

October  
Memos

# Officer Day 2006-2007

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Mark Your Calendars!

## 4-H Club Officer Day

Date: Saturday, October 7, 2006  
Time: 9:00 AM - 3:00 PM  
Location: The Village Community Presbyterian Church  
6225 Paseo Delicias  
Rancho Santa Fe

To expand communication and ensure that officers understand their duties, all club Presidents are required to attend. Club Presidents should be prepared to give a State of the Club speech summarizing their club's activities from last year and any plans that they have for this year.

All **Club Officers, Community Club Leaders, and New Project Leaders** are invited to attend a day of fun activities devoted to enhancing your leadership experience in the upcoming year. This program is sponsored by the San Diego County 4-H Leaders Council. A **FREE LUNCH** will be provided. Please RSVP to Quang "Hogan" Tong at 858-495-5190. For additional information please contact the Paulette Sauln, Officer Day Chair, at [SD4Hmom@yahoo.com](mailto:SD4Hmom@yahoo.com).

Sessions that will be offered;

Presidents

Secretaries

Treasurers

Presentations and Presentation Day – For leaders and members

Parliamentary Procedures

Informational session on State, sectional, and county opportunities

Song Leading

Engineering Challenge

Teen Council and Junior Leadership Camp

CPR and First Aid Training will be made available for the cost of \$30 for members and \$45 for adults

UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION

# San Diego County 4-H



5555 OVERLAND AVENUE, SUITE 4101, SAN DIEGO, CA  
92123 (858) 694-2861 [sandiego4h.ucdavis.edu](http://sandiego4h.ucdavis.edu)

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## Looking For Teen Writers

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**San Diego Family Magazine** is looking for talented teen-age writers to be published as a guest columnist for our **Teen Life** column. This is an opportunity for gifted, young journalists to write about a topic of their choosing that is relevant to teens in San Diego County.



We are looking for crisp writing about timely, youth-oriented issues of interest to middle and high school age teens (13-18). The essay must be no more than 800 words. Only manuscripts written by teens between the ages of 13 and 18 years of age will be considered.

Submit articles via e-mail as a text document to Claire Fadden, [editor@sandiegofamily.com](mailto:editor@sandiegofamily.com)

Please include your name, address, age, grade, high school and e-mail address. Parental consent is required and must be included.

If you have a photo that would complement your story, e-mail it in a jpeg format or by mail to: San Diego Family Magazine, Teen Life, P.O. Box 23960, San Diego, CA 92193

## Volunteer patrols needed to support County trails

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San Diego County residents can enjoy the outdoors while also giving back to the community. The County of San Diego Department of Parks and Recreation is seeking additional volunteers adept at hiking, bicycling, or horseback riding to assist with patrolling more than 300 miles of trails throughout the County.

County parks with trails that are seeking new volunteer applicants include Sweetwater in Bonita, Sycamore Canyon/Goodan Ranch in Poway, Volcan Mountain in Julian, and Mt. Gower in Ramona. All of these parks have hiking trails, and many are multi-use, where volunteers may ride their bikes or horses while providing volunteer patrol service.

County Parks and Recreation patrol volunteers commit to one year of service, eight hours per month. Other patrol volunteer responsibilities include ensuring the safety of the many trail users, responding to emergencies, and educating visitors about park programs and park rules. Volunteer patrols also participate in trail workdays that involve trail clean-ups, maintenance, and rehabilitation. Training is provided for all patrol volunteers.

For additional information, or for an application, call 858-694-3042. You may also find an application on this page: [www.sdcounty.ca.gov/parks/docs/volunteerapplication.pdf](http://www.sdcounty.ca.gov/parks/docs/volunteerapplication.pdf). Simply print it, fill it out, and send it to our office, attention Cheryl Wegner. Thanks for your interest, and we'll be in touch. County of San Diego Department of Parks and Recreation 5201 Ruffin Road, Suite P San Diego, CA 92123

## Wilderness Camping Project

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A wilderness camping project is available this year through the Ramona Stars 4-H Club. The main goals of the group are to build confidence and self-reliance while learning and practicing camping skills, and to learn the essential elements of safe and comfortable wilderness travel. The monthly meetings (except December) will include creating unity and teamwork in a real-life situation; learning wilderness camping techniques, procedures and safety while either on the trail or in camp; necessary equipment and low(er) cost alternatives; personal grooming/sanitation, and first aid; meal planning including nutrition, proper and safe food preparation and storage; wilderness ethics (Leave No Trace program, etc.), and Earth sciences as they relate to safety and appreciation (ecology, conservation; and biology related to plant and animal dangers, ecology and conservation, and astronomy).

Project meetings will include active practice in cooking, setting camp, map use, physical conditioning through day hikes, and discussion and demonstration of equipment and techniques. At least one day hike will be held. For those who are interested in an extended wilderness trek, there will be an extra planning meeting for a 2 to 3 day pack trip into a wilderness area in the San Jacinto or Sierra Nevada region. It is not necessary to participate in the extended trip to complete the project.

If you would like to participate, you may sign up for project “5A Camping and Outdoor Adventure” and contact Marianne Burton at 760-787-9611 or email [familyschool@photolynx.com](mailto:familyschool@photolynx.com). Additional adult leadership will be needed for the extended trip; if you are a dad or mom with back packing experience and are able to assist, please contact Marianne or the County 4-H office.

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## Are you up for a Challenge?!

An Engineering Challenge that is, just build a bridge. Sounds simple enough? OK, so we will make it a little harder for you. The bridge is made out of Soda straws. *What!* Still too easy for you? OK, so we will make it even harder, a real challenge.

**Purpose:** To provide an avenue for groups of youths to compete in a county level event while introducing the youth to concepts of Engineering.

**Challenge:** Design and construct a model road bridge made exclusively from soda straws, hot melt glue, and plastic tabs. The bridge should be as light at possible while being able to support a load, represented as a model truck weighing 6.5 pounds for one minute.

**Components:** Written report, Oral report, Design and construction, Performance

**Teams:** Two to Four members



**2006 SAN DIEGO COUNTY JUNIOR LEADERSHIP CAMP**  
**Cuyamaca CAMP**  
**NOVEMBER 10 - 12, 2006**

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. The Conference is organized and conducted by the San Diego County Teen Council. Delegates will participate in sessions/workshops/activities that will help them develop leadership skills and increase their knowledge of 4-H!

WHEN: Friday- Sunday, November 10-12

**CHECK IN:** 5 p.m. -8 p.m., Friday, November 10

**CHECK OUT:** 12:00 noon, Sunday, November 12 (Cannot leave before noon)

Delegates will not be allowed to leave the conference for any reason once they have checked in. If you cannot stay, please do not register -NO EXCEPTIONS. No late check-in.

WHERE: Camp Cuyamaca

COST: \$100.00 Includes Friday night snacks, 3 meals on Saturday, and breakfast Sunday.

\$45.00 Session Leaders

Chaperones are \$25

**PRESENTATIONS:** Members giving presentation must fill out a session application and attend a mandatory audition. No exceptions! Sessions should be new, with no repeats from the previous two years. Session applications are due by October 27<sup>th</sup>. All Camp and chaperone applications are due by October 27 at 5:00 p.m. in the county 4-H Office.

**ACCOMMODATIONS:** Cabins with bunk beds; central showers and restrooms and a dining hall. Bring a sleeping bag, pillow, and warm blankets. All delegates will be assigned to a cabin and chaperone. Please request only one roommate. Requests for more than one roommate or for clubs cannot be honored and will not be forwarded to the registration committee. Every attempt is made to honor roommate requests, however, it is usually impossible to honor all requests. To improve your chances, have the person you request as a roommate, request you as a roommate. Delegates are assigned to cabins and will not be reassigned at the camp. If, for medical reasons, a delegate must be roomed with a specific chaperone or with the camp nurse, write the chaperone's name or nurse in the roommate request space and attach a brief explanation signed by a parent, guardian or adult leader. Requests for both a delegate roommate and a chaperone cannot be honored. Delegates are expected to participate in the assigned sessions. Part of the learning process for the conference comes from meeting new people and sharing ideas and experiences!

**DRESS:** Warm camp clothes -jeans, T -shirts, sweatshirts, jackets, comfortable shoes. Casual, but warm. There will be a pizza party and dance on Saturday evening. Bring towels, washcloths, personal toiletries, etc.

**TRANSPORTATION:** All participants must provide their own transportation to and from the conference.

**REQUIRED:**

Registration Form

**Youth or Adult Enrollment Form (On file at 4-H Office)**

Conference Fee -\$100.00 (payable to: SD County 4-H Teen Council)

Medical Treatment Form

Clubs must turn in the delegate applications together as a group along with chaperone application and the club check.

Conference limit is 50 delegates minimum or 100 delegates maximum. Reserve your space now!!! Please include a separate sheet of paper with the name of the club or individual on the check, check number and a list of delegates being paid for. Reminder: your Club will be required to send Chaperones if you have more than 2 (two) members attending the Conference. We need adult Chaperones (male and female but particularly males) 2 per 8 members of same gender. Contact the 4-H office for more information at (858) 694-2861.



## Dates to Remember

<u>Date</u>	<u>Item</u>	<u>Time</u>	<u>Location</u>	<u>Gate Code</u>	<u>Contact</u>
Oct 2	County Council Exec. CANCELLED	N/A	County Office	0038#	Drew Middleton
Oct 7	JLC session apps due	3 pm	Officer Day		Quang "Hogan" Tong
Oct 7	Officer Day	9-3	Village Comm. Church		Paulette Sauln
Oct 9	All Star Meeting	6 pm	County Office	0038#	Kevin Fletcher
Oct 9	Teen Council	7 pm	County Office	0038#	Cathy Mitchell
Oct 10	Horse Advisory	7 pm	County Office	0038#	Carmen Rodriguez
Oct 16	JLC Auditions	TBA	County Office	0038#	Cathy
Oct 17	Large Animal Training Meeting	7 pm	Lakeside Rodeo Grounds		Debbie Torres
Oct 19	Record Book Committee	7 pm	County Office	0038#	Robey Cobb
Oct 27	JLC apps due	5 pm	County Office	0038#	Quang "Hogan" Tong
Oct 28	Horse Adv. Play Day	TBA	Tumbleweed		Carmen Rodriguez
Oct 29	Draft Horse Judging	TBA	TBA		Carmen Rodriguez
Oct 31	Happy Halloween				
<u>Date</u>	<u>Item</u>	<u>Time</u>	<u>Location</u>	<u>Gate Code</u>	<u>Contact</u>
Nov 6	All County Council.	7 pm	County Office	0038#	Drew Middleton
Nov 10-12	JLC		Camp Cuyamaca		Cathy Mitchell
Nov 13	All Star	6 pm	County Office	0038#	Kevin Fletcher
Nov 13	Teen Council	7 pm	County Office	0038#	Cathy Mitchell
Nov 14	Horse Advisory	7 pm	County Office	0038#	Carmen Rodriguez
Nov 19	Learning Day/ Knowledge bowl	TBA	TBA		Carmen Rodriguez
Nov 23	TURKEY DAY	dinner	home		Mom and Dad
<u>Date</u>	<u>Item</u>	<u>Time</u>	<u>Location</u>	<u>Gate Code</u>	<u>Contact</u>
Dec 2	Engineering Challenge Work Shop		County Office	0038#	Bill Woodall
Dec 8	Teen Council Fun Event	TBA	TBA		Cathy Mitchell
Dec 17	Trail ride	TBA	Descanso		Carmen Rodriguez
Dec 25	Christmas	All Day	Earth		S. Claus

### San Diego County 4H Leaders' Council

Drew Middleton  
President  
drumanator@aol.com

Charla Cranor  
Vice President  
Arabian@nether.net

Charlie Knust  
Vice President  
knust@ncdjpa.org

Kevin Fletcher  
Treasurer  
k.fletch@cox.net

Cathy Mitchell  
Secretary  
zubizoe@aol.com

Taelor Robertson  
Corresponding Secretary

### 4-H Staff

Sue Manglallan  
4-H Advisor  
ssmanglallan@ucdavis.edu

Steve Dasher  
4-H Advisor  
hsdasher@ucdavis.edu

Terry Walker  
Office Manager  
terry.walker@sdcounty.ca.gov

Colleen Tschumperlin  
Volunteer Coordinator  
colleen.tschumperlin@sdcounty.ca.gov

Quang "Hogan" Tong  
Program Representative  
qtong@ucdavis.edu

4-H San Diego County  
Phone: (858) 694-2861  
Fax: (858) 694-694-2849