



San Diego County

4-H
Youth
DEVELOPMENT
PROGRAM

CITIZENSHIP
LEADERSHIP
LIFE SKILLS



**San Diego County
4-H Leaders' Council**

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4-H Memos

San Diego County All Star



All Star is the highest attainable county 4-H rank. Each year San Diego County, as well as other California counties, selects several deserving 4-H members who have applied to become All Stars.

The minimum requirements of an All Star candidate are:

- 14 years of age by January 1 of the current year.
- Has earned an Emerald or Gold star.
- Has strong interest in continuing in the 4-H Youth Development Program and has specific ideas about ways to give guidance and leadership to some phase of the 4-H program.
- Has demonstrated leadership abilities, citizenship concern, and maturity of judgment.
- Recognizes the opportunities and responsibilities of being selected a 4-H All Star and is receptive to new ideas and challenges.
- Has made a significant contribution to the maintenance or expansion of the 4-H program in the county.
- Recognizes that there is a significant time commitment that comes along with being an All Star, which includes attending county events, Teen Council meetings, and representing 4-H in other ways throughout the two year program.

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All Star Applications will be available online at the San Diego County 4-H webpage under the awards and incentives heading at the beginning of January 2008. Application will be due the last business day in February 2008. Questions can be answered by current and Alum All Stars or questions can be directed at the All Star Advisor Kevin Fletcher.

NOVEMBER, 2007

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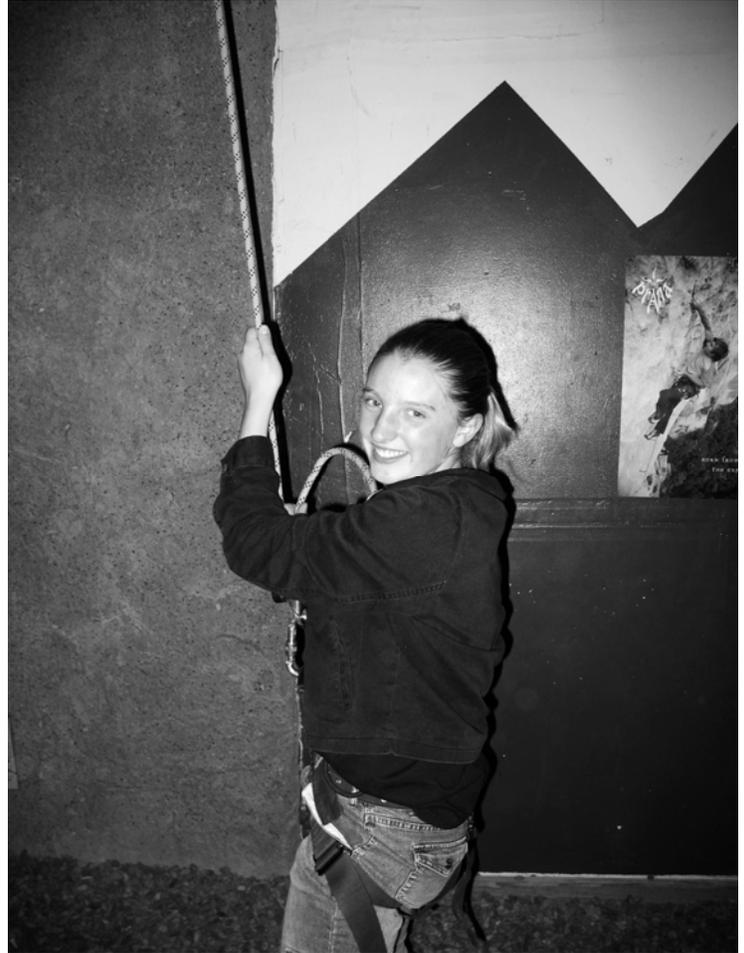
The Challenge-Living by the 4-H Motto

My name is Taelor Robertson and this year as one of your San Diego County All Stars I am proposing a challenge to us all; that challenge is to become better leaders and members by trying to incorporate positive action into our daily lives. This challenge involves five basic principles:

- Eliminate prejudice
 - Dare to dream
 - Choose positive influences
 - Kind words + little acts of kindness = Huge results
- Use kind words which will hopefully inspire others to do the same
- Keep watching the monthly 4-H newsletter for positive action articles all year long. I encourage you to accept the challenge and join me on the path to make our clubs, our communities, our country, and our world a better place. Enjoy your 4-H year.

Here are some positive thoughts for this month:

1. The most precious gift you can give another is your time and attention
2. Discover the power of positive thinking – surround yourself with positive thinkers



A New Face At The County Office

Please welcome Terri Barratt to the 4-H family as our new office support. After a recent move from Riverside, Terri now resides in Serra Mesa. She originally hails from Colorado where she grew up helping her mother raise Chinchillas. Terri is married with three adult children and 5 wonderful grandchildren ages 2 thru 10.

Terri enjoys boating, fishing and camping that lets her spend time in the outdoors. Watching her granddaughters play softball has become a favorite pastime and you can find her at almost every game. Her desk already has several pictures up of all her smiling grandchildren. She attends church at The Rock in Pt Loma and since moving here has become a dedicated Chargers fan! We hope that everyone will come to know Terri and that she is a welcome addition to the 4-H county staff.

Make Time To Listen...Take Time To Talk...ABOUT BULLYING

Listen - Learn – Respect

This document consists of interactive questions to start conversations between parents/caregivers and children. Schools, adults and children can use these questions to start conversations about bullying and how to prevent it.

There are no "right or wrong" answers, just statements that make us think about the issue of bullying and ways to prevent and/or stop it. The questions are listed under different headings so that there is flexibility in how the questions can be asked to lead to meaningful dialogue about bullying prevention and interventions. The basis of the conversation starter questions are to help start meaningful dialogue about the critical issue of bullying and the prevention of bullying.

There are no rules. Everyone is a winner if we begin to talk and listen to one another, but you can't be a winner if you don't answer the questions honestly. No one is looking for problems, but if bullying is an issue at school, home, or in your community, then this is a safe way to start to understand and hopefully resolve the problem.

These questions are to be used to start conversations about bullying and bullying prevention. Feel free to adapt the questions to your own conversational styles. The questions are designed to generate open and honest discussions. Please be careful to respect any concerns or sensitive issues raised by the answers. Again, if problems do arise, please read the additional materials provided by this project, take a break and talk about the issue later, or seek the help of a mental health professional.

General Questions

- What does "bullying" mean to you?
- Do you ever feel lonely at school or left out of activities? Let's talk about what happens and what you feel.
- What is lunch time like at your school?
- Who do you sit with, what do you do, and what do you talk about?
- What's it like to ride the school bus? Tell me about it.
- Do kids ever call you mean names, or tease you?
- Talk more about how you feel and what you do when this happens.
- Have you ever been scared to go to school because you were afraid of being bullied?
- What ways have you tried to change it?
- Have kids ever bullied you by hitting or pushing you, or other things like that?
- Let's talk about what you do when this happens.

Ask these questions if there is an indication that a child may have been bullied...

- Who usually does the bullying? (Boys/girls?) (Older kids or kids in your grade or class?)
- Why do you think they bully?
- Did you talk with an adult at school or a friend about being bullied? Did it help? If not, what would have helped?
- Talk about how you felt when you were being bullied. Take your time.
- Now that we're talking about bullying, what can I do to help?

Ask these questions if someone has witnessed bullying...

- What do you usually do when you see bullying going on?

(cont. pg 4.)

BULLYING (cont.)

- Describe what the bullies are like.
- Do you ever see kids at your school being bullied by other kids?
 - How does it make you feel?
- Have you ever tried to help someone who was being bullied? What happened?
- What would you do if it happens again?
- Have you ever called another person names?
- Do you think that was bullying? Talk more about that.
- Do you or your friends ever leave other kids out of activities?
- Talk more about this possible bullying behavior.

Ask these questions to discuss bullying prevention programs...

- What do you think needs to happen at school to stop bullying?
- Would you be willing to tell someone if you had been bullied? Why? Why not?
- Is your school doing special things to try and prevent bullying?
- If so, tell me about the school's rules and programs against bullying.
- Would you feel like a "tattletale" if you told that someone was bullying you or a friend? Why?
- Let's talk about what your friends could do to help stop the bullying.
 - What things do you think parents could/should do to help stop bullying?
- What are some good qualities about yourself?
- Let's talk about why it's so important to feel good about yourself.
- How would all this help to prevent bullying?

NEW RESOURCES

We have purchased one copy of each of the following resource manuals for leaders to use. Leaders can visit the 4-H Office to view the materials and then they can be copied and mailed. Please be sure and call before coming to the office to make sure that someone will be able to help you. This is only a listing of new materials we have many more resources that are available for most projects. These materials were made available by funds secured by the California 4-H Foundation.

NEW RESOURCES (cont.)

Quilting

Quilt Quest Nebraska Cooperative Extension
Kids Start Quilting Alex Anderson
Teach Me to Quilt Leisure Arts
I Can Quilt Sandra Hatch & Sue Harvey

Consumer Education

The Consumer in Me Level 1 National 4-H
Consumer Wise Level 2 National 4-H
Consumer Roadmap Level 3 National 4-H
Consumer Education Helper's Guide National 4-H

Baby Sitting

The Sitter Nebraska Cooperative Extension
Growing On My Own National 4-H
Growing with Others National 4-H
Growing in Communities National 4-H
Child Development Helper's Guide National 4-H

Arts and Design

Portfolio Pathways (Painting, Printing and Graphic Design) National 4-H
Sketchbook Crossroads (Drawing, Fiber and Sculpture) National 4-H
Let's Create Barron's

Knit and Crochet

Knitgirl Shannon Okey
Not Another Teen Knitting Book Vickie Howell
I Can Crochet Annie's Attic
Teach Me to Crochet Leisure Arts

Foods and Nutrition

The Road to Good Cooking Nebraska Cooperative Extension
The Road to Good Cooking Leader's Guide Nebraska Cooperative Extension
Fantastic Foods (four different levels) National 4-H
Fantastic Foods Helper's Guide National 4-H

Sewing

Sewing Expressions (three different levels) National 4-H
Sewing Helper's Guide National 4-H
Clothing Level 1 Nebraska Cooperation Extension
Clothing Leader's Guide Nebraska Cooperation Extension
Let's Sew Nancy Zieman

CALIFORNIA 4-Her WINS NATIONAL JUNIOR TIE & RIDE TITLE

Kuris Ibarra-Dosio, Orange County 4-Her, was named the “Top Junior Long Course Ride and Tie Member” at the World Ride and Tie Championship on June 16 in Humboldt Redwoods State Park, California. Ride and Tie has been a great partnership for Kurtis because of his love for horses and running. Kurtis started his journey in January 2006 with another first timer as his partner and a borrowed horse. What Kurtis did that was exceptional was to race and complete the most miles of any junior in the nation during the 2006 race calendar. Kurtis and his partners raced a total of 93 miles in five races. But 70 miles was the Long Course, so only those 70 counted toward this award. He had four different partners with five horses.

Kurtis is both a gold and emerald star member of Jamul Chaparros 4-H Club in San Diego County. He has always been involved in the horses & ponies 4-H project and competed in various shows at the local and state levels. He is also a two-time Varsity Cross Country and Varsity Track runner and graduated from Eastlake High in Chula Vista, California. Kurtis has just turned 18 and hopes to join the Navy.

Although the sport of Ride & Tie has been in existence since 1971, it is a relatively unknown sport that combines trail running, endurance riding, and most of all, strategy. The object is to get all three team members (two humans and one horse) across a 20-100 mile cross-country course by alternating riding and running. Sounds simple enough. One team member starts out running, the other starts on the horse and rides down the trail as far as they think their partner can run (or walk) and still keep up a decent pace. At that strategic point the rider stops, dismounts, ties the horse to a tree or fence post, and continues down the trail on foot. The team member who started on foot gets to the horse, unties it, mounts, and rides to catch their partner up ahead. When they get to their running team member they can either stop and exchange, or ride further up the trail and tie the horse and then continue running. When, where, and how a team exchanges is up to them and this is where the strategy lies. Every trail runner has their strengths and weaknesses, and the same is true for horses. Factor all the strengths and weaknesses of two runners and one horse, along with weather conditions and the topography of the course, and you can understand why Ride & Tie is as much mental as physical. This is why such a growing number of runners and riders are joining the sport of Ride & Tie. It's fun!

Anyone of any age and athletic talent can enter any of the Ride & Tie events nationwide. For more information about this sport and schedule of events, go to www.rideandtie.org

2008 SAN DIEGO COUNTY JUNIOR LEADERSHIP CAMP

Camp Fox
January 25-27

Teen Council and Teen Leaders are responsible for deciding, planning, conducting, and evaluating almost everything that occurs at the three day event. In doing so, they develop real life leadership knowledge, skills, attitudes and aspirations.

This conference is open to all 4-H members in grades 6, 7, 8 only. A member does not have to be a Junior Leader to attend. Chaperones must be a minimum of 25 years of age. Delegates will participate in sessions/workshops/activities that will help them develop leadership skills and increase their knowledge of 4-H!



SAN DIEGO COUNTY 4-H CALENDAR

DATE	EVENT	LOCATION	PHONE or CODE
November			
3	Small Animal Learning Day	Hilltop Rec Center	Paulette 619-464-4394
5	County Council Executive	7:00 p.m., 4-H Office Gate Code 6952#	Drew 858-756-2004
5	Train the Trainer-New Leader Orientation	6:00 p.m., County Office	Hogan, 858-694-5190
12	Teen Council	7:00 p.m., 4-H Office Gate Code 6952#	Cathy Mitchell
13	Horse Advisory	7:00 p.m., 4-H Office Gate Code 6952#	Carmen 760-966-0307
16-18	State Leaders' Forum	Asilomar	Paulette 619-464-4394
18	Horse Learning Day	Camp Pendleton	Carmen 760-966-0307
22	Thanksgiving	Home	Mom or Dad
December			
16	Trail ride	TBA	Carmen Rodriguez
25	Christmas	World	Santa
January			
1	All Star Applications Accepted	County Office	Hogan Tong 858-495-5190
7	County Council	County Office	Drew 858-756-2004
8	Horse Advisory	County Office	Carmen 760-966-0307
12	South Sect. Mtg	Mt San Antonio College	Paulette 619-464-4394
14	All Star Mtg	6:00p.m., County Office	Carmen 760-966-0307
14	Teen Council	7:00p.m., County Office	Kevin 619-669-1057
18-20	TIC	Pathfinder Ranch	Cathy Mitchell
20	Horse Clinic-Flat Classes	Tumbleweed	Paulette 619-464-4394
25-27	Junior Leadership Camp	Team Fox	Carmen 760-966-0307
February			
2	Super Saturday	Hilltop Rec Center	All Stars

4-H Shooting Sports Workshop On Rifle Discipline-Lakeport, CA

A Rifle Trainer course will be held Saturday and Sunday, December 8 & 9, 2007 from 8:00 a.m. to 5:00 p.m. in Lakeport, CA. To receive certification you must attend both days. Upon successful completion of the course the participants will be certified as Rifle Trainers and will be able to conduct rifle leader trainings as well as lead club projects. Cost for the course is \$20 and includes meals and class materials. Breakfast and lunch will be provided both days. You must be an appointed 4-H leader to attend. Teen Leaders are encouraged to attend, with an adult, at no cost. Though Teen Leaders can not lead a project, they will benefit from the experience and training regarding the shooting sports project. Please send the Training Request Form (found at <http://ca4h.org/projresource/shooting/sports/index.asp>) and fees payable to "Lake County 4-H Council" to UCCE Lake County, 883 Lakeport Blvd., Lakeport, CA 95453.

For more registration information contact Julie Frazell at (707) 263-6838 ex. 119 or jfrazell@ucdavis.edu. If you have questions about the course, contact the instructor, Rick Walker at (707) 994-7531.

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QUANG "HOGAN" TONG
Program Representative
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CHECK OUT THE COUNTY 4-H WEB CALENDAR! VISIT IT AT:
<http://jamul4h.org/CountyCal/month.php>

For more information visit our website at <http://cesandiego.ucdavis.edu>



**For assistance
please contact
our office.**



SAN DIEGO COUNTY JUNIOR LEADERSHIP CAMP APPLICATION

NAME: _____

ADDRESS: _____

PHONE: () _____ **CLUB:** _____

YOUTH DELEGATE INFORMATION

PARENT/GUARDIAN NAME: _____

GRADE: _____ **MALE** **FEMALE**

DELEGATE WHO YOU WOULD LIKE TO ROOM WITH: _____

CHAPERONE INFORMATION

MALE **FEMALE**

CHAPERONES ARE REQUIRED TO PERFORM CAMP RELATED DUTIES ASSIGNED BY THE CAMP COORDINATORS. CHAPERONES COULD BE ASKED TO ASSIST IN PREPARING MEALS, OBSERVING SESSIONS, ESCORTING DELEGATES TO AND FROM CABINS, COURTEOUSLY ENFORCING CAMP RULES, ETC. THERE WILL BE A MANDATORY CHAPERONE TRAINING AT CAMP. CHAPERONES MUST BE APPROVED 4-H LEADERS.

AS A CHAPERONE, MY SIGNATURE CERTIFIES THAT I AM AT LEAST TWENTY-FIVE (25) YEARS OLD AND WILLING TO ASSIST THE CAMP STAFF, DOING WHAT IS NECESSARY TO PROVIDE YOUTH WITH A POSITIVE EDUCATIONAL EXPERIENCE.

SIGNATURE: _____ **DATE:** _____

DEADLINE TO COUNTY OFFICE: 5:00 PM JANUARY 11, 2008

COUNTY USE ONLY

DATE RECEIVED: _____ **CHECK #:** _____ **AMT:** _____
ENROLLMENT FORM ON FILE: _____ **COC:** _____ **MRF:** _____ **CABIN#:** _____
SESSIONS: _____