



San Diego County

**4-H**  
Youth  
DEVELOPMENT  
PROGRAM

CITIZENSHIP  
LEADERSHIP  
LIFE SKILLS



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

Drew Middleton  
President  
drumanator

Charlie Knust  
Vice President  
knust@ncdipa.org

Charla Cranor  
Vice President  
Arabian@nether.net

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  
ssmanaglallan@ucdavis.edu

Steve Dasher  
4-H Advisor  
hsdasher@ucdavis.edu

Terry Walker  
4-H Secretary/Publisher  
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: 858-694-2849

**OCTOBER, 2007**

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## SO NOW YOU'RE A 4-H OFFICER

Congratulations! It's really an honor to be selected by your friends in 4-H to serve as a 4-H officer. With honors come certain responsibilities. As you assume your 4-H office, much of the responsibility for the success of your club will depend on you and the other officers.

You are now a member of a team that includes the other officers and leaders of your club. This leadership team can make the difference between a "fantastic club" that everyone wants to be a part of and a "hum-drum club" that most people couldn't care less about! Which kind of club do you want? The choice is yours . . . the success of the club depends on your leadership team.

If this is the first time you've held an office in your 4-H club, you will find many new experiences in the months ahead. If you've held an office before, consider this an opportunity to improve your leadership skills and serve your fellow 4-H'ers in a better way. Learn the characteristics of good officers while you learn the duties of the other officers and work as a leadership team for a successful club.

Please join other Officers at Officer Learning Day – **October 20, 2007 at The Village Community Presbyterian Church located at 6225 Paseo Delicias in Rancho Santa Fe.** Contact your local Teen Council Member for More information.



## Officers Day

### What is it?

It's a county 4-H event where club officers get training.

### Who should go?

Everyone, all first time board members, returning board members, and anyone slightly thinking that they would like to be on their club's board.

### Where?

The Village Community Presbyterian Church  
6225 Paseo Delicias  
Rancho Santa Fe, CA 92067

### When?

October 20, 2007 from 8:00AM to 12:30PM

5555 OVERLAND AVENUE, BLDG. 4, SUITE 4101, SAN DIEGO, CA 92123 (858) 694-2861

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## SHOOTING SPORTS

The California 4-H Shooting Sports Program provides instruction in the safe handling of fire-arms and archery equipment, develops self-confidence and leadership abilities in 4-H participants, and instills an appreciation for conservation and wildlife.

The 4-H Shooting Sports Program is a youth development education program. It uses the skills and disciplines of shooting to assist young people and their leaders in attaining knowledge and developing essential life skills. The program follows a standardized format, lists program components and identifies clearly intended learning outcomes.

Situation Statement:

The California 4-H Shooting Sports Program provides instruction in the safe handling of fire-arms, air guns and archery equipment, develops self-confidence and leadership abilities in 4-H participants, and instills an appreciation for conservation and wildlife.

Program Philosophy:

The 4-H Shooting Sports Program is a youth development education program. It uses the skills and disciplines of shooting to assist young people and their leaders in attaining knowledge and developing essential life skills. The program follows a standardized format, lists program components and identifies clearly intended learning outcomes.

Program Objectives:

- Identify, develop, and promote positive advocacy roles for youth to emulate as responsible stewards of our environment.
- Promote the safe handling and storage of firearms.
- Develop responsibility, sportsmanship, ethical behavior and respect for safe conduct of Shooting Sports activities and environmental stewardship.
- Promote awareness and appreciation of the broad spectrum of Shooting Sports and related activities as life-long leisure and career opportunities for youth and families.
- Implement and strengthen a Project Leader and teen assistant leader certification program.
- Expand 4-H membership and involve more volunteers.
- Enhance family communications and quality time together.
- Focus on youth audiences at risk and pilot models and methodologies tailored for specific audiences.
- Create a quality youth development education program evidenced by partnerships that reflect resource development, program innovation, quality delivery of instruction, and access to research based knowledge.
- Promote awareness of shooting and archery as athletic sports and provide youth with the knowledge, skills and desire to participate.

San Diego County 4-H is developing a county wide shooting sports program under the leadership of Joe Albee. All interested members and leaders who wish to assist with this project please contact Mr. Albee at 760-765-2673 or Quang "Hogan" Tong at the County Office.

## BE A 4-H VOLUNTEER

YOU can make a difference!

4-H is an experiential learning youth education program for boys and girls ages 5-19. Its practical life skills education in science and technology, healthy lifestyles and citizenship can reach any kid ... anywhere ... any time through 4-H clubs, camps, after-school programs and events. 4-H volunteers and professionals have a great deal of latitude in determining when, where and how 4-H "learn-by-doing" activities take place.

4-H is a community of young people across America learning leadership, citizenship and life skills. With the guidance of 4-H volunteers, youth:

- Learn by doing
- Develop leadership and life skills
- Make new friends
- Give back to the community
- Build connections with others
- Prepare, do and share

More and more youth need the values, skills and guidance 4-H offers. As a 4-H volunteer, you are supported by 4-H professionals through your local San Diego County Cooperative Extension Office, a branch of UC Davis, a land-grant university.

People volunteer for 4-H for many reasons. One obvious benefit is to help guide and counsel our country's future citizens and leaders. You'll also grow as a person, develop new leadership skills, meet new friends and have great adventures!

## THE EXPERIENTIAL LEARNING PROCESS

4-H Youth Development programs are developed to ensure that young people actively learn using hands-on educational opportunities. Learning materials, programs and events are designed to provide adults and professionals who work with young people the tools they need to offer a "Do-Reflect-Apply" experiential learning process in which young people complete five important steps:

## EXPERIENTIAL LEARNING (cont.)

DO:

Step 1. Young people experience an activity, which involves exploring or discovering something related to the learning topic.

REFLECT:

Step 2. Young people share by describing what happened or what they experienced. When young people share what they've learned, they not only stimulate their own growth, but the growth of their group as well.

Step 3. Young people process what they've learned and shared in order to look for patterns or themes, with the goal of building a bridge to new knowledge and skills.

APPLY:

Step 4. Young people generalize from this experience to implications related to their own lives or to broader societal experiences.

Step 5. Young people apply or think about what can be done with their newly acquired information or skill.

Each of these steps is accomplished through positive and appropriate questions, encouragement and support provided by the caring adults who work with youth. The overall goal of the experiential learning process is to provide young people with positive learning experiences and tools for ongoing use in their lives, and with the enthusiasm to put these tools into action.

When you offer experiential learning opportunities that are developmentally appropriate and appealing to young people at the different ages and stages of their lives you provide environments proven to foster positive youth development.



## 4-H GAMES AT CLUB MEETINGS

### Body Part Musical Chairs

Have everyone form a circle of chairs facing outward. Remove one chair. Have music ready. When the music starts, everyone must walk around the chairs (it's fun if you make them jog)! When the music stops, a caller yells out a body part. Then everyone races to touch that body part to a chair, one person per chair only. If they touch a chair before the body part is called, they are out. The one person who doesn't get a chair is also out. To speed it up, you can remove more chairs. Start out simple--nose, hair, left elbow, etc., but towards the end get more complicated--your bare feet, someone else's left hand (they must grab one of the people who is already out). The object is to be the last one left.

### Group Juggling

This can be a very fun and very complicated game! It begins with one tennis ball. Tell everyone that you will be tossing the ball to someone across the circle from you. As you toss the ball, you will say, "Here you go, \_\_\_\_\_." As they catch the ball, they should respond with, "Thank you, \_\_\_\_\_." This person will then toss the ball to someone else, using the same comments and responses. (Ask until everyone in the group has caught and tossed, with the ball ending up back in the hands of the person who started.) Now, tell the group that you think they can accomplish this task in 10 seconds or less! After they have attempted this, it is time to introduce two more tennis balls to the chase. Again, the balls should follow each other through the same flight pattern, without touching the ground. And, within 10 seconds or less!



### Hold Your Breath Relay

Have your group split into two teams. Designate a start and finish line. Give each team member a drinking straw and each team a single three inch square of tissue paper. The first person puts the paper on the end of the straw and keeps it in place by inhaling. No hands touch the tissue after that. Each team member runs to the line and back and must pass it to the next player. If the paper falls off, the person who drops it needs to pick it up again using only the straw and their breath. First team to get everyone over the line and back wins!!!

### Pocket Scavenger Hunt

Divide the group in half. The leader calls out an item that might be in a person's pocket (e.g. stick of gum, ID card, dollar bill, etc.) The first to bring up the item gets a point. The first team to 5 or 10 wins.

### The Junk Game

Purpose: For a group to work creatively together for a common goal; a product.

Description: Collect a box full of objects. Everyone has a junk drawer, here's your chance to empty it. Everything including nuts, bolts, wood, springs, buttons, chicken wire, cloth, straws, spatulas. ANYTHING!!! That makes it fun. Give each a set time to use the junk to make a product. This activity is most productive after a session on presentation. Students take on those separate roles to show off the product, speech writers, artists, and advertising spokesmen/women to create an add campaign to sell their object.

### Who or What Am I?

Purpose: To ensure that all participants get involved and to encourage development of good questioning and data gathering.

Description: Write the names of famous people, animals, or objects on stick-on name tags. Place them on the participants backs. Then send them off wandering in the room. They must ask people yes or no questions that will lead to the discovery of who or what is on their back.

### Discussion Questions:

What kinds of questions were most useful in identifying who your celebrity was?

Were non-verbal cues helpful in solving your task? Explain.

What did you learn about each other through this exercise?



## SAN DIEGO COUNTY 4-H CALENDAR

DATE	EVENT	LOCATION	PHONE or CODE
<b>October</b>			
1	County Council Executive	7:00 p.m. 4-H Office Gate Code 6952#	Drew 858-756-2004
7-13	National 4-H Week	USA	4-H Community
8	Teen Council	7:00 p.m. 4-H Office Gate Code 6952#	Cathy Mitchell
9	Horse Advisory	7:00 p.m. 4-H Office Gate Code 6952#	Carmen 760-966-0307
14	Horse Play Day	Tumbleweed Arena	Carmen 760-966-0307
20	Officer Day	Village Comm. Presbyterian Church	Teen Council
31	Record Books due State Judging	State	Steven Worker
31	Halloween	TBA	F. Stein
<b>November</b>			
3	Small Animal Learning Day	Hilltop Rec Center	Paulette Sauln
5	County Council Executive	7:00 p.m. 4-H Office Gate Code 6952#	Drew 858-756-2004
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
13	New Leaders' Training	7:00 p.m. 4-H Office Gate Code 6952#	Hogan 858-694-5190
16-18	State Leaders' Forum	Asilomar	Paulette Sauln
18	Horse Learning Day	Camp Pendleton	Carmen 760-966-0307
22	Thanksgiving	Home	Mom or Dad
<b>December</b>			
25	Christmas	World	Santa

## ART & DESIGN DAY WEBSITE

We are starting a website and e-mail list for people interested in participating in Art and Design Day.

Approximately half of the e-mail addresses people provided on their Art and Design Day surveys were immediately returned. So, if you want the most informed, up-to-date news about Art and Design Day, please e-mail Beth Prinz at: [bandbprinz@jps.net](mailto:bandbprinz@jps.net) so your name can be added.

We will be putting notices in the county newsletter as well, but the website will be your best bet to find out what you need to know quickly. If you are a new leader or just want to have your name on the list, please announce this at your first community meeting and collect interested names and addresses and get them to Beth a.s.a.p. This will keep you "in the know" and help both leaders and 4-Hers to plan ahead. We plan on holding the event at Rancho Bernardo Swim and Tennis Club again on 3/15/08.

SUE MANGLALLAN  
4-H Youth Development Advisor  
ssmanglallan@ucdavis.edu

STEVE DASHER  
4-H Youth Development Advisor  
hsdasher@ucdavis.edu

QUANG "HOGAN" TONG  
Program Representative  
qtong@ucdavis.edu

**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.**

