

TO: Somerset County 4-H Teens Grades 9-12
FROM: Lisa Rothenburger, County 4-H Agent
RE: Somerset County 4-H Winter Camp, January 23-25, 2009
DATE: November 7, 2008



Here is what you need to know to join us for a fun-filled weekend with other 4-H'ers!

ARRIVAL TIME: **BY 8:30 p.m.**, Friday, January 23, 2009
DEPARTURE TIME: **10:30 a.m.**, Sunday, January 25, 2009
COST: **\$50.00 (non-refundable)**

Scholarships are available - Contact Lisa Rothenburger at (908) 526-6644 or rothenburger@rce.rutgers.edu

APPLICATION PROCEDURE: Please **complete and sign the Event Permission** form and return it with your **check for \$50.00** (payable to the Somerset County 4-H Senior Council) to the 4-H Office **by Friday, January 9, 2009**. (Adult chaperones are asked to complete and return the 4-H Adult Overnight Form available at the 4-H office.)

WHAT TO BRING: 2 changes of warm layered clothing for winter outdoor sports, 2 pair boots or waterproof shoes, sleeping bag, pillow, extra socks, towel, toiletries, pajamas, indoor games, **AND** if your last name starts with:

A-G - bring fruit (bag of apples, oranges, bananas, whatever)

H-N - bring snacks (like chips or candy or nuts, etc.)

O-T - bring baked goods (can be store bought - cookies, cupcakes, brownies, dessert type items)

U-Z - bring veggies (bag of carrots, celery, dip, etc)

Male and female adult chaperones and a minimum of 15 participants are needed, or the weekend will be cancelled.

FACILITIES INFORMATION:

- The L.G. Cook 4-H Camp is located in Stokes State Forest in Sussex County, NJ.
- We will be utilizing the winterized bunkhouse, restrooms and dining facilities.
- We will be doing all of our housekeeping **including** cooking and cleaning up after ourselves.
- Transportation to and from camp is **not provided**, but we hope that people will car pool.

If you have any questions, please contact Lisa Rothenburger at (908) 526-6644.

Enclosures: 4-H Event Permission Form/RCE Health Form/Directions to Camp/Application



Date received _____

SOMERSET COUNTY WINTER CAMP WEEKEND

L. G. Cook 4-H Camp
January 23 - January 25, 2009
Application

Please return this form by **January 9** with Event Permission slip and RCE Health Form.
Space for this weekend is limited, register early. Return to: Somerset County 4-H Office, 310 Milltown Road, Bridgewater, NJ 08807

Name _____ M ____ F ____ Grade _____

Street Address _____

Town _____ Zip _____

Telephone () _____ E-mail _____ County _____

TRANSPORTATION INFORMATION: Camp participants are responsible for arranging their own transportation. A parent's signature is required (below) for teens driving to camp. Please check one of the following:

I am driving to camp (we DO NOT recommend this option, as it is very dark on Friday night driving to camp, and the kids are VERY tired on Sunday morning driving home from camp).
Parent's Permission required: I give my son/daughter permission to drive to the 4-H Senior Member Winter Camp Weekend at the LG. Cook 4-H Camp.

Parent's Signature

I will be driving to camp with _____

I will have room to take others to camp – how many? _____

Estimated arrival time at 4-H Camp _____

ADULT CHAPERONES: A limited number of adult chaperones are needed. Please check below if your parent is interested in attending camp as a chaperone. They will receive more information from the 4-H Office. (Chaperones are free.)

Yes, my parent is interested in attending camp

Parent's Name _____

Parent's phone: Daytime () _____ Evening () _____

COST: \$50.00 per person (covers the camp fee, food, lodging)

Enclosed is a check for \$_____ to cover the cost of the Winter Camp Weekend. I understand no refund will be made if I **FAIL** to attend. Please make checks payable to:
Somerset County 4-H Senior Council.

**Rutgers Cooperative Extension Health Form
4-H Winter Camp 2009**

Name _____

Street Address _____

City _____ Zip Code _____

Cell Phone _____ Home Phone _____

Father's Name _____ Day/Cell Phone _____

Mother's Name _____ Day/Cell Phone _____

Health Insurance Provider _____ Number _____

In case of illness, etc., list alternates in the area other than father and mother to be called:

Name _____ Phone No. _____ Cell Phone _____

Name _____ Phone No. _____ Cell Phone _____

Name _____ Phone No. _____ Cell Phone _____

Doctor _____ Phone No. _____

Current Health Information:

Have you been sick, hurt, hospitalized since January 2008? Yes No

Describe, Date & Treatment _____

Date of last Tetanus Shot _____

List all **food** allergies _____

List all other allergies (including Latex) _____

Can your child participate in all activities? Yes No

If any restrictions, please forward a doctor's statement to the nurse along with this form.

Date _____

Parent or Guardian's Signature

Both sides of this form must be completed by all youth participating in overnight activities, field trips, events requiring group transportation, and any other events sponsored through the 4-H Youth Development Program where it is deemed necessary by the adults (paid 4-H staff and/or registered 4-H volunteer leaders) responsible for the youth participants. The form should be submitted prior to the event and kept by the chaperone for at least 90 days after the event. The form has five parts: (1) information about the participant and activity, (2) parental permission and liability release, (3) medical emergency authorization and health information, and (4) behavior agreement and (5) media policy. *Be sure to complete all five parts and sign where requested!*

Information about the Youth Participant and Activity

Name of youth participant: _____ Birthdate: _____

Address: _____

Telephone number: _____ 4-H county: _____ Grade: _____

Name of parent/guardian: _____

Name of activity/event: _____

Name of 4-H group sponsoring or participating in this event: _____

Location of event: _____

Date and time of participation of individual named above: _____

Parent Permission and Release of Liability

I hereby give my son/daughter named above permission to participate in the event listed. Although Rutgers Cooperative Extension and its chaperones will use the utmost precaution in guarding the health of the above participant and preventing accidents, I release them from any liability in case of illness or injury as a result of this activity. Furthermore, I release the owner and driver of the car transporting my child to and from the event, from any liability in case of illness or injury.

Signature of parent or guardian: _____

Medical Emergency Authorization and Health Information

I authorize the 4-H chaperone(s) to dispense the prescription drugs and/or over the counter medications listed below in accordance with the instructions provided on the label (prescription drugs) or below (over-the-counter medications). In case of sudden illness or an accident to the above named participant requiring immediate treatment or surgery while he/she is a participant in this activity, I authorize the 4-H chaperone(s) to take such action as seems appropriate to protect the health and physical well-being of the above participant. This authority extends to any physician(s) and/or surgeon(s) selected by the chaperone(s) to perform medical and/or surgical procedures including examinations and tests necessary to preserve the health and physical well-being of the above named participant. All efforts will be made to contact the parent(s) or guardian(s) in case of emergency.

Name of parent/guardian	Phone number	Name of additional emergency contact	Phone number
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The following information is provided as an aid to the chaperone(s) in dealing with the well-being of the participant. The participant has the following health conditions: (include allergies, handicaps, diabetes, pregnancy, asthma, medications needed, etc.).

Health conditions: _____

Medications/Instructions: _____

Health Insurance: Company _____

Group# _____

ID# _____

Signature of parent or guardian

- Continued on other side -



Behavior Agreement

The 4-H Code of Conduct outlined below is in effect for all youth activities involving Rutgers Cooperative Extension and the Department of 4-H Youth Development. It applies to all participants in 4-H activities, with participants defined as 4-H members of any age or grade, all other registered youth and adults, and all other individuals who take part and/or attend 4-H events.

Participants who fail to adhere to the 4-H Code of Conduct may be subject to a range of disciplinary actions. Immediate corrective action will be taken to ensure the safety and welfare of all participants at the event. Additional disciplinary action may be taken upon further investigation of the infraction or incident. Participants in county events shall be subject to policies developed at the county level. Participants in state and national events shall be subject to the policy and process outlined in the "4-H Event and Activities Disciplinary Policy," which can be found at www.nj4h.rutgers.edu/policies.

If an individual continually disrupts the group or engages in illegal behavior, he or she will be given an opportunity to discuss the problem with the chaperones before more drastic action is taken. If, after discussion, the behavior continues, or in the opinion of the chaperones it would be detrimental for the individual to continue with the group, he or she will be sent home **at the participant's expense**.

4-H Code of Conduct

1. The health, safety, and welfare of others must be respected at all times.
2. Appropriate language and behavior are expected at all times. Profanity, foul or abusive language, inflammatory statements, derogatory comments, or physical altercations toward any group or individual are not permitted.
3. Participants are expected to be present and participate at all scheduled program activities. Participants are required to wear nametags when dispensed.
4. All participants are expected to be on the site of the event at all times. Unauthorized use of vehicles during an event is prohibited.
5. Participants are responsible for following the instructions of all 4-H staff and event chaperones.
6. All behavior or language of a sexual nature at 4-H events is inappropriate and unacceptable. Dignified and respectable behavior is expected at all times.
7. Curfew hours must be strictly followed.
8. Behavior during unscheduled free time is subject to the supervision of 4-H staff and chaperones.
9. Dress code standards previously set for the event must be met by all participants (i.e., no sexually suggestive, culturally insensitive, tobacco or alcohol industry sponsored shirts, inappropriately cut shirts, shorts, pants or skirts, etc.).
10. Possession, distribution, or use of alcoholic beverages or illegal drugs is prohibited. Prescription drugs and over-the-counter medications may be dispensed by adult chaperones only with written authorization provided by the parent/guardian on the 4-H Event Permission Form for Youth filed for the event.
11. With the concern for the well being of self and others, smoking and the use of other tobacco products is prohibited.
12. Care and respect for property, personal and institutional, is expected at all times. Theft, possession of missing property or damage to property is prohibited.
13. Unauthorized possession, distribution or use of weapons, ammunition or fireworks is prohibited.
14. Honesty is expected at all times from 4-H members. Dishonesty, cheating, plagiarism and forgery are inappropriate actions.

I HAVE READ the **Behavior Agreement** and **4-H Code of Conduct** above and discussed it with my son/daughter. I understand and agree to the conditions set forth. I accept the cost and responsibility of having my son/daughter returned in the event it is necessary.

Signature of participant in event

Date

Signature of parent or guardian

Date

New Jersey 4-H Media Policy and Release:

The 4-H program routinely promotes activities through various media. This includes, but is not limited to newsletters, newspapers, brochures, and displays. In doing so, the names and photos of members may be included to help tell the 4-H story. However, New Jersey 4-H policy is that on web sites, youth in photos will not be identified by name(s).

- No, do not use my individual picture for any purpose.** I will make an effort to avoid opportunities to be in group photos.
- No, do not use my name for any purpose.**

By Keith Diem, Ph.D., 1990. Revised by Rita Natale Saathoff, 2003. Revised by Annette Devitt, 2004.

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**RUTGERS COOPERATIVE RESEARCH & EXTENSION
N.J. AGRICULTURAL EXPERIMENT STATION
RUTGERS, THE STATE UNIVERSITY OF NEW JERSEY
NEW BRUNSWICK**

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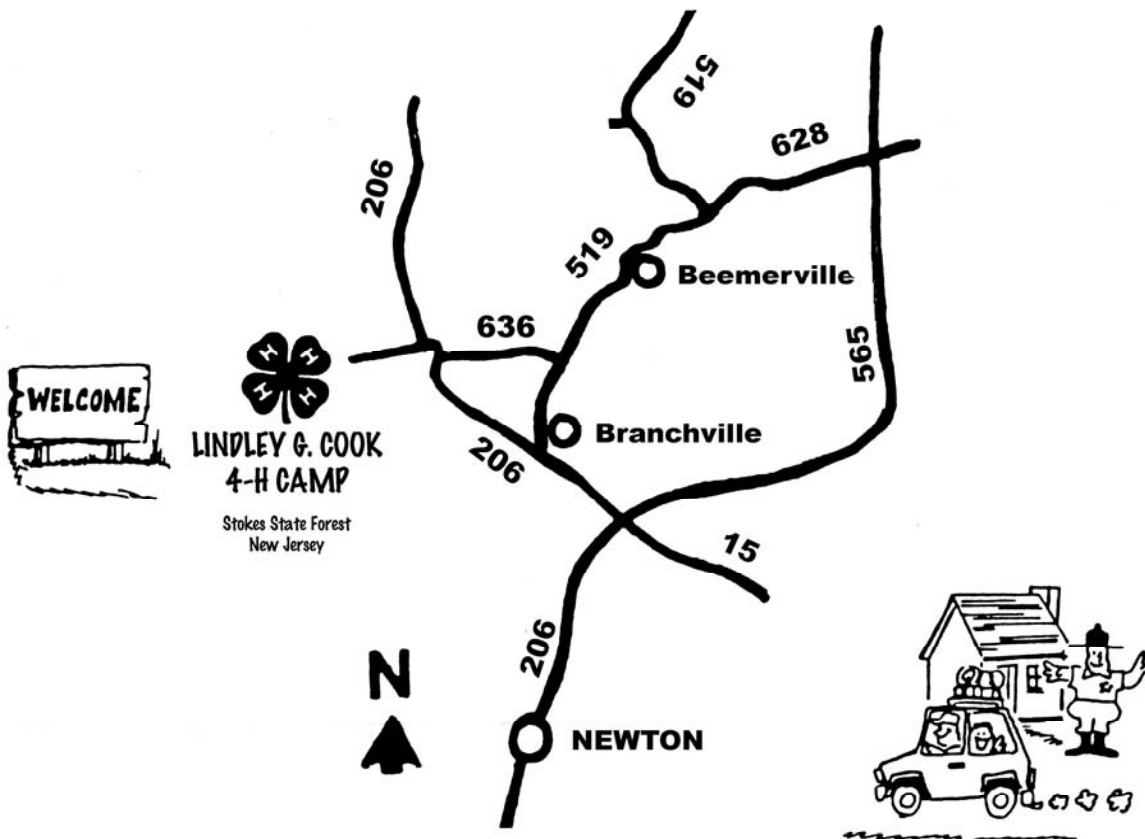
Lindley G. Cook 4-H Camp
100A Struble Road
Branchville, NJ 07826
(973) 948-3550

Directions to Camp

Take Route 206 North all the way to Sussex County. Continue on Route 206 N. out of Newton to Ross's Corner at Augusta*. At this point, turn left and stay on Rt. 206 N. past Branchville and Culver Lake. Watch for the Stokes State Forest office sign on the right. Continue on Rt. 206 for a short distance. After you pass the Jumboland Diner, you will see a yellow sign for Coursen Road. Once you pass Coursen Road the next left turn will be Struble Road. Turn left (about half way down the hill) onto Struble Road. You will go past a Boy Scout Camp, vacation homes, and a lake on your left. At the fork in the road you will see the sign for L.G. Cook 4-H Camp. Bear right at the fork and slowly follow the road into camp.

Or

Take 287 North to Route 80 West. Exit onto Route 15 North to 206 North at Ross's Corner in Augusta. Continue to follow above directions out of Augusta*.



Directions to Lindley G. Cook 4-H Camp

From the 4-H Center in Bridgewater

Take Milltown Road to Route 22W.

Take Route 22W to Whitehouse.

At the light by the Exxon, make a right onto County Route 523.

Right before Oldwick, Route 523 T's off to the right, **do not** take this continue, straight on 517N through Oldwick and onto Fairmont.

Stay on 517N through Fairmont and Long Valley

At Long Valley, continue straight through the light (517N actually take a jog to the right before going straight).

Continue on 517N up and over Schooley's Mountain.

517N takes you through Hackettstown and bears to the right (after the junction with Route 46).

Continue on 517N through Allamuchy (it crosses Rte 80 here).

Shortly after Allamuchy, bear left on 603 there is a blinker light.

At the end of the road, you will come to a stop – horses are usually on your right, house across the street. Make a left continuing on 603. 603 winds around and takes you through a short tunnel. 603 will bring you out onto Route 206 above Andover.

Make a left continuing on 206N to Newton.

At Newton there is a square, you will make a left and then a right, continuing on 206N or alternate route below.

Continue on 206N through Newton, past shopping centers, etc.

North of Newton 206N goes left (large intersection with lights) Stadium is on upper left hand side of intersection. Make a left.

Continue on 206N to Struble, this is a left hand turn, ~ ½ mile past the entrance to Stokes which is on the right of 206.

Continue on Struble through the Boy Scout Camp, several houses, large lake on left, LG Cook will be several miles down on the right, large L.G. Cook sign at end of paved road.

Alternate Route from Newton

At the square in Newton, make the left and right as above.

At the first left (there is a light) Hayek's market is on the left hand side, make a left onto Route 519N.

Continue on 519, it bears to the right slightly through town.

Take 519 to 206N, it brings you out below Branchville. This is several miles long, scenic route.

Make a left onto 206 to Struble, see directions above.