

Contra Costa County 4-H Camp

Making memories that will last a lifetime!

4-H youth have an annual opportunity to participate in 4-H Camp held at Las Posadas 4-H campground.



History and Setting

4-H Camp is located in the Las Posadas State Forest North East of Saint Helena in Napa County. The historic location is in the forest once occupied by the indigenous Wappo Tribe and later the pioneer families of Morris and Moore. It is now the property of the State of California, Division of Forestry with a 800 acre portion of land that has been developed for use and lease by The Regents of the University of California as a summer camp for 4-H clubs of 6 Bay Area counties.

Campers and Chaperones depart and return by chartered school bus in Pleasant Hill. The trip takes approximately 1.5 hours.

The rugged, shady scenery is one of a kind as it contains second growth Redwood, Douglas Fir, Ponderosa Pine, Oak and Madrone with a perennial creek that flows past the campfire amphitheatre. Shy wildlife hiding in and around camp includes; chipmunk, grey squirrels, raccoons, fox, gophers, field mice, newts, frogs, salamanders, snakes, pond turtles, wild turkeys, warblers, jays, tanager, sparrow quail, jack rabbit and black tailed deer to name a few.

Campers and staff sleep outside under a canopy of Madrone on raised wooden platforms. Restrooms and hot shower rooms are located in the girls and boys separate sleeping areas of camp. A commercial kitchen is utilized by volunteer cooks who prepare 3 nutritious meals per day, served under a covered, open sided dining patio where campers and staff dine together family style.

Basic Daily Schedule



Every morning, campers and staff are awakened by music over the loudspeakers with a message from the youth staff Deans, "Campers. . . time to get up!" Everyone is given time to wake up, wash, and dress in preparation for another day of fun. All camp participants meet with their designated "tribe family" at the flagpole for morning songs and inspiration. A filling breakfast awaits, where you can sit with friends new & old.

After breakfast, campers are dismissed to go to their morning activities which consist of 2 sessions each day. Campers participate in a rotation of activities such as; arts and crafts, barrinamics, swimming, camp history, recreation, nature, orienteering and campfire.

Following the morning sessions, it's time for lunch and a much needed rest time in which campers can relax in their bunks, write scribes for campfire, or letters home or join their counselor at arts and crafts, outdoor cooking, or go for guided hike or swim. After rest time, campers can participate in afternoon activities such as the annual Water Carnival, or Crazy Olympics.

Daily "tribe meetings" keep everyone up-to-date what will be happening at the evening activity and what to prepare for the following day. Following dinner and the evening activity which could be a dance, Night Hike, or Bid-a-Buddy, tribes go down to the amphitheatre for campfire, skits, songs and silly jokes. After embers, it's bedtime to recharge for another great day.



Staff



Youth staff members are screened and selected from the Countywide Camp Leadership Project (8-J.5) that is open to teens ages 14 through 19, traditionally held November through February. With the required completion of the project and selection processes, members can become tribe leaders, activity leaders, and with experience, perhaps become a Dean or Director who plan and oversee all operations of camp.

Training sessions are taught by approved adult 4-H program volunteers who serve on the **Camp Board**. These same board members supply leadership and guidance at camp as well.

Chaperones are enrolled, approved 4-H program volunteers that are age 25 years or older. A representative from each club that has members attending camp is required. They do not pay a fee in exchange for observing the campers and youth staff while lending gentle guidance if needed. They get to join in on the fun activities and watch the children form new friends and experiences. Occasionally they are asked to assist an activity leader, help the cook prep veggies or make afternoon snacks. At the minimum, there is to be one adult for every 10 youth.

Medical personnel who are currently certified/licensed, and from our own approved 4-H adults, is always on site. They receive a stipend for their valuable time caring for campers/staff who may need to take medication, need a band aid, ice pack, or asthma meds etc. at the first aide building where she/he sleeps. There is a hospital if needed, only 8 miles away.

A currently certified and 4-H approved **Life Guard** is annually hired by the 6 county camp board that has a room in the first aide building. This person is on duty all summer while counties rotate in for their time at Las Posadas.



The **Cook** and assistant are approved 4-H parents who also receive a stipend for their hours of menu planning, shopping, prepping and presenting up to 175 meals 3 times per day for the week. A county food safety certification training and examination must be currently in place and on site in the commercial kitchen which is inspected by the Napa County health inspector. Preparation assistance is provided by camp chaperones if requested. Dishes and Facility cleaning is assisted by the Youth Staff each evening.

Who can attend?

Campers must be an enrolled member of Contra Costa County Youth Development Program and be at least age nine (9) by June 1st and may not be older than 15.

Camp Leadership registration forms are available in the fall from Community Leaders and on our county website.

Camper Registration forms are available from Community Leaders in February and on our county website.

Nominal Camper fees vary each year.

Still have questions?

Contact the Camp Directors listed in the “Who’s Who”