



High Desert Leadership Retreat

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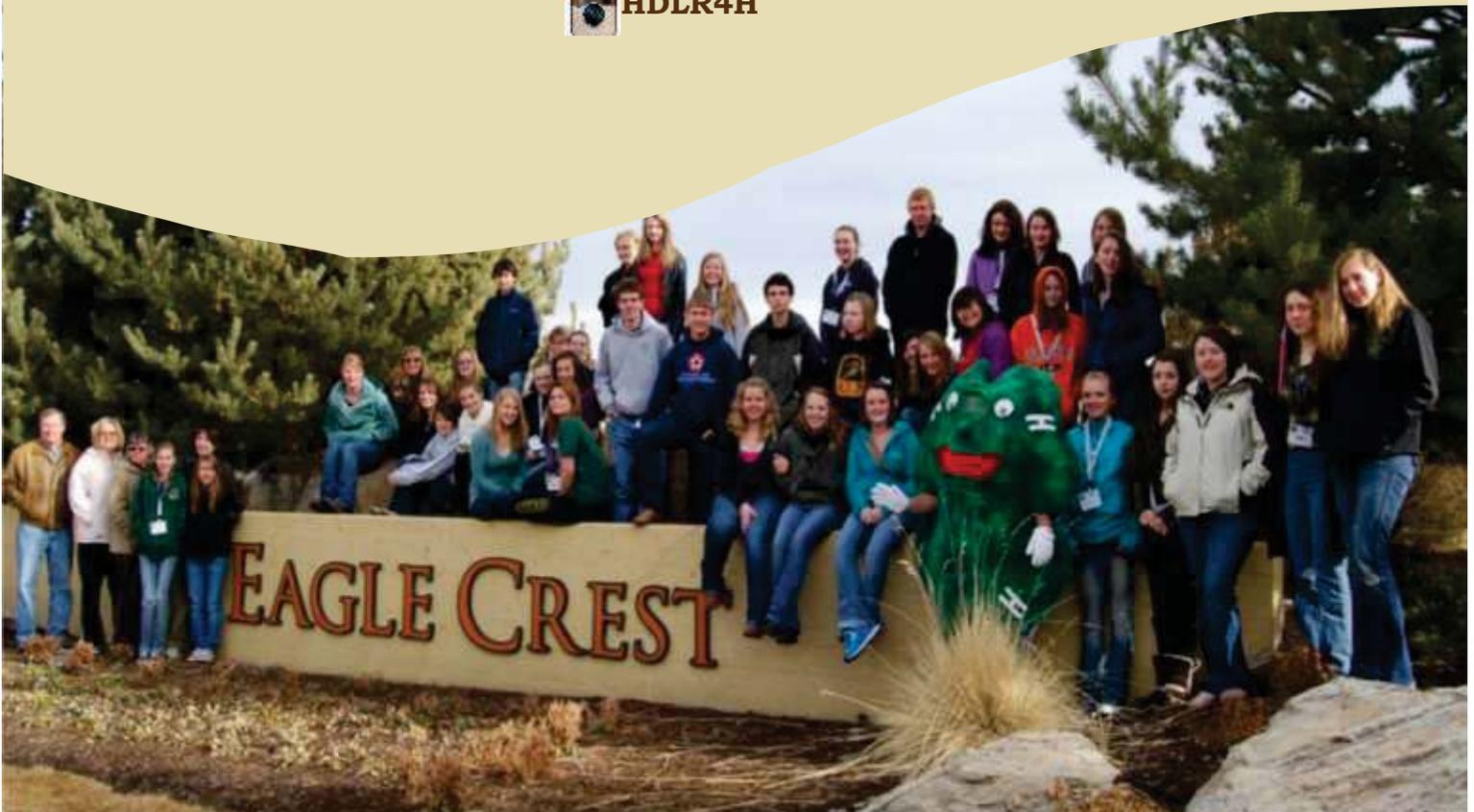
Eagle Crest

**Friday, January 15 through
Monday, January 18, 2016**

#HDLR4H

 **High Desert Leadership Retreat**

 **HDLR4H**





What is High Desert Leadership Retreat?

The High Desert Leadership Retreat is an annual youth conference held over the Martin Luther King, Jr. weekend. During the four-days, youth from throughout Central Oregon gather at the Eagle Crest Resort to challenge their minds and bodies by engaging in skill building and asset development.

Whether learning about character education, conflict resolution, mentoring, college preparation, healthy lifestyles, cultural diversity, program planning, presentations, public speaking, or even rubbing shoulders with elected officials, youth in 7th through 12th grades participate in hands-on activities, workshops, and seminars designed to enhance their capabilities, in school, at home, on the job, and in life.

Register your **4-H'er** or **non 4-H'er** for this popular leadership skill building program. The mixture of educational programs, recreational activities, and living experiences provides memories and friendships that will last a life time.

Space is limited. Simply fill out the registration and mail it back to the High Desert Leadership Retreat or call your county Extension Office for more details (find yours on page 14).

Eagle Crest Resort, Redmond, Oregon

Located just a few miles west of Redmond, Oregon, the Resort at Eagle Crest hosts an abundance of amenities ideal for the Retreat. Participants are housed in a small community of condominiums a short distance from the conference center, swimming pools, and recreation centers. Each living group is chaperoned. Meals are prepared by participants in their houses under the watchful eyes of an adult volunteer.



Organizers

The 4-H Faculty and Staff of the Central Oregon 4-H program have been planning and conducting the Retreat since 1994. As professionals in youth development, the priority is to provide a learning environment that is healthy and safe.

Cost

This low cost youth leadership retreat is made possible through generous donations, grants, and fees. A certain portion of the registration fee is non-refundable. Most Counties offer partial scholarships for this retreat. Check with your local county office about the availability and qualification for scholarships.

Murder Mystery Dinner

Seniors (10-12th Graders) –The Roaring 20's are in full swing, giving birth to the rise of jazz music, flappers and, with the end of the first world war, a renewed feeling of hope!

Unfortunately, while celebrating this new hope, a homicide has been committed! You are being summoned to help solve the mystery and bring justice to the assassin. And while you're working, we'll serve you a spectacular dinner and dessert.

Want to attend in 20s attire? We would LOVE it! Striped or plaid suit, white dress shirt, tie and felt or straw hat or tweed pants, vest, dress shirt and a newsboy cap for men and knee-length, dropped waist-line, sleeveless or v-shaped front and back dresses. Beads, sequins, lace, fringes, chiffon, etc. for the ladies.



Workshops for

Saturday, January 16th

Room	Session A 9:15 - 10:30	Session B 10:45 - 12:00	Session C 1:45 - 3:00	Session D 3:15 - 4:30
Golden Eagle A	Marketing Video Part 1	Stand Up Anti-Bullying	Photography	IPhone Photography
Golden Eagle B	Conflict Resolution	Banking Today	Becoming a Presentation Ninja	Tools 101
Golden Eagle C	#4HService	#4HService	#4HService	#4HService
Juniper 1	Calling It To Order	Be A Travel Pro	Create Your Vision	Dance It Out
Juniper 2	Ready, Set..... Team Challenge	Ready, Set..... Team Challenge	Shooting Sports	Shooting Sports
Golden Eagle D	Office	Walk on The Wild Side	Office	Walk on The Wild Side
Board Room			Pack it in.....And Out	Pack it in.....And Out



My child doesn't belong to 4-H.

That's okay. Non 4-H'ers are encouraged to register.



Do I have to pay the entire fee now?

No. A \$50 deposit per participant will save space. You will be billed for the remainder later.



Workshops for Sunday, January 17th

	Session A 9:15 - 10:30	Session B 10:45 - 12:00	Session C 1:45 - 3:00	Session D 3:15 - 4:30
Golden Eagle A	On The Spot	Marketing Video Part 2	Kitchen Nutrition	Lost Skills
Golden Eagle B	Civic Engagement	Calling It To Order	Improvisation Games	Lost Skills
Golden Eagle C	Bicycle Maintenance For Beginners	Bicycle Maintenance For Beginners	Art Your Selfie	Lost Skills
Juniper 1	Become a Presentation Ninja	Thank You Notes	Create Your Vision	Lost Skills
Juniper 2	Livestock Quality Assurance	Livestock Quality Assurance	Fore!!!	Lost Skills
Golden Eagle D	Office	Office	Logo Lab	Lost Skills
Board Room	So You Want To Be a Camp Counselor		Pack It in....And Out	



Class Descriptions

Art your Selfie

Kelie Eldridge

Create your own mixed media SELFIE! How do you see yourself? How do you think others see you? Are you colorful and bright or monochromatic and quiet? Do patterns and textures whirl around inside your head or are your thoughts calm and introspective? We will have fun exploring all of those ideas as we create our very own giant abstract self-portraits. No art experience necessary! We will be using pencils, oil pastels and watercolors to make our portraits bold and brave and quite possibly a bit crazy!

Banking 2016

Candi Bothum

Basic skills for reconciling and keeping track of your bank balance. How debit and credit cards work – their benefits and downfalls. Techniques for always knowing how much money you have in the bank and ways to track where your money is being spent in the new technology – online world.

Be A Travel Pro

Lindsay Walker

Wanna be a world local? Learn to plan and pack for a domestic or international flight! This class will take you through the essential strategies of airline travel; what to do before you buy your ticket, how to search for tickets, what to do once you get to the airport, and researching your destination to know what to pack. Join us and starting dreaming up some travel plans!

Become a Presentation Ninja!

Jamie Davis

Should I open with a joke? How should the room be set up? Do I need to create a handout? What font should I use in a PowerPoint? There are so many things to consider when creating a presentation! Although there is not one simple answer to these questions there are some general guidelines for creating a strong presentation. This hands-on workshop will provide you with great tips and tricks to become a presentation ninja.



Bicycle Maintenance for Beginners

Lindsay Walker and Diana Stephens in collaboration with Hutch's Bicycle.



Do you love to ride your bike but don't have a clue when it comes to fixing flats, greasing the chain, and basic problem solving? This class will get you geared up to take on basic bike maintenance with hands-on experience. Don't be afraid to get your hands dirty!

Calling It To Order

Amy Derby

Calling all leaders (yes, that'd be YOU!). You are invited to join us for an interactive session on facilitating effective meetings. Topics covered will include: parliamentary procedure, creating an agenda, the proper way to run a meeting, how to deal with disruptive individuals, and how to capture the meeting in minutes. We'll explore these topics thru hands-on activities to keep it fun while learning the basics. This class is designed to assist you in your role as a club officer, as an ambassador, or to give you skills you can use in life as you serve on committees or lead your own 4-H club!

Civic Engagement

Samara Rufener

This class will offer tips and tricks on how to enter the community, work with community partners, volunteer, and get involved. Youth will learn the definition of civic engagement, community entry do's and don'ts and how to successfully plan a service project for their club.

Conflict Resolution

Candi Bothum

Skills to deal, cope, and manage conflict are necessary for everyone! No one likes conflict, but if we practice we can work through most conflicts to satisfactory results. Join me for some quick ways to mitigate conflict, work through challenges, and deal with others who may not be quite so skilled at dealing.



Create Your Vision

Lane County and State Ambassadors

Bring goal setting and planning your future to life when you create your own vision board to direct you toward your goals, plans, and ambition! Hands on activity class to stimulate thinking and planning while creating a visual representation of your future.

Dance It Out

Lindsay Walker and Certified Zumba Instructor

Get your dance shoes on and join this upbeat dance class that is a blend of Latin, African and hip-hop beats! Led by a certified dance instructor, you can count on leaving this class energized- so, sign up and dance it out with us! You know you want to!

Fore.....

Barb Walley

Are you looking to lower your strokes, or try out golf for the first time? Join us for instructional time improving your swing, using proper etiquette, selecting clubs, and learning about the game. Depending on weather, Indoor or Outdoor opportunities for practice will be provided.

I-Photography

Leaetta Mitchell

Want to raise the quality, composure, and appeal of your iPhone (or other phone) pictures? Learn from a photography professional how to make the most of your smart phone camera, and get the kind of pictures you have always wanted.

Improvisation Games

Judi VanHouweling

You will not be sitting down in this class! Learn the basics of physical comedy improve through fun games and exercises. Characters and scenes are made up on-the-spot! Be read to laugh!



Livestock Quality Assurance

Jon Gandy

Come learn about livestock quality assurance! Practice safe procedures in administering shots and see how well your animal passes the safe taste test. All livestock producers should be aware of their product quality. Come learn how to guarantee your 4-H livestock project is top notch!

Logo Lab

Diana Stephens

Using free software that you can download yourself (FireAlpaca and Inkspace), learn how to design and create a simple digital logo that's replicable, sendable, marketable and even wearable. We will start with a quick design charrette to brainstorm ideas for this summer's OSU Summer Conference T-Shirt Contest (which you can enter to win a good discount on next summer's OSU Summer Conference Registration cost!), and then get to work on pixelizing it.

Lost Skills

Staff and Volunteers

Think you are ready for the real world? We have a list of skills you will surely need to master before setting out on your adventure. They may seem like a lost art form now, but you will thank us later. Join us to learn everything from tying a tie, and ironing a shirt to introducing yourself, and addressing an envelope!

Marketing and Branding with Video

Karissa Dishon and Jamie Davis

2-Part Class! Do you want to learn more about making short videos? Have you ever wanted to share with others how great something is? Combine those ideas for this hands on class of videography and marketing. Youth will pair up and work on their own video for the weekend. In part one youth will learn the skills necessary to take footage and set the scene. Part 2 will help youth edit and polish their video for a great finished project.



Nutrition Kitchen Workshop

Katie Ahern and Stephanie Russell

Join us for some fun in the Nutrition Kitchen! We will prepare quick, easy, tasty, and nutritious recipes together, including smoothies on our OSU Grinder Bike! Participants get to taste what they make, and will also receive recipes and other useful resources to take home.

On The Spot

Karissa Dishon

Have you ever been put on the spot to speak and your palms begin to sweat, knees begin to shake, while your heart races? Learn simple steps and practice skills to have you prepared for whatever speaking you might have to do. Job interviews...Competition...Elevator Speeches....you name it, you can crush it!

Pack It In....and out

Emily Anderson

Are you a camping enthusiast? Well, if you've never tried camping with only the gear you can carry on your back, you're missing out on the best way to explore the great outdoors! Attend this workshop to learn which items are truly essential, insider tips for packing all that gear in your pack, and basic skills in backcountry travel and overnight adventures. This will be a very hands-on, active session!

Picture This

Leaetta Mitchell

Take your photography to the next level and learn the tips, tricks, and skills of the trade to capture high quality images. The class will include some instruction time, but will also be filled with hands on opportunity to shoot beautiful shots in and around the resort. Bring your favorite camera and learn from an expert.



Ready, Set... TEAM CHALLENGE

Diana Stephens

Come to this active session ready to tackle a series of real and imaginary obstacles that will challenge you to work together to solve problems. Will your team be able to pool their resources and work together to find solutions? Will you fail together, or succeed together? Here's a clue: success is achieved only when all members have contributed to the outcome. Second chances, retakes and do-overs are allowed, and encouraged.

Shooting Sports

Jon Gandy

This will be a hands on class where you will first learn the safe handling of the firearm. All youth will shoot the firearm within the first 30 minutes of this class. During the class you will practice the fundamentals of shooting while in a safe environment.

So You Want To Be A Camp Counselor

Robin Galloway

What makes a good counselor? What things should be avoided as a counselor? Regardless of whether you're serving at a 4-H camp, church group or other organization, the basics are the same. Come discuss and practice ways to improve your counselor skills.

Stand UP-to Bullying

Lane County Youth Ambassadors

Have you witnessed someone getting bullied? Have you been bullied? Join this youth led class to learn how to stand up to all types and forms of bullying in a safe environment. Bullying effects each one of us either indirectly or directly. By learning how to deal with it you can make a positive impact in your environment.



Thank You!

Candi Bothum

Thank you notes are so very important in every part of life. Whether thanking for a gift, or a special opportunity, participation, or just thanking someone for being “there,” it’s an important skill. Make thank you cards simple, but heartfelt and know when hand written versus Email is important. This is a hands-on workshop, participants will be writing thank you notes, so come prepared to write someone.

Tools 101.

Candi Bothum

Everyone should know how to handle and run a few basic tools. From tire pressure to electric drills and beyond. Join us for a fun hands-on session and leave with some basic knowledge of tool safety, techniques for use, and what tools might work best for what situations. Some hand tools – and some electric tools will be used.

Walk on the Wild Side

Matt Yeager

Take a hike back in time along the Deschutes and explore some of the ancient survival skills our ancestors relied on. Learn how to: build a survival shelter; navigate without a compass; identify some local plants and trees; find dry tinder; and other empowering outdoor skills. This 2.5 hr. workshop takes place almost entirely outside so we will also learn some strategies for staying safe and comfortable when spending extended amounts of time outdoors. Be prepared to be outside for over 2 hours and dress for the weather.

#4-HService

Staff and Volunteer Leaders

Youth will have the opportunity to work on 2 community service projects each session. The first is “Knot Alone” blankets which creates fleece no sew blankets for local cancer patients. The second project is “Hand UP” bags which are filled with toiletries, and other necessities for homeless populations.



2016 High Desert Leadership Retreat Friday, January 15 - Monday, January 18

Name: _____ County: _____

Address: _____ City: _____ Zip: _____

Email: _____

Phone: _____ Gender: M F Grade: 7 8 9 10 11 12

Adult Shirt Size: S M L XL XXL

I would like to room with: (1 choice) _____

Register with deposit By:

Price/Participant

<input type="checkbox"/>	December 14, 2015	\$ 180.00
<input type="checkbox"/>	December 15 through January 6	\$ 200.00
<input type="checkbox"/>	Deposit to Hold Rate/Place	\$ 50.00

\$50 is non refundable

Total \$ _____

Scholarship applications are due by December 14, 2015

Method of Payment:

Check

Visa

Master Card

Credit Card # _____

Date _____

Signature _____

Make checks payable to: **DC4HA**

Mail to:
Deschutes County Extension
3893 SW Airport Way
Redmond, OR 97756



The two classes I most want to attend are:

1. _____
2. _____

Make sure classes are offered at the times you choose.

Saturday	1st Choice Class Name	2nd Choice Class Name	3rd Choice Class Name:
9:15 - 10:30			
10:45 - 12:00			
1:45 - 3:00			
3:15 - 4:30			

Sunday	1st Choice Class Name	2nd Choice Class Name	3rd Choice Class Name:
9:15 - 10:30			
10:45 - 12:00			
1:45 - 3:00			
3:15 - 4:30			

I approve these class selections and I understand that substitutions may be made if classes are full.

(Signature of parent or guardian)

(Date)