES 3-6

LOCATION: 4-H EDUCATION CENTER (SALEM)

COST: \$275

2010 Multnomah-Washington Camper Registration



PLEASE FILL OUT ENTIRELY
REGISTER ONLINE AT: <http://extension.oregonstate.edu/metro4h/4-h-camps>

OFFICE USE ONLY

Camper ID _____

Date Received: _____

Date Processed: _____

Camper Name		Parent/Guardian(s)	
Mailing Address			
City		County	
State		Zip	
Day Phone		Cell Phone	
Emergency Contact Name (if unable to reach above)		Day Phone	
Email (mandatory)		School	
Optional Ethnicity		Grade Completed	
Hispanic Not Hispanic		June 2010	
Date of Birth		Gender	
White African American Native American		Male	
Asian or Pacific Islander More than one race		Female	
Are you a 4-H Member or attend a 4-H Member School?			
Yes (county: _____) No			
Name of Person(s) other than parents who can pick up camper			
PREFERENCE FOR RECEIVING CAMPER CONFIRMATION PACKET (CHOOSE ONE): EMAIL US POST			
T-shirt size: (all camps except March family camp)		How did you find out about 4-H camp?	
Youth Med Youth Large Adult Small			
Adult Medium Adult Large Adult XL			
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.			

REGISTRATION AND FEES

Check which camp (s) you are registering for:

EARLY REGISTRATION (2 weeks prior to camp)

CAMP	Early Registration	Regular Registration
Winter Survival Camp (Feb 5-7)	\$130 by Feb 1st	\$145
Spring Break Family Camp (Mar 26-28)	\$55/adult \$45/child (under 5 free) by March 1	\$65/adult \$55/child
Teen Counselor Certification (May 15-16)	free	
Ocean Discovery Family Camp (Jun 25-26)	\$70/person by June 1st	\$85/person
EAGLE Trek (July 12-16)	\$275 by June 15	\$325
Farm and Garden Day Camp (July 19-23)	\$125 by June 15	\$140
Wildlife Stewards (Aug 3-7)	\$275 by June 15	\$325
Farm and Garden Day Camp (Aug 9-13)	\$125 by June 15	\$140
Super Science Camp (Aug 16-20)	\$275 by June 15	\$325

CAMP DISCOUNTS (EAGLE Trek, Wildlife Stewards and Super Science only)
4-H Member Discount -\$25.00
* Sibling Discount -\$20.00
*(one sibling discount per family)

WILDLIFE STEWARDS CAMP JUNIOR COUNSELOR CAMP FEES: \$175 (sibling discounts do not apply)

PAYMENT OPTIONS: visa, check, money order, or cash

SCHOLARSHIPS AVAILABLE: Call 503-821-1119 for more information or visit our website at: <http://extension.oregonstate.edu/metro4h/4-h-camps>

FOR MORE INFORMATION about camp registration or for more details about our camps please call the 4-H office at: 503-821-1119

OR VISIT OUR WEBSITE AT:
<http://extension.oregonstate.edu/metro4h/4-h-camps>

OREGON 4-H YOUTH HEALTH CARD

(to be completed by parent, physician or adult participant)

Is the participant currently under medical treatment? (describe)	Yes	No	Does the participant have any history of respiratory illness? (describe)	Yes	No
	Yes	No		Yes	No
Is the participant diabetic?	Yes	No	Is the participant subject to seizures of any kind?	Yes	No
Date of last tetanus shot?					
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? (describe)					
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)					
Does the participant have any allergies or dietary restrictions? If yes, please describe:					
Hay Fever	Vegetarian	Lactose Intolerant	Nut allergies	bee allergies	animal allergies
			Gluten Intolerant		Other (explain)
Mental, Emotional and Psychological Health					
<ul style="list-style-type: none"> This camper has an emotional health concern that will impact camp participation This camper has a psychiatric diagnosis such as depression, OCD, panic/anxiety disorder This camper has a significant life event that continues to affect the camper's life/health This camper uses an individualized learning plan at school 					
If "yes" was the answer to any of the four statements above, attach a statement from your child's professional (e.g. physician, psychiatrist, therapist) that address the preceding with regard to your child's participation at camp.					
Special Youth Considerations: <input type="checkbox"/> sleepwalker <input type="checkbox"/> bed wetter <input type="checkbox"/> homesickness <input type="checkbox"/> other _____					
Any restrictions to physical activity?					
Name of all medications including over the counter medications:					



Mail, hand deliver or fax completed form with full payment to:
 OSU Extension 4-H Camp
 18640 NW Walker Rd, Suite 1400
 Beaverton, OR 97006-8927
 FAX: 503-690-3142

PAY BY VISA: visit our website at: <http://extension.oregonstate.edu/metro4h/4h-camps>

REFUND POLICY

- All cancellations must be in writing (email or fax OK)
- 100% of the registration fee will be refunded if cancellation is requested to business days or more before the activity.
- 50% of the registration fee will be refunded if cancellation occurs five to nine business days before the 4-H activity begins.
- No refunds will be made when cancellations occur within 5 business days of the activity or when the campers do not show up for the activity.

SEE PAGE ONE: CONFIRMATION PACKETS SENT BY EMAIL UNLESS OTHERWISE NOTED

About Our Camps

Our Camp Staff

Oregon State University 4-H Extension faculty provide leadership and supervision to the 4-H camp programs. The 4-H Camp Staff includes both teen and adult volunteer staff. Participants receive a high degree of small group interaction and personal attention from 4-H staff and volunteer leaders. Our camp staff have been chosen for their interest and ability in working with other people, as well as their skills in special areas. They undergo criminal background checks and extensive pre-camp training before taking on this assignment as activity instructors and counselors. Trained teen counselors will be assigned 5-6 campers for each camp. It is their responsibility to be with the campers from Camp "Rise and Shine" to bedtime.

In addition to our teen counselor staff our adult staff will also be on-site at all times. The adult to camper ratio is 1:10. Adult staff teach project classes and provide leadership and supervision to the entire camp program.

HEALTH AND SAFETY (OVERNIGHT CAMPS)

The health and safety of campers are closely monitored. Each camp provides nutritious and balanced meals. The sites have hot and cold running water, showers, and flush toilets. There are medical personnel on staff to attend to participants' health needs.



EAGLE Trek Travel Camp travels to the coast, the mountains, and forests throughout the Oregon.

A RICH OUTDOOR LEARNING ENVIRONMENT

The Oregon 4-H Conference and Education Center property, just 8 miles from downtown Salem, Oregon, in the Eola Hills and is used to extend the 4-H mission of helping young people become self-directing, productive, and contributing members of society. The Oregon 4-H Center has been offering educational, camping and conferencing services since 1968 and is accredited by the American Camp Association.

As a retreat and conference center, our ACA (American Camp Association) approval is a designation we are proud of. Adherence to their strict standards for camping facilities is required for membership, and demonstrates our dedication to the success of our camps. Add these to hundreds of acres of both wooded and open pasture land, as well as our ponds, and campers find unlimited opportunities to learn through experience.



Ocean Discovery and EAGLE Trek Camps are based from Beverly Beach State Park, just north of Newport, Oregon. Beverly Beach is nestled in the coastal forest, providing close access to sandy beaches, tide pools and estuaries. 4-H has reserved a group camp site that has restrooms, hot showers, tent camping, and a campfire area. Participants bring their own tents and sleeping bags, 4-H provides the food, learning and adventure.

4-H YOUTH CAMPS



2010 4-H CAMPS AT A GLANCE

Date	Camp	Cost	Type	Ages	Location
Feb 5-7 CLOSED	Winter Camp	\$130	Overnight	8-13	4-H Center (Salem)
Mar 26-28 CLOSED	Family camp (kids under 5 are free)	\$55/\$45 adult/youth	Overnight	family	4-H Center (Salem)
May 15-16	Teen Counselors	Free	Overnight	15-18	4-H Center (Salem)
June 25-26	Ocean Discovery	\$70/person	Overnight	family	Newport, OR
July 12-16	Eagle Trek	\$275	Overnight	9-13	Newport, OR
Aug 3-7	Wildlife Stewards	\$275	Overnight	8-13	4-H Center (Salem)
Aug 9-13	Farm and Gardens	\$125	Day	8-13	Sunnyside School (SE Portland)
Aug 16-20	Super Science	\$275	Overnight	8-12	4-H Center (Salem)

All children who wish to learn and have fun are invited on our 4-H Camp Adventurers. You do not have to be a 4-H member to participate in any of our camps.

TO REGISTER

Complete the enclosed registration form and mail to the address listed on the form. Payment can be made by check or visa. Online registration is also available on our website.

FOR MORE INFORMATION

Contact the the
4-H Office at:

503-821-1119 (phone)
503-690-3142 (fax)

or visit our website at:

<http://extension.oregonstate.edu/metro4h/4-h-camps>