



Big Brothers Big Sisters
of Orange County

presents

BIG BOYS

MEN'S CAMP



*Investing in the Future of
Orange County Youth*

*October 9-11, 2009
YMCA Camp Whittle, Big Bear, CA*



Big Boys Mens Camp & Big Brothers Big Sisters



PAUL FRUCHBOM

2009 marks the sixth year of Big Boys Mens Camp - a fun weekend of activities that has raised over \$250,000 in the past four years to transform the lives of Orange County at-risk youth. Big Boys Men's Camp is scheduled from noon Friday, October 9, to 9:00 a.m. Sunday, October 11, 2009 at The YMCA Camp Whittle in Big Bear.

There will be non-stop sessions starting Friday afternoon and continuing all day Saturday, plus evening activities such as billiards, darts, guest speakers, and magic demonstrations. Choose from over 30 activities including fly fishing, pistol shooting, archery, billiards, golf, and backhoe time trials. Or, you may simply choose to enhance your cooking and tasting skills with classes such as beer, scotch or wine tasting, gourmet barbecue, and cigar tasting. Sign up soon! Camp will sell out!

—PAUL FRUCHBOM, Head Counselor

We are excited to continue our partnership with Big Boys Mens Camp to raise funds to dramatically impact the lives of even more children in Orange County. As Big Brothers Big Sisters of Orange County continues to grow and serve more children, we are committed to raising the funds necessary to safely support these matches and recruit more mentors for the many children waiting for a Big Brother or Big Sister.

Your support through Big Boys Men's Camp will help make Big magic for children in your local community by helping us to recruit new Big Brother and Big Sister volunteers, ensuring that trained professionals match children to caring and responsible Bigs, offering ongoing one-on-one supervision and support for every match, and providing cultural and social activities to enrich the opportunities for children.

Please join us at Camp for a memorable gathering for a great cause. Thank you for your support!

—GUS VALDESPINO, CEO, Big Brothers Big Sisters of Orange County



GUS VALDESPINO



FRIDAY NIGHT GUEST SPEAKER—Jay Kopelman - Retired Marine Corps Lieutenant Colonel Jay Kopelman is the Executive Director of *Freedom Is Not Free*, a San Diego based non-profit that provides financial assistance to wounded veterans and active duty service members and their families, and to the families of veterans who have been killed in action. In 2004, as the Special Operations Forces Liaison Officer for the 1st Marine Expeditionary Force (I MEF), LtCol Kopelman was deployed to Iraq to train the Iraqi Special Forces (the SSF). LtCol Kopelman has authored two books, The New York Times and international bestselling memoir, *From Baghdad, With Love: A Marine, the War, and a Dog Named Lava*; and *From Baghdad to America: Life Lessons From a Dog Named Lava*. We are fortunate to have LtCol Kopelman address the topics of service, community and sacrifice.



SATURDAY KEYNOTE SPEAKER—Troy Medley - is a tested chief executive with a successful track record in both start-up and turnaround business environments. Troy is currently the President and CEO of Concierge MD, LLC. Concierge MD, LLC is a medical management company that specializes in overseeing limited enrollment family practices that provide superior patient-centered medical care. The organization provides unique and unparalleled medical service to a limited number of individuals and their families. The purpose of the organization is to help discerning patients attain optimal health by building personal relationships in a warm and caring environment. As CEO he oversees all strategic, operational, and financial activities of the enterprise. The topic of Troy's discussion for the weekend will be "The Power of Mentors."

OUR MASTER OF CEREMONIES— Rick Mielke, KOCE-TV Anchor/Reporter - Now in his 26th year of broadcasting, Rick is happy to once again be working in Orange County. Rick has served as a primary news anchor and primary sports anchor in Chicago, Washington, D.C., Las Vegas, and San Diego. Rick grew up in Huntington Beach and graduated from Marina High School. He has an undergraduate degree from UCLA and a master's degree from Northwestern University.



RICK MIELKE

2009 Activities and Experts

Archery . . . Engage in this classic camp activity on Camp Whittle's own archery range with distances from 25'-75'. Learn field hunting and target shooting using recurve and compound bows.

Backhoe and Bulldozer Time Trials . . . Camp Whittle staff will instruct you on operating a backhoe or bulldozer. Then compete in completing an obstacle course, digging holes, and moving manure.

Beer Tasting . . . In tasting beers, all the senses are engaged. Join our world-class expert Kurt Peter in learning how to judge the subtle differences between beers, from eyeing the beer to swallowing. Learn about the color, aroma, and the effect temperature has on beer.

Billiards . . . Begin with instruction in the game's finer points. Then, finish the day at an exhibition showcasing the talents of our nationally renowned expert and compete in a nine-ball tournament. Darlene Stinson has competed on the Professional Women's Billiard Tour since 1993, and is recognized among the top world ranked players in the world. She has been sought after for technical advising and for coaching movie stars, corporate exhibitions and group or private billiard lessons.

Challenge Course . . . Test your balance, stamina, and concentration as you navigate the ropes, a course designed for skill levels ranging from beginner to advanced. Taught by Camp Whittle staff that teaches thousands every year. Both high ropes and low ropes are included in the class.

Cigar Tasting . . . This class will teach some basic steps for selecting the best-tasting cigar that is a perfect fit for you. You will be puffing on something smooth and aromatic in no time.

Cooking/Gourmet BBQ . . . Suited for the beginner to the expert, learn the finer points of barbecuing. Learn secrets of grilling, smoking and barbecuing. Find out about woods, fuels, barbeque sauces and seasonings. You will walk away feeling like a true gourmet at the grill!

Darts . . . Learn the basics of this traditional pub game from British player and Grand Master Singles Winner Jan Kidd. Class will cover stance, gripping the dart, dartboards, and throwing tips. Jan, who owns The Dart Shop, will cover basic darts equipment, darts tuning (how different flights and shafts influence the dart throw), dart maintenance, and what you should know when buying darts.

Digital Photography . . . Part One: Photo Safari at Camp Whittle. Photograph the natural flora and fauna found at Big Bear Mountain. Learn techniques to create the best possible photograph from the staff at Camp Whittle. Part Two: Learn how to download, edit, and print your images at the state-of-the-art Camp Whittle Media Center. Digital camera necessary for both activities. Part One is not a prerequisite for Part Two.

Fly Fishing . . . Kevin Bell, General Manager of Bob Marriott's Fly Fishing Store and a FFF (Federation of Fly Fishers) certified casting instructor brings you the magic of fly fishing. In the business for over 20 years, Kevin is sought out by corporations and private clients to teach them the finer points of fly fishing and fly casting.

Frisbee Golf . . . What is a hyzer? How does an overstable disc fly? Learn from Camp Whittle staff how to play "Frisbee or Disc Golf," one of the fastest growing sports in the country. Disc golf is a lot like traditional "ball" golf, except players use specially made plastic flying discs instead of balls and clubs, and throw them for 'par' at an above-ground target instead of a hole in the ground. Join the fun on this nine-hole course spread throughout camp.

Geocaching: Search for Buried Treasure . . . This new and very popular activity throughout the country combines the Earth (geo) hiding and technology (cache). Treasure will be hidden in the woods at camp with coordinates noted on a Global Positioning System (GPS) unit. Work with camp staff and learn how to use a GPS unit to locate treasures picked out by the Big Boys Men's Camp advisory board.

Golf: A Putting Experience . . . Participants will gain an understanding of the variables in the setup that impact the putting stroke, and the role of physical balance in putting. In addition, participants will learn the mental techniques used by the world's best putters.

Horseback Riding . . . Camp stables offer the opportunity for guided leisurely trail rides in the mountains with the experienced staff of Camp Whittle. Riders will be guided around the camp on wilderness trails to see the nature and countryside the camp has to offer.

Horseshoe Pitching . . . Learn the correct way to pitch horseshoes and improve your playing technique. Find out about the rules, scoring, and court layout.

Interactive Virtual Reality Shooting Simulator . . . The only simulator with patented return fire, shoot-back cannon firing 68-caliber nylon balls traveling at over 100 feet per second during a synchronized event or events in simulation. Greg Block, law enforcement firearms instructor for over 20 years, will provide advanced technology simulation and realistic tactical training programs. Firearms used are fully recoiling, ejecting empty brass casing thanks to air munitions integration. A unique opportunity and the only way the public can access a law enforcement simulator.

Kayaking . . . In a couple of fun-filled hours, master the basics of this ancient water vehicle on the cold, blue surface of Big Bear Lake. Southwind Kayak Center is Southern California's premier source of kayak lessons, tours, rentals, and sales. Southwind brought kayaking to Orange County and is recognized as one of the foremost teaching facilities in the U.S. Southwind's guide and instructor, Tom Testerman, will guide you through learning the basics. Tom has been paddling for over ten years, guiding trips in the Channel Islands, Colorado River, Baja California (Todos Santos Island), and Southern California. No prior experience necessary.

Knife Throwing . . . Rick Lemberg, World Knife and Tomahawk Masters Champion, will teach knife throwing as a fun, safe target sport. Rick was a 2005 Inductee to the International Knife Throwers Hall of Fame in Austin, Texas. After a short safety course, a knife throwing competition for accuracy will be held, with the best "knife throwers" receiving awards at the awards ceremony.

Magic . . . Learn magic from a member of the Academy of Magical Arts (The Magic Castle). Expert Matt Jarman, a 25-year-old doctoral student at Claremont Graduate University, won first place at the annual International Brotherhood of Magicians Junior Close-up Competition, one of the largest competitions in the world, with magicians from 29 countries in attendance. He has been featured in the Los Angeles Times and The Orange County Register in recognition of his unique magic skills.

Massage . . . Enjoy a break from all the activities with a one-hour massage by a licensed massage therapist. Additional cost \$100, with \$50 going to Big Boys Men's Camp. Please send separate check with registration form.

Mindful Meditation . . . What is meditation, and what can it do for you? Meditation is a systematic tool for cultivating attention so that your mind can be used to its full potential. Matt Jarman does research on meditation and will explain what it is and how to do it effectively. He will walk you through different types of meditation and show how to easily incorporate it into your busy life. Matt is currently pursuing a Ph.D. in Organizational Behavior at Claremont Graduate University and an MBA at the Drucker and Ito Graduate School of Management.

NASCAR Racing . . . Using an actual Busch series race car driven by the 2003 Sprint Cup Series champion Matt Kenseth at over 198 MPH, compete against 42 other drivers using the steering wheel, accelerator, and brake. Feel the roar of the engine and see how you compare against other drivers such as Dale Earnhardt Jr., Tony Stewart, Mark Martin, and Jeff Gordon. Top drivers have been in the simulator and have stated this is as good as it gets.

Nature/Survival Hike . . . Hikers will have the opportunity to experience nature's flat meadows, rolling hills and unique rock formations. Camp personnel will lead the hike and are experts in the local flora and fauna. You will learn about the region's animals and plants as well as survival techniques in the mountains.

Off Roding . . . Learn how to utilize off-road techniques such as hill descent control, mud and snow terrain, grass, gravel and snow in a Land Rover off-road vehicle. Your instructors are some of Orange County's finest Land Rover Certified Reps from Newport Beach, headed by General Manager Scott Paul. Learn how to hook up and winch a vehicle in any terrain and participate in an off-road expedition that will be memorable. Participants are encouraged to bring their own 4x4 off-road vehicles and compare the difference.

Pistol Shooting . . . Under the expert guidance of 8 certified instructors from the National Rifle Association in Riverside County, participating campers can prepare for 90 minutes of FUN. Certified instructors from a variety of backgrounds will include safety training to live by, then background and shooting techniques for a wide variety of easy to handle 22 pistols and revolvers. "Go for the Gold" Top Gun shooters will receive awards at Saturday's dinner.

Poker . . . Robert "Chipburner" Turner, one of the most well-known figures in the world of professional poker and the poker manager for the Hollywood Park Casino, will teach the basics of "holdem" as seen on TV. Learn basic mechanics, different strategies, and starting hands from the only poker player to win an all around championship in four different decades, and who was inducted into the Senior Poker Hall of Fame in 1999.

Scotch Tasting: The House of Walker . . . Back by popular demand, "Master of Whisky" Edward Adams. Taste the Red, Black, Green, Gold, and Blue labels and learn about the Johnnie Walker family and the art and history of blending. (One class only, limited sign-ups.)

Trap Shooting . . . If you have never fired a shotgun, or want to improve your shooting skills, this class is for you. Learn the art of trap shooting with an experienced trap shooting expert!

Whisky from Around the World . . . Join "Master of Whisky" Edward Adams to taste and discuss whisky from America to Scotland, Canada to Ireland, tasting American bourbon, (Dickel) Tennessee whisky, Crown special reserve or Extra Rare Canadian whisky, Bushmills Blackbush Irish Whisky and Talisker from Scotland. (One class only, limited sign-ups.)

Wine Tasting . . . This class will explore the enjoyment of wine through the true senses. We all know what we like in wine, but what are we really smelling or tasting? This class will bring wine tasting down to earth per se and try to get smells and tastes of wine as they should be for pure enjoyment.

Camp Schedule

► Friday, October 9

11:00 am - 2:00 pm	Registration Sandwich Bar
All Day - Every Day	Snacks (Main Dining Room)
2:15 pm - 2:30 pm	Introduction Paul Fruchbom/Rick Mielke
	Camp Orientation Stephanie Lauth
2:40 pm - 4:10 pm	Camp Activities (see your personal schedule)
4:30 pm - 6:00 pm	Camp Activities (see your personal schedule)
6:00 pm - 6:30 pm	Cocktails (Dining Hall) Billiards Exhibition with Darlene Stinson Magic Demo with Matt Jarman
6:00 pm - 7:30 pm	Dinner (your time choice)
8:00 pm - 9:00 pm	Campfire and Guest Speaker Jay Kopelman
9:30 pm - ???	Nine-Ball Billiard Tournament with Darlene Stinson Darts Tournament

► Saturday, October 10

7:00 am - 8:00 am	Breakfast <small>(choose from eggs, French toast, pancakes, skillet potatoes, bagels and muffins, fresh fruit, coffee, milk and juice)</small>
8:00 am - 8:15 am	Camp Photo (Amphitheater)

8:40 am - 10:10 am	Camp Activities (see your personal schedule)
10:30 am - 12:00 pm	Camp Activities (see your personal schedule)
12:00 pm - 1:30 pm	Lunch
1:30 pm - 3:00 pm	Camp Activities (see your personal schedule)
3:20 pm - 4:50 pm	Camp Activities (see your personal schedule)
5:00 pm - 6:30 pm	Cocktails (Dining Hall) Close-Up Magic Demo with Matt Jarman
5:30 pm - 7:00 pm	Dinner (your time choice)
7:15 pm - 8:15 pm	Featured Guest Speaker Troy Medley Awards Ceremony
8:45 pm - ???	Nine-Ball Billiard Tournament with Darlene Stinson Charity Poker Tournament Large Screen TV Cocktails and Networking (Dining Hall)

► Sunday, October 11

8:00 am	Early Morning Meditation Meet in Amphitheater
8:00 am - 9:00 am	Breakfast <small>(choose from eggs, French toast, pancakes, skillet potatoes, bagels and muffins, fresh fruit, coffee, milk and juice)</small>
Camp Ends - Thank you for joining us! See you all next year!	

About the Accommodations

Camp is casual and rustic. Sleeping accommodations will be in camp cabins and dorms and assigned on a first-come, first-served basis. Sleeping bags and pillows are necessary, extra blankets optional. Pitching your own tent is also available. In addition, there will be a limited number of hotel rooms available at an additional cost with shuttle service to and from camp.

What to Bring

Sleeping bag or bedding, comfortable shoes (two pair of athletic shoes are recommended), T-shirts, shorts, long pants, jacket, sweatshirt or sweater, raincoat or poncho, swimsuit (optional), towel, soap, toiletry items, shower shoes, extra towel for bath mat, hat, sunscreen, and flashlight.



Making a Difference in the Lives of At-Risk Youth

While campers are participating in a few fun, unforgettable days, they will also be investing in the future of Orange County's Youth. A majority of the funds raised through camp will support Big Brothers Big Sisters mentoring programs, directly impacting the lives of Orange County's youth.

The mission of Big Brothers Big Sisters of Orange County is to help children reach their potential through professionally-supported one-to-one mentoring relationships that have a direct and measurable impact on children's lives. Research points to the powerful, positive, lasting impact Bigs have on children's lives. Children with a Big Brother or Big Sister are less likely to begin using illegal drugs or alcohol, less likely to skip school, more confident in their performance in schoolwork and get along better with their families and peers.

Parents and guardians whose children have a Big Brother or Big Sister see the impact:

"Thanks to Big Brothers Big Sisters, my son found a great Big Brother who helped him stay in school when he wanted to give up. His Big Brother helped him plan out what he needed to do to graduate from high school. He is the first one in our family to graduate from High School and I believe that being a part of this program has made a big difference in his life."

~Parent of a Little Brother

In addition to Big Brothers Big Sisters, Big Boys Mens Camp will continue to support the YMCA Camp Programs and Camp Whittle, the host site of the camp which provides programs to build strong kids and strong families by teaching character, promoting healthy living, supporting the pursuit of positive life skills, and encouraging the acceptance of responsibility. Additionally, camp will support Project Access in their work to provide disadvantaged members of our community access to all services and opportunities necessary to bring about change, find stability, and plan for a better tomorrow.



Shane is an adventurous and outgoing 14 year old who loves sports and wants to be a firefighter when he grows up. Shane's father does not play an active role in his life and his mother brought him to Big Brothers Big Sisters so that he could have a positive male role model to look up to. Shane was matched to his Big Brother, Brendan, in November 2007 and their friendship has grown ever since. They have a great time together because they're both adventurous and love extreme sports. They like to play paintball, go snowboarding, and ride go-karts at Boomer's. Recently, Brendan took Shane to his very first football game.

Through fun activities like video games and sports events, their relationship is growing stronger and Shane knows that Brendan is someone he can trust and talk to whenever he needs to.



Big Brothers Big Sisters
of Orange County



A Sincere "Thank You" to our Sponsors:



Casa Major

CT Realty

Wohl Investment

Paul and Norma Fruchbom

David Asset, L.P.

East West Bank

Bret Reed, A Law Corp.

For more information, visit www.bigbrooc.org or contact Joanna Klassen at 714.544.7773 ext. 247 or jklassen@bigbrooc.org

Big Boys Men's Camp 2009 Registration/Donor Form

Please type or print clearly

Name _____

Business Name _____

Business Address _____

City _____ State _____ Zip _____

Phone (day) (_____) _____ (evening) (_____) _____

E-mail _____ Fax (_____) _____

First/Nickname for name badge _____

Can't stand bunk beds or snoring? (Check here to receive list of Big Bear hotels. Hotel rooms available at extra cost, book directly with hotel.)

T-shirt size: S M L XL XXL

Activity Selection (Select your top 10 activities in order of preference, with "1" being your first choice, etc.)

- | | | |
|---|---|---|
| <input type="checkbox"/> Archery | <input type="checkbox"/> Frisbee Golf | <input type="checkbox"/> Mindful Meditation |
| <input type="checkbox"/> Backhoe & Bulldozer Time Trials | <input type="checkbox"/> Geocaching | <input type="checkbox"/> NASCAR Racing |
| <input type="checkbox"/> Beer Tasting | <input type="checkbox"/> Golf: A Putting Experience | <input type="checkbox"/> Nature/Survival Hike |
| <input type="checkbox"/> Billiards | <input type="checkbox"/> Horseback Riding | <input type="checkbox"/> Off-Roadng |
| <input type="checkbox"/> Challenge Course | <input type="checkbox"/> Horseshoe Pitching | <input type="checkbox"/> Pistol Shooting (limited # of slots) |
| <input type="checkbox"/> Cigar Tasting | <input type="checkbox"/> Interactive Virtual Reality Shooting Simulator | <input type="checkbox"/> Poker |
| <input type="checkbox"/> Cooking/Gourmet BBQ | <input type="checkbox"/> Kayaking (2 sessions) | <input type="checkbox"/> Scotch Tasting: The House of Walker |
| <input type="checkbox"/> Darts | <input type="checkbox"/> Knife Throwing | <input type="checkbox"/> Trap Shooting |
| <input type="checkbox"/> Digital Photography: <input type="checkbox"/> Part 1 <input type="checkbox"/> Part 2 | <input type="checkbox"/> Magic | <input type="checkbox"/> Whisky from Around the World |
| <input type="checkbox"/> Fly Fishing | <input type="checkbox"/> Massage (\$100 add'l. charge: half of funds go to BBMC; separate check req'd.) | <input type="checkbox"/> Wine Tasting |

I am attending with the following "buddies":

Name _____ (day phone) (_____) _____

Name _____ (day phone) (_____) _____

Name _____ (day phone) (_____) _____

I am paying for my son(s) @ \$800 each. (BBMC open to those 16 years of age and older.)

I am paying for my "buddies" @ \$1,000 each.

Please contact my "buddies" directly for payment at the numbers listed above.

Payment Information (Payment in excess of \$145 is tax deductible. Big Brothers Big Sisters of Orange County's Tax ID # is 95-1992702.)

Camp Fee @ \$1,000 each \$ _____ I cannot attend but would like to sponsor a Big Brother to attend. Enclosed is my contribution of \$ _____.

Son(s) @ \$800 each (BBMC open to those 18 years of age and older.) \$ _____

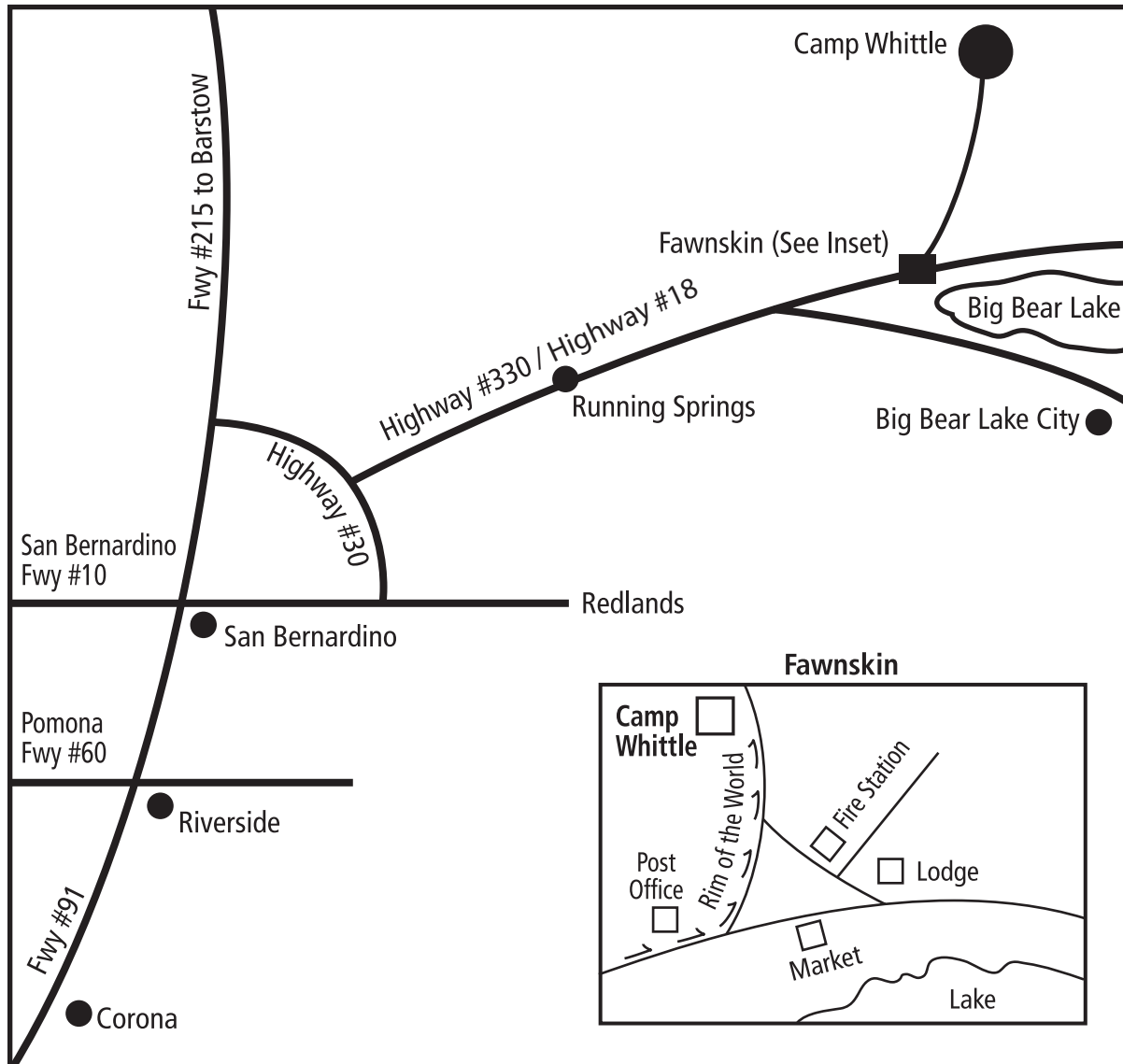
Total Due \$ _____

Check enclosed payable to Big Brothers Big Sisters of Orange County.

Fax or mail to: (714) 544-7643
Big Brothers Big Sisters of Orange County
14131 Yorba Street, Suite 200
Tustin, CA 92780

Please charge my credit card: Visa MasterCard AmEx
Card # _____ Exp. date _____
Signature _____

Questions? Call Joanna Klassen at (714) 544-7773 ext. 247 or E-mail jklassen@bigbrooc.org or log on to www.BigBroOC.org



Camp Harold F. Whittle
37101 Rim of the World Drive, Fawnskin, CA 92333

Located approximately 120 miles from Los Angeles, allow 3 hours of driving time.

Use the best freeway heading out of the Los Angeles or Orange County area to San Bernardino. Exit off Highway 10 or 215 onto Highway 210 towards Junction 330/Highland. Merge onto Highway 330 towards Mountain Resorts. Pass Through Running Springs where Highway 330 becomes Highway 18. Continue to Big Bear Lake Dam. **DO NOT CROSS THE DAM.** Stay left on North Shore Drive (also known as Highway 38) to Fawnskin (about 3.5 miles).

Turn left on Rim of the World Drive, just past the post office on the left and over a small bridge (see inset). **THIS IS VERY EASY TO MISS.** Follow the paved road and then the well graded dirt road. Follow US Forest Service Road 3N14 (there will be Big Boys Men's Camp signs as well). Camp Whittle will be on the left. Follow signs to registration.

Call Cal Trans Highway Information Service at 1-800-427-7623 for highway closures or accident reports