It may still be cold outside, and 4-H Camp Ohio may be covered in snow, but we are already looking forward to a warm summer and continuing the traditions of 4-H Camp Ohio by serving all our campers in the best way we know how.

You may ask, how do we do that? With quality staff that spend time getting to know campers, helping them make friends and learn valuable skills. From learning more about themselves, through activities like canoeing, arts and crafts or the zip-line; our staff are teaching your campers invaluable skills for the future. It is proven through adventure & nature education youth have an improvement of self-concept. The benefits of participating in facilitated adventure activities leads to the development of new confidence in oneself, increase in logical reasoning skill, increase in shared decision-making and improvement in problem-solving skills.

In our busy, technology-driven world, a week at camp can help us take a break from the hustles of life and the constant perceived need for television computers and cell phones. Our camp programs, trained staff and county counselors guide all campers to learn through doing, interacting with peers and camp counselors. We look forward to the opportunity to create camp memories for your camper to share and cherish.

If you have questions or want to learn more about camp please contact your county extension office or visit our Website. We are here to help you and your child get the most out of what camp has to offer. It’s going to be a great summer!

Happy Camping,
Anthony
Executive Director
Mental Health
An increasing concern in the camping world is the realm of mental health. Mental health affects everyone: campers, counselors, staff and parents. This realm also includes a very broad spectrum of mood health, behaviors, anxiety and a myriad of disorders. So what role does camp play in the mental health of young people?

Campers
The National Institute of Mental Health (NIMH) reports that one in five 13- to 18-year-olds has, or will have, a mental illness at some point in their lives, noting significant prevalence and an increase in the diagnosis of depression and mood disorders, as well as anxiety. Campers coming to camp have had real experiences of trauma. The camp experience needs to be positive for all campers.

Camp is a unique, all inclusive community of youth. It is a place were campers are encouraged to try new things and learn about themselves with a group of their peers doing the exact same things. Relationships tend to be special at camp because of the specific group of people there. This itself provides a relief of labels used in the everyday world. Ex: Billy is ADHD, rather than Billy has ADHD. To many at camp, their labels are much more positive: red team, cabin 12, Ottawa, Wild Woozy conqueror, etc. Camp for many campers provides the needed break from life as well as provides them skills and strategies to help them deal with their everyday struggles, minor and major.

Camp Staff
As camp staff, we expect to come into contact with campers of all backgrounds and are required to attend several hours of training to help understand youth and their needs. Camp staff are trained to work with youth of varying degrees of diagnosed disorders, and even some undiagnosed or unknown issues. We do our best to engage these kids as KIDS rather than their disorder. Camp staff are encouraged to approach all participants with an open mind and manage groups to the best of their ability. Many of these training techniques come from professional development initiatives such as American Camp Association. We have a responsibility to take care of “our” campers while they’re here. We also have a responsibility to care for ourselves; to show positive examples to those we are here to mentor. The nation as a whole has seen more talk about suicide and anxiety/depression at camps in the past year than the past several combined. What we, as camp staff, show to the campers is almost as important as our interactions with them. By demonstrating patience, stress management, kindness, and goal setting, while teaching campers about communication, teamwork, inclusiveness and tolerance, we are handing them the tools they need to navigate the “hard stuff” they will encounter.

—Lindsey
**Winter Adult SS Training:** The last weekend in February sees the Ohio 4-H Shooting Sports Winter Adult Training. Any 4-H volunteer can come to receive state training in the basic disciplines of: rifle, pistol, archery, coordinator's, hunting and wildlife, living history and for the first time crossbow. Youth development is the basis of all 4-H shooting sports programs. The overall mission of 4-H Shooting Sports is youth development. The adult training workshops are to learn basic instructor techniques, not to make the instructor a better shooter. Instructors learn how to teach kids and safety first before then learning to teach shooting techniques.

**Trainings:** The first weekend in May hosted Adventure training. High Ropes, Team Challenge, Tower activities are led by instructor trainers. The individuals who complete training this day are then able to teach these activities. (High Ropes required additional teachings before instructors are able to lead the class independently.) Also, instructors being training in adventure activities should have current first aid, AED/CPR, and blood born pathogen certifications. Be sure to check with the camp office if you think your training has expired or if you’re interested in getting a first aid certification.

**Staff:** In 2018, the 7.5 month program instructors were Jacob Lehner and Grayson Dubanowich. Grayson returned for his second season, while Jacob began his first year a little later in the season and completed on the job training. Kate MacFarlane came for her second summer from Australia. New for the summer were Ali Ramzan from the UK, Anna Putonaite from Lithuania, Brittany Grima from Australia, and Amy Rhodes from Scotland. All program staff are universally trained in all program areas of camp. Program staff also serve as camp hosts for a few weeks during the summer to learn management techniques and provide a liaison for the staff and county group. Also a huge shout out to the wonderful kitchen staff lead by Heather Rine. Keeping our campers fed and happy!

**PAR:** Program Attendance Records (PARs) are kept for each class or session taught at camp throughout the year. A PAR provides a record of the classes taught and number of campers who attend. These numbers are then used for tracking camping trends and applying for grants to improve programming at camp. Summers see a lot of activity at the pool, adventure tower, crafts, and open rec facilities. Last year camp was able to purchase new canoes and equipment through grants and donations. (Extra big thanks to Muskingum and Marion County!!) Also, several counties bring their own unique classes. Everything from zumba and karate to kitchen science and new twists on old games are being led by counselors from the counties. Keep up the good work!

**Family Camp:** We had a large attendance for Family Camp! With almost full cabins across camp, it was a very busy weekend. We were happy to see some familiar faces and well as several new ones. This camp would not be possible without the volunteers to help run programs for the weekend!! Some new sessions this year included a floral lantern craft, fudgy bon bons, and bird seed feeders. We look forward to this camp every year and continuing family traditions with you! Please look into being a volunteer for family camp: even teaching a single class during that weekend is a huge help!

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**WE’RE HIRING**

We are still looking for kitchen, program, and maintenance this summer! Go to the website to fill out an application! Be part of our dynamic team this summer!
New Programs

This year will find many new options at camp for campers. New elements have been added to the Team Challenge Course, a slingshot range has been installed, and a Flying Squirrel has been built.

Most notable is the addition of the Flying Squirrel. This adventure activity is located in main camp, just off the east side of the bridge. Camper will have the opportunity to use team work to pull another camper through the air. Anyone interested in leading this session needs to come to the May training. RSVP for that training is April 21.

A vertical web and 3D horizontal web are two new features for Team Challenge. Just a reminder, instructors must be trained on these elements to use them.

Slingshots are currently being purchased and the range is being built. Thank you Perry County for this new program!

ODDS AND ENDS

Get Involved

There are many needs at 4-H Camp Ohio. We are always looking for volunteers, and creative ways to make the best better at camp. Everyone has something to offer at camp.

Volunteers can teach specialty classes based on their personal knowledge or hobbies or can lead sessions in general program areas like customer service, outdoor rec, crafts or nature. There are opportunities to volunteer at camp all year round!

There are also several areas where you can give to camp. You can also earmark any donation to a project or area of your choice.

Be sure to check out the camp facilities newsletter to find out a running list of projects and needs.

Rewards for Shopping

Camp has signed up for both the Kroger and Amazon Smile rewards programs. With these programs, after you sign up, every time you make purchases with these companies, 4-H Camp Ohio receives some money back. Since late 2016, the Kroger program has seen a return of $3920!

To sign up in Kroger rewards, log onto the Kroger website [www.kroger.com](http://www.kroger.com) and search for 4-H Camp Ohio under the Community Rewards tab. Enter in the access code BC060. Every time you use your Kroger card, camp receives money back! Simple!

For Amazon rewards, use the website: [smile.amazon.com](http://smile.amazon.com). Then search for and choose Agricultural Extension Camps, Inc as the organization to give to. Shop normally! Be sure to always use the Smile website when ordering. Prime still works even when using Smile.

Please check out our website for more information about events, programs, and information about camp!

[www.4hcampohio.org](http://www.4hcampohio.org)
AROUND CAMP

New and exciting things are happening around Camp! Doug Clark is retiring from camp after 56 years of employment. The camp farm was dedicated to Doug in 2012 as it was one of his passions at camp. We are thankful for all of his knowledge and dedication to 4-H Camp Ohio and hope that he finds happiness in his future endeavors. Taking over the facilities management is Adam McClurg. Adam brings with him knowledge of camp, skills in plumbing/basic construction, and lots of new ideas. We would like to welcome him to our camp family and are very excited to have him with us.

One of many future improvement projects was building a new office and kitchen remodel. As campers are worked into camp life, everyone visits the kitchen. This was an important area to update. The kitchen is sporting a new floor, paint (walls/ceiling), office and oven.

Ken LaFontaine and Russ Cahill have taken over as co-chairs of the Facilities committee on the camp board. Both are very committed to making needed improvements around camp. They have been to camp several times, along with Ken’s wife, to put in shelves, install doors, paint cabins and dozens of other miscellaneous jobs around the property. Ken also began the first facilities newsletter to set up a network of volunteers for camp projects. Be sure to keep a lookout for other updates and improvement all around Camp!

WISH LIST
Looking to donate to 4-H Camp Ohio and not sure what to donate?

Camp always accepts monetary donations, or you can help sponsor the following programs: CRAFTS: Rit liquid dye, permanent markers, masking tape, embroidery floss (all colors), scissors, yarn, pony beads, NATURE: taxidermy (small mammals, fish, birds), nature posters, bird seed, stream nets, fish food, fishing pole, aquariums LIVING HISTORY: paraffin wax (10# block), pioneer wooden games or clothing (suspenders, straw hats, men’s shirts/pants) RECREATION: basketball/volleyball = $20, kickball = $10, hula hoops = $5, ping pong paddles = $30 SHOOTING SPORTS: CO2 cartridges, lead .177 pellets = $2.50, clay targets = $20 or air rifle targets = $5 OTHER: dust pans, alarm clock (electric)

Please contact 4-H Camp Ohio @ 740.745.2194 if you are interested in donating.
4-H CAMP OHIO
11461 Camp Ohio Rd
St. Louisville OH 43071
Phone: 740.745.2194
Fax: 740.745.3327
E-mail: 4h.campohio@gmail.com

Want to help save on postage and paper? Please e-mail 4-H Camp Ohio your e-mail address to receive the newsletter and other information about 4-H Camp Ohio. Camp’s newsletter e-mail address is 4h.campohio@gmail.com

If you no longer wish to receive 4-H Camp Ohio’s news letter, please call or e-mail Camp.

We’re on the Web!
Www.4hcampohio.org

2019 Events
Dates can change without notice. Please check 4-H Camp Ohio’s website often for updates on events.

April 6—Winter Workshop for Counselor Training (RSVP March 26)
April 26-27—Camp Counselor’s Workshop
May 4-5—High Ropes/Tower/Team Challenge/Flying Squirrel Training. Tower training is Saturday only. Flying Squirrel is half day. Limited space available. Contact office with questions. (Please RSVP by April 21)
Aug 31–Sept 2—Family Camp. Online registration only. RSVP August 15 Volunteers and workers are needed for this weekend, even if you cannot attend!!