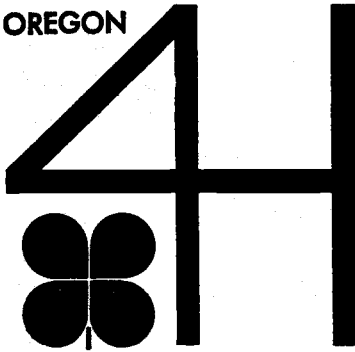


OREGON



Leaders' Handbook

Section 7 Activities

Activities

4-H offers many planned learning experiences to members. More information is available from your County Extension Office.

Mid-June State-Wide Activities

The following four activities are five-day programs which are normally scheduled the third week of June for members from all areas in Oregon.

- *Intermediate 4-H Summer Week*

Intermediate 4-H Summer Week is designed for delegates in 8th and 9th grades and is held at Oregon State University. The program includes classes in home economics, agriculture, arts and crafts, leadership, and issues of current interest. Evening programs, recreational activities, and dorm living make Summer Week a fun experience as well as a learning one. Members selected to attend must have just completed their 8th or 9th grade.

- *Senior 4-H Summer Week*

Senior 4-H Summer Week is also held at Oregon State University. It is designed for selected delegates who have just completed the 10th, 11th, or 12th grade. The program is planned by an advisory council with youth members and includes personal growth sessions as well as classes of special interest. Evening programs, recreational and group activities, and dorm living make Summer Week a fun experience as well as a learning one.

- *Horse Member Workshop*

This workshop is held at Oregon State University for selected 4-H horse members in the 10th through 12th grades. The program includes workshops, seminars, labs, and other action-oriented activities. Special sessions are planned on animal health, horse nutrition, horse management, horse physiology, and training techniques.

- *Marine Science Workshop*

This workshop held at Camp Terramar at Charleston is designed for 4-H members in the 10th through 12th grades. The program offers delegates the opportunity to informally learn about the Oregon Coast. Delegates will observe rocky and sandy beaches, see ocean wildlife, tour a seafood processing plant, see and learn about fishing boats, and tour a large freighter.

4-H Camps

Camping has become a tradition in Oregon. For many 4-H'ers it is the high point of the year.

County 4-H camps are conducted by the County Extension Staff with the help of local leaders, older members, and resource people. Careful planning and excellent leadership help reach the aims of a good 4-H camp.

Camps offer 4-H members new experiences, adventure, a good time in a new environment, and training in such things as campcraft, nature study, handicraft, and dramatics. At camp, young people learn leadership, to get along with others, and to take responsibility as one of the group. Older youth receive special training as counselors.

Oregon 4-H Conference

The Oregon 4-H Conference is citizenship in action. It is held annually in Salem in February. The theme of the conference is "Know Your State Government." One boy and one girl from each county serve as delegates to this conference and have the opportunity to see their state government in action. They are challenged concerning the responsibilities of government to its citizens. Delegates to the Oregon 4-H Conference must be in the 11th grade or above.

As a child is judged by others, he will tend to judge himself.

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National 4-H Congress

National 4-H Congress is held annually in Chicago, Illinois. Twenty-five or more Oregon 4-H members attend each year. Delegates must be in 11th grade or above when they attend. They are selected on the basis of project records and leadership achievement.

National 4-H Week

National 4-H Week is held early in October. Its purpose is to call public attention to 4-H work. Local clubs may plan window displays, news stories, special public programs, tours, community service projects, and other activities to promote 4-H in their communities.

Rural Life Sunday

This is a Sunday in spring which is observed by churches. 4-H'ers may determine if and how they will observe Rural Life Sunday.

International Farm 4-H Exchange (IFYE)

This program provides an opportunity for single men and women (between 19 and 25 years of age) to spend five to twelve months in another country. Likewise, young people from those countries spend a comparable time in the United States. Emphasis is given to technical as well as cultural aspects of the experience. The program varies in different countries, but usually delegates live in homes and share day-by-day family experiences.

Serving as a host family to visiting IFYE's is a rewarding experience in international understanding.

LABO

4-H members 7th grade through 12th grade can go to Japan and live with a Japanese family and attend a youth camp. Youth pay their own expenses to this five-week program.

Teen Caravans

Teen Caravans are sponsored by the National 4-H Club Foundation. Applicants must be at least seventeen years old and will assume their own expenses.

Caravan groups of 10 to 20 participants spend six weeks during the summer living with individual host families in foreign countries.

4-H Exchanges

4-H clubs or county groups may participate in 4-H exchange programs with other 4-H members in another county or state. This is a "people-to-people" program where members experience living with one another's families.

There are three kinds of people; those who make things happen; those who watch things happen; and those who have no idea what happens.

4-H Fairs

Fairs are held on a local, county, and state basis. Most of them provide special classes for 4-H members to display some of the things they have made or raised in recognition of their efforts. Members may also participate in project-related contests such as style revue, showmanship, judging, identification, and demonstration. Fairs also provide a time to acquaint the public with some of the skills members learn in their 4-H projects.

Other Activities

Examples of state and district programs offered in connection with specific projects are:

- Youth Range Camp
- Community Pride Conference
- 4-H Natural Science Weekend
- Photography Weekend
- National Commodity Marketing Symposium
- Dog Member Weekend