

State 4-H Venturers Program



Are you seeking a challenge that requires skills in canoeing, communications, decision making, safety, leadership, teamwork, outdoor cookery, first aid and coping with nature's elements?

Then this might be just the right challenge for you!

Come experience the Boundary Waters Canoe Area Wilderness with the State 4-H Venturers.

This challenge demands top mental and physical conditioning, canoeing 30-40 miles on still and running water, coping with mosquitos by the millions and carrying packs weighing 30-50 pounds on portages between all those lakes.

If you are willing to...

- ✓ work with others as a crew member, to accept others as they are, to help make group decisions, to do your share of work and carry your share of the load;
- ✓ absorb and share the wonder and beauty of the outdoors, to learn and practice low-impact camping techniques, to make a commitment to preserve and protect the wilderness;
- ✓ condition your body, to endure sore and aching muscles, burning lungs, blisters, and bruised bones when the days can be long, hot, cold, wet, muddy, and dusty;
- ✓ share laughter, hugs, songs, tears of joy and frustration, to make lasting friendships, to be the best person that you can be.

**Then this really is the right challenge for you!
What is the**

4-H Venturers Program?

Formed in 1997, the 4-H Venturers brings together youth from 4-H, Boy Scouts, and other youth organizations from all over the state who are interested in high adventure experiences. For more information about the program, check out the 4-H Venturer web site: <http://www.kansas4-h.org/Venturers/>

The program is offered to teens who are 14 years of age by January 1st or who have completed the eighth grade by June 1st. Adults must enjoy working with teens, thrive on adventure, and value group building experiences. Adults must also be VIP Registered Volunteers.

The program will be limited to 27 youth and adults and includes the following activities:

Orientation - March 28 or April 4

Participant & Parent (s) are invited - locations to be determined at a later date. Learn more about the types of clothing and equipment you'll need to take on the trip.

Shakedown - May 29 - 31

Required of all youth and adults participants!!!!

Intensive training to prepare you for your summer adventure. The Shakedown will take place at Rock Springs 4-H Center beginning at 4pm on the 29th, ending at 1 pm on the 31st.

Summer Adventure

June 20-June 30

This eleven-day trip includes 6 days of canoeing in the Boundary Waters and 4½ days of travel adventures (Cabela's, Split Rock Lighthouse State Park, Gooseberry Falls, the Wolf Museum, and exploring Ely, MN)

Alaska Gold Rush 2010

We'll be traveling to Alaska in 2010. One of the requirements for the trip is previous 4-H Venturing experience. If you've never been on one of the Venturing trips, now is the time to go!

Where are we headed?

We are headed into the world's greatest canoe country -- the Boundary Waters Canoe Area Wilderness! It is located on the northern Minnesota border and offers more than one million acres of pure wilderness, including lakes, rivers, streams, wetlands and lots of islands to explore.

The canoe routes on which you will paddle are the very same water trails used for hundreds of years by the Sioux and Chippewa Indians and by the French-Canadian Voyageurs. There are more than 1,000 lakes and 150 miles of portage trails and over 1,200 miles of canoe routes.

We'll be paddling in the homeland of moose, loons, bald eagles, timber wolves and black bears. You might even see deer, bears, martens, mink, fox and otters. The BWCAW is home to over 200 types of birds, 50 species of mammals, 7 kinds of reptiles and 12 amphibians. It's an outdoor photographers paradise!!!

Other special features of the adventure include a stop at Cabela's (south of the Twin Cities, MN), a short visit to the Split Rock Lighthouse State Park (north shore of Lake Superior), spending the night at Gooseberry Falls, visiting the Wolf Museum in Ely, MN and shopping in Ely for souvenirs!

Crew Leadership

One of the unique components of the program is based upon crew leadership. Crews will be formed (9 people per crew, including teens and adults). Each crew will select one of their members to serve as the Crew Leader.

These Crew Leaders have a lot of responsibility placed upon their shoulders. They delegate work tasks and make sure that every member is doing their part; they make decisions and represent the crew as needed; they work with the adult advisors to make sure everybody is doing okay. They set the pace and influence the attitudes of their crew. It is an honor to be a crew leader!

Low-impact outdoor skills you will learn

- * Canoeing techniques, tricks and terms
- * Gathering and organizing your equipment
 - * Portaging techniques and tricks
 - * Pitching and striking a campsite
 - * Outdoor food cookery
 - * Using a map and compass
 - * Wilderness ethics

What are the medical requirements?

- * Physical examination (due June 15th)
- * Tetanus shot or booster (within 5 years)
- * Top physical condition (those who have marked obesity for height and/or are physically inactive will not be accepted)
- * Medical conditions that are aggravated by strenuous activity at high altitudes include asthma, high blood pressure, heart conditions, poorly controlled diabetes.

What kind of equipment will I need?

- * Ordinary clothes (quick drying shirts, shorts, long pants, wool socks, wool/fleece sweater, bandanas, wide brim hat,)
- * Rain jacket/pants or poncho
- * Wet boots (shoes, sandals, swampers)
- * Dry boots (tennis shoes, boots)
- * Light-weight sleeping bag and pad
- * Other miscellaneous items such as a compass, water bottles, first aid kit, flashlight, camera, pack towel, toiletries, pocket knife.

What will all this cost?

The program fee is \$550, which includes the 11-day trip (transportation, 29 meals, campground fees, and supplies), Shakedown (food and equipment rental), insurance, Boy Scouts of America registration fee, shirt, crew supplies and equipment. You will responsible for paying for 2 meals on the summer trip.

You will be responsible for your travel to the Orientation training and Shakedown (Rock Springs 4-H Center) as well as travel to Manhattan (the gathering/launching site). The group will travel to Minnesota from Manhattan via university vans and trailers.

How Do I Sign Up?

Go Kansas4h.org, click on the Green "Register for Events" button

Important deadline dates

March 15 th	On-Line Registration Completed Kansas4h.org (Register for Events)
April 1 st	\$150 deposit & forms
May 15 th	\$400
June 1 st	Medical physical form

For more information:

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