

January 25, 2012



Dear 4-H Families,

All 4-H members, ages 14-18, are invited to attend the South Central District Retreat at the Silver Cliff Ranch (near the Mount Princeton Hot Springs in Nathrop, CO.) This is one of the most fun and educational camps/conferences available to our 4-H members and at a great price!!! I highly encourage you to attend!

Attend this great camp if you want to:

1. Develop your leadership skills
2. Help make decisions that affect 4-H in southern Colorado
3. Spend some quality time with other members from El Paso County
4. Meet 4-H members from all across southern Colorado
5. Enjoy some time relaxing in the mountains and having FUN!!!

Take a look at the attached schedule for a list of fun activities (including the dance), workshops, meals, and meeting times.

Coordinator/Chaperone: Devin Engle, 4-H Program Assistant
devinengle@elpasoco.com, 719-520-7698

Cost: \$115.00 plus about \$20.00 cash (for dinner on the way up and lunch on the way back)
*Financial assistance may be available through your 4-H club, the El Paso County 4-H Youth Council and/or through the El Paso County 4-H Foundation. (See note regarding financial assistance on next page.)

Means of Travel: All El Paso County attendees will ride to and from the camp in the county van

Departure: Friday, March 16, 2012 at 3:00pm from the Extension Office. Please try to arrive by 2:45pm to load up the van. If you need to be picked up elsewhere, please contact Devin to see if special arrangements are possible.

Return: Sunday, March 18, 2012 around 2:00pm at the Extension Office. 4-Hers should plan to call their parents from the road when we stop for lunch to give them an updated arrival time. If you need to be dropped off elsewhere, please contact Devin to see if special arrangements are possible.

Registration: Due Tuesday, February 28 by 5:00pm to the Extension Office. This includes a check for \$115.00 made payable to CSU Extension, the registration form, health form and event Code of Conduct (see attached.)

Note: There is **NO cell phone signal** or internet access at the camp, so it is important to plan ahead. If you plan to bring your cell phone (to make calls on the way up or on the way back, or to use as an alarm clock or watch, be sure you also bring your phone charger.)

Things to pack: This camp takes place in warm, well insulated, heated cabins with bunk beds. There are also bathrooms with hot showers attached. However, the cabins can get a little chilly at night, and there is a lot of walking to be done outside between the various activity centers and lodges. That means you should plan to pack lots of **warm clothing**, including **pajamas**. Also,

the local hot springs feed into a pool at the ranch, so bring your **swimsuit** so that you can enjoy them!

The camp will give each member a sheet, blanket, pillow, two towels and a wash cloth. You will need to bring your **own toiletries**, extra bedding if you think you will need it, and flip flops for the communal showers. This is not a hotel, it is a cabin, so plan accordingly.

All 4-H members are asked to bring a **snack to share** with the group – dried fruit, pretzels, trail mix, etc. Also, you might want to bring card games, board games and music. Don't forget, there is no cell phone signal or internet access.

For emergency purposes, the phone number at Silver Cliff Ranch is 719-395-6228.

Feel free to contact me with any questions you may have about this trip! I sincerely hope you will be able to attend!

Make the Best Better!

Devin Engle

4-H Program Assistant

Financial Assistance

If you need financial assistance to attend any camp or conference, we suggest you do a few things:

1. Compose a letter explaining why you want to go to this camp/conference, include how much of your own money you can contribute to the cost, and mention what organizations you have asked or plan to ask for additional funds from. (These could include your club, El Paso County 4-H Youth Council, El Paso County 4-H Foundation, outside organizations, etc.)
2. Use this letter to ask for assistance from various organizations. Be aware that for some organizations, such as your club or El Paso County 4-H Youth Council you may need to attend the next meeting and ask to be put on the agenda. For other organizations you may just need to send your letter. For example, the El Paso County 4-H Foundation asks that you submit a "Request for 4-H Foundation Funds" application to the address on the bottom of the application (see attached.) It is also a good idea to include your letter with this application.
3. Consider your deadline. You will often need to ask nearly a month in advance for financial assistance from most groups. In this case, registration is due by February 28, so you will want to have contacted each organization by the end of January to be sure you meet your deadline.

SOUTH CENTRAL DISTRICT RETREAT - Tentative

March 16-18, 2012

Silver Cliff Ranch, Nathrop, CO

Friday:

2:45 p.m.	Begin loading up County Van at Extension Office
3:00 p.m.	Depart the Extension Office
5:00p.m.	Stop for dinner
6:00-7:00 p.m.	Registration; swimming/game room - Opera House/Games
7:00-8:00 p.m.	Get acquainted party
7:30-7:45 p.m.	Leader/chaperone orientation
8:00-9:30 p.m.	Orientation (Mandatory attendance); Overview of Saturday's activities including election requirements; Slate of election candidates due at this time and Candidate Introductions.
9:30-10 p.m.	Ice Cream Social/game room open
11:15 p.m.	In Cabins
11:30 p.m.	Lights Out!!

Saturday:

8:30-9:00 a.m.	Breakfast - Dining Hall
9:10-10:00 a.m.	Breakout Session #1
10:05-10:55 a.m.	Breakout Session #2
11-11:50 a.m.	Group Workshop
12-12:30 p.m.	Lunch - Dining Hall
12:40-1:30 p.m.	Breakout Session #3
1:30-1:40 p.m.	Break
1:40-2:40 p.m.	Sub-District Elections/Meeting
2:40-3:30 p.m.	Breakout Session #4
3:30-5:15 p.m.	Recreation, pool open
5:30-6:00 p.m.	Dinner - Dining Hall
6:00-7:00 p.m.	S. C. District meeting/elections
7:00-8:00 p.m.	Free time
8:30-11:30 p.m.	Dance
11:45 p.m.	In Cabins
12:00 a.m.	Lights Out

Sunday:

8:30-9 a.m.	Breakfast - Dining Hall
9:00-10:00 a.m.	Speaker
10:00 a.m.	Clean Up/Evaluations
10:30 a.m.	Check Out/Depart
12:30 p.m.	Stop for lunch
2:00 p.m.	Return to Extension Office



**South Central District Retreat
March 16-18, 2012**

Individual Registration Form

The South Central District Retreat will be held at the Silver Cliff Ranch near Nathrop. The cost of the retreat is \$115 and covers two nights lodging, two breakfasts, one lunch, one dinner, dance and workshops. Make checks payable to **CSU Extension**. Registration (check, registration form, health and event Code of Conduct form is due to the Extension Office by Tuesday, February 28 at 5:00 p.m.

Note: Each camper should bring healthy packaged snacks for the refreshment table. It could be something like trail mix, fruit rollups, dried fruit, etc. In addition, each camper will need approximately \$20.00 cash for dinner on the way up and lunch on the way back.

Note: It is prohibited for 4-H'ers to transport themselves to or from the camp.

SOUTH CENTRAL DISTRICT RETREAT REGISTRATION FORM

Name _____ **Age** _____

Club _____ **Gender** _____

Parent's Phone # _____

Member's Cell Phone # _____

County El Paso _____

Health Registration Form

Name of Event: Date of event: to:

Legal Name: Birth date:

Home Address: Phone:

City: State: Zip:

Parent's or Guardian's Name:

Street address: Phone:
(if different from child's)

City: State: Zip: Cell Phone:

Place of employment: Phone:

If neither parent or guardian can be located, in case of emergency call:
(include name and phone number)

Persons designated to take child from event:
(include name, address and phone if not listed above)

Persons not permitted to take child from event:

List communicable diseases and past history of serious lacerations, injuries and illnesses:

List any known allergies and drug reactions:

List any prescriptive or non-prescriptive medications which youth must take:

<i>Name of Medication</i>	<i>Dosage</i>	<i>Frequency</i>	<i>Prescribing Physician</i>
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Describe any special diets youth must follow:

<i>Description of diet</i>	<i>Prescribing physician</i>
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Youth must have had a physical examination within the preceding 24 months by a licensed physician or a licensed nurse practitioner. The event has the right to refuse admission of a youth who does not have an examination verification.

Date of last physical examination:

Physician's Name: Phone:

Attach Colorado Certificate of Immunization **OR** complete the following:

<i>Vaccine</i>	<i>Month and year each immunization was given</i>
Diphtheria-Tetanus-Pertussis (DTP or baby shots) or Tetanus-Diphtheria (TD)	
Polio	
Measles (hard, red)	
Rubella (German measles)	
Mumps	
Other	

Authorization to participate or exclude participation in event activities: I give permission for my child to participate in all event activities with the following exceptions:

Authorization for medical care: I hereby give my permission to event officials to call a doctor or emergency medical service and for the doctor, hospital or medical service to provide emergency medical or surgical care for my child, _____, should an emergency arise. It is understood that event officials will make a conscientious effort to locate the emergency contacts listed on this document before any action will be taken. If it is not possible to locate emergency contacts listed, I/we will accept the expense of emergency medical or surgical treatment.

Insurance Company:

Policy #:

Subscriber Name and address:

Parent's or Guardian's signature: _____ Date: _____

4-H Code of Conduct

Legal Name _____ County _____

Address _____

City _____ Zip _____ Phone _____

Name of Parent/Guardian _____

Emergency #'s (H) _____ (W) _____ (C) _____

Other name to contact if Parent unavailable _____

Emergency #'s (H) _____ (W) _____ (C) _____

Program participants at all levels are expected to abide by the stated rules for 4-H activities and events and will:

- Conduct themselves in a courteous, respectful manner, use appropriate language, exhibit good sportsmanship and act as a positive role model;
- Adhere to program rules, curfews, dress codes, policies and guidelines;
- Fully participate in scheduled activities;
- Respect other's property and privacy rights;
- Apply rules of safety to individuals, groups and property; and
- Accept personal responsibility for behavior.

The following behaviors will not be tolerated:

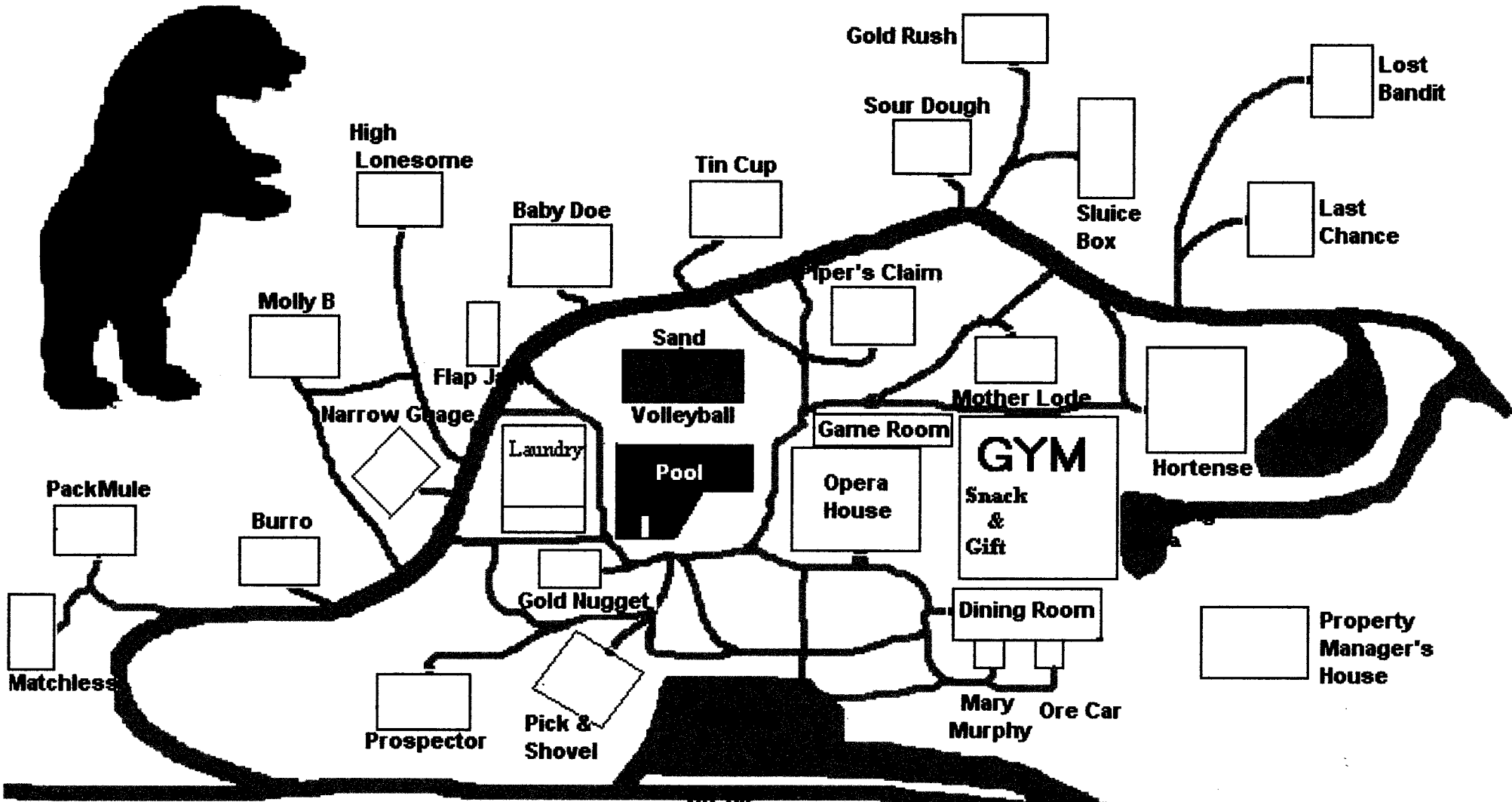
- Behaviors including the possession or use of: alcohol or illegal drugs; tobacco products; stolen goods; weapons (unless a part of a sanctioned shooting sports event); fireworks.
- Sexual, physical or verbal abuse;
- Females in rooms of males, and males in female rooms.

Conduct not in keeping with Colorado 4-H Youth Development standards will not be tolerated. Violation of items listed above will result in consequences to the participant. Law enforcement may be called and illegal behaviors may result in citations or arrest. Consequences may include removal, at the individuals' expense and without refund, from participation in the event; restitution or repayment of damages; sanctions on participation in future local, state, regional or national 4-H events; forfeiture of financial support for this event; removal from offices held in 4-H; loss of status as a member in good standing, etc.

We understand the reason for this agreement is to ensure the safety of the 4-H member and to ensure conduct and behavior that will result in each participant receiving the full benefit of enjoyment and educational experience from this event. It is not intended to place undue restrictions upon participants.

4-H member Signature _____ Date _____

Parent/Guardian Signature _____ Date _____



To St. Elmo

To Buena Vista & Salida

Silvercliff ranch

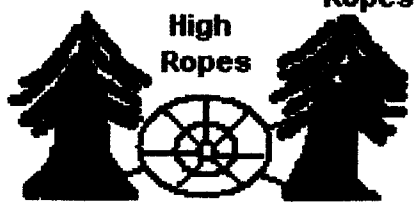
16565 County Road 162
Nathrop, CO 81236
719-395-6228



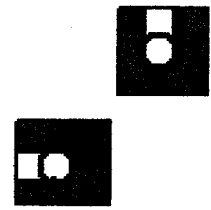
Team Games



Low Ropes



High Ropes



Check Us Out @
silvercliff ranch.com
Or Email Us @
silvercliff@hughes.net

