

## How can I be part of 4-H Summer Camp?

### Teen Staff

All members ages 14-18 are eligible to apply for a 4-H summer camp teen staff position. They help plan and carry out the activities that take place during camp.

All members ages 12-13 may apply to become a CIT (counselor in training) who take on a few responsibilities while enjoying camp.

### Adult Volunteers

For information on how to become a camp volunteers contact the 4-H Office at 707-263-6838.

### Camper

All current 4-H members are eligible to attend 4-H Summer Camp.

Must **BE AT LEAST 8 YEARS of age by December 31st of the program year** to attend 4-H Camp without a parent/guardian.



For additional information about 4-H Summer camp contact the 4-H office at 707-263-6838 or visit

<http://ucanr.edu/mendolakecamp>

## The 4-H Pledge

I pledge...

My Head to clearer thinking,

My Heart to greater loyalty,

My Hands to larger service,

My Health to better living

for my club, my community,

my country, and my world.



### Interested in joining the fun?

Contact Mendocino-Lake Summer Camp :

Phone: 707-263-6838

Website: <http://ucanr.edu/mendolakecamp>

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University of California  
Agriculture and Natural Resources

4-H Youth Development Program

UC Cooperative Extension



## Summer Camp



**June 24–28th, 2024**

**For Lake and**

**Mendocino Counties**



## What is 4-H?



4-H is an educational program to assist youth in their development by:

- ◆ Providing learn-by-doing educational experiences.
- ◆ Developing skills that benefit youth throughout life.
- ◆ Strengthening families and communities.
- ◆ Fostering leadership and volunteerism in youth and adults.
- ◆ Building partnerships for programming and funding.
- ◆ Using research-based knowledge from the land-grant university system.

4-H is a non-formal educational program for youth, ages 5-19, that is based on parent and volunteer participation.

All California 4-H programs focus on active citizenship and leadership involvement, and quality hands-on experiences which stimulate lifelong learning of values and skills.

## What is 4-H Summer Camp?



4-H Summer Camp is a week long camp filled with fun and exciting adventures. All 4-H Members ages 9-13 may participate in camp as a camper. Members ages 12-13 also have the opportunity to attend camp as a Counselor-In-Training. Members ages 14-18 years of age have the opportunity to attend camp as a Counselor, Lead Counselor or Dean and members ages 16-18 may serve as a Director or Ambassador.

Camp is held at Mendocino Woodlands Camp. Nestled in over 700 acres of redwood trees, ferns, and glades along both sides of the Little North Fork of the Big River in Northern California.

The Mendocino-Lake 4-H Summer Camp is sure to bring exciting experiences, new friends and the chance to learn fun new activities!!

**Head♦Heart♦Hands♦Health**

## What can I do at 4-H Camp?



There is always something fun to do at 4-H camp. Activities can include:

### Archery-

Learn safety, aim, and proper handling

### Arts & Crafts-

Pine needle basket weaving  
Painting and jewelry making.

### Campfire -

In front of the audience or behind the scenes, learn how to make people laugh, so ham-it-up by preparing a skit to be performed at campfire that very night, Learn, plan and prepare a campfire skit and songs.

### Photography-

Learn how to use a digital camera, and take that perfect shot.

### Tie Dying -

Learn to Tie Dye your own clothes or accessories. Make a one of a kind fashion statement wear.

### Things That Fly—

Planes and Rockets—have fun building a rocket to launch, airplanes to fly.

**and much more**