

Sutter and Yuba Counties

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"Safety Is The First Step In All Learning"

by Willa Davis

April 2007

Special Points

- Goat and Sheep Day
- * Bi-County Council News
- * Japanese Exchange Program
- Help Wanted for Spring Fair and Summer Camp
- * Food Safety Quiz
- * Scholarship information
- Nigerian Dwarf Goats
 Okay for Primary Members



4-H - "To Make the Best Better"

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Editors: Isela Valdez, 4-H Youth Development Advisor and Willa Davis, 4-H Program Rep. **Safety is # 1 in the 4-H Youth Development Program.** Whether it relates to banning alcohol or other drug use at 4-H events, requiring the use of appropriate head gear at a horse activity or while riding a bike to and from a 4-H meeting, or making sure there is a seat belt for every person when transporting youth in vehicles, it is critical to ensure the safety and health of our members in all ways.

At project meetings, adult volunteers are responsible for reviewing safety practices at the beginning of each program year and incorporating them into every project meeting. They must demonstrate safe practices when showing members how to carry out their project work and ensure that jr. and teen leaders supervise younger members in the use of machinery or other equipment in a responsible manner.

Every project leader needs to have a medical treatment form signed with the original signature of the parent or guardian completed upon the initial enrollment of their members and keep it on hand in the case of an emergency. The location of the nearest phone should be known and CPR training is always advised. It's another reason why it's critical to have two adults at meetings. In the case of an emergency, one can be calling for help while the other attends to those in need.

Many 4-H clubs use food related activities for fundraisers (such as at Spring Fair), recognition events (like Achievement Night), or other functions (such as Fashion Revue). In planning these activities, careful attention . . .

must be given to nutrition, health and food safety.

Do you believe you know the appropriate practices to keep the food you serve safe? Take the quiz on page 5 to evaluate your "safety smarts".

Horse Showmanship Clinic



More than 20 Horses & Ponies members, eight project leaders and numerous family and friends from five clubs in the Sutter/Yuba Counties 4H Program participated in a showmanship clinic at Butte Star Ranch on March 10th. They and their equine were evaluated, coached and encouraged by professional trainer, Craig Roper.

Members who started off the day as often inexperienced, awkward presenters ended the day as more confident, poised showmen. The skills they learned will be helpful to them at the Sutter/Yuba Counties 4-H Fair Horse Show on June 9, 2007 at the Yuba County Sheriff's Posse Arena. The show starts at 9:00 a.m. and everyone is invited to come out to cheer on participants. See you there!

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2007 Fashion Revue Meeting and Commentator Tryouts

Tuesday, April 3, 2007 5:30 pm @ 4-H Office

2007 Spring Fair Planning Meeting

Tuesday, April 3, 2007 7:00 pm @ 4-H Office



2007 Grand National Rodeo, Horse & Stock Show



April 6-14, 2007 @ Cow Palace, San Francisco Information: http://www.grandnationalrodeo.com/

"4-H You See Davis Days" April 12-14, 2007

For more Information, go to: http://clubs.ca4h.org/collegiate4h/ucd/vsddays.htm

Bi-County Fashion Revue's

"Midnight Stroll" Fashion Show

April 14, 2007, 7:00 p.m. Wheatland Elementary School

Spook and Trail Course Clinic

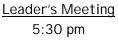


Sat., April 14, 10:00am-3:00pm

Clinic to be held RAIN OR SHINE at
Butte Star Ranch in Sutter for
Horse and Horseless Project Members
Call Mayleen Boslaugh @ 633-0142 for information

4-H Camp Week Planning Meetings

April 16, 2007 @ 4-H Office



Hi 4-H Camp Counselor's Meeting

7:00 pm



Bi-County Horse Show Planning Meeting

Tuesday, April 17, 2007, 6:30 pm Round Table Pizza, Gray Ave, Yuba City Info: Mayleen Boslaugh at (530) 633-0142 or Debra Hogan-Surratt at (916) 655-1001



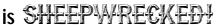
Emblem Club Luncheon and Fashion Show



Sunday, April 22, 2007, 12:00 noon - 2:00 p.m. Marysville Elks Lodge, 920 D Street

Cost = \$5.00-adults; \$3.00-children (10 yrs. and younger) Proceeds help pay future Fashion Revue expenses Call Mary Hall @ 743-2490

2007 SPRING FAIR











Come and strut your stuff by showing your animals and still exhibits, eating, and having fun!

Saturday, May 12, 2007 Yuba-Sutter Fairgrounds

Judging starts at 9:00 a.m.

"Set Up Day" - Sat., May 5, 2007, 9:00 a.m.

See Premium Book For Details and Entry Forms



PRESENTATION DAY

Saturday, May 12, 2007

Yuba-Sutter Fairgrounds
Presentation Entry form is included
in Spring Fair Premium Book



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Other Meetings and Worthy Events To Know About

"Food Safety" Training Thursday, April 12, 2007 @ 6:00pm

All leaders who will be handling food at fundraising events are strongly encouraged to attend!

Contact Willa Davis at 822-7515 or wdavis@ucdavis.edu







Let's Get Ready For Camp!

CAMP CLEAN-UP DAYS

Saturday, May 19th, 9:00am **AND** Saturday, June 16th

Items To Bring:

Rakes and Pitch Forks Flathead Shovels Gloves Sack Lunch / Water Wheel Barrels Hoses & Nozzles Mosquito Repellant Pick-up Trucks



Presentation Day Fashion Revue Horticulture Contest Judging Event

http://ca4h.org/projresource/fieldday



4-H Summer Camp Week

June 25 - 29, 2007 Dobbins 4-H Camp

Be there for the "4-H OLYMPICS!"

BI-COUNTY GOAT & SHEEP DAY





More than 100 members, their families and 4-H leaders attended the Bi-County Goat and Sheep Day at Lindhurst High School on March 24th. Guest speakers and presenters included Veterinarian Robin Skillman, Cheryl Bohannan, Betty McCorkle, and Russ and Dustin Rossiter.

A big "THANK YOU" goes to Sutter Orchard Supply for their generous support and donations. And, thanks to all who came out to make this event successful once again!

BI-COUNTY COUNCIL NEWS

Bylaws Adoption & Amendment: On March 8, 2007, Sutter County 4-H Council and Yuba County 4-H Council respectively voted to officially adopt bylaws that were mailed to all certified leaders in March 2007. An amendment to the bylaws was approved as follows: "In the event of a vacancy in a council office the vacancy will be filled by appointment, and the appointing body shall be the remaining council officers." Due to the Vice President vacancy on the Yuba County Council, President Tracy Bishop appointed Marlene High to the position for the remainder of the 2006-2007 program year, which Marlene accepted. Her appointment was unanimously approved by members.

Club Roll Call: Both County Councils approved to notify members that their clubs were absent from attendance at monthly Council meetings by publishing such information in the subsequent edition of the Clover Chatter newsletter. Bylaws state: "If a Community Club is not represented for two consecutive Council meetings, the Community Club becomes "inactive" and all members of the Club become ineligible to vote until the Community Club is again represented at two consecutive Council meetings. The activation of voting privileges will take place during the second consecutive regularly scheduled meeting attended."

4-H Clubs without representation at the February 8, 2007 Bi-County 4-H Council meeting were:

Live Oak Rocky Hills Sutter Buttes Yuba Hills

4-H Clubs without representation at the March 8, 2007 Bi-County 4-H Council meeting were:

District 10 Live Oak Smartsville Yuba Hills

Council Meeting Minutes & Agenda

Now online by going to: http://cesutter.ucdavis.edu/, clicking on 4-H Youth Development Program and then clicking on 4-H Council Meetings.



Bi-County Council Meeting

Thursday, April 12, 2007 @ 7:00pm

All adult and teen leader representatives are welcome!

Please contact the 4-H office at 822-7515 or e-mail Willa Davis at wdavis@ucdavis.edu to add any "New Business" or other items to the monthly Council Meeting Agenda

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The following are the categories and examples of projects, events and activities for which you could earn points in the **NEW RECORD BOOK SYSTEM.** Review the new 'Record Book Manual' and access the new 'Personal Development Record' forms by going to: http://cesutter.ucdavis.edu/YouthDevelopment/

All Star, Ben Duran, is also available to attend club meetings to train leaders and members in the new system. His time is limited, so call him now at 749-2456.

<u>PLEASE NOTE</u>: Attendance at 80% or more Community Club <u>and</u> Project meetings is still required for earning any achievement rank.

- 4-H Projects Completed: It is a requirement that an "Annual Project Report" be completed and included in your folder for each project you complete per year.
- 4-H Project Skill Activities: Did you judge at the Bi-County Goat & Sheep Day in March? Do you plan to participate in the Dog Judging Contest at Spring Fair, or in the Judging Contest at State 4-H Field Day in May? If so, count points here.
- 3. **4-H Events Attended:** Will you attend Fashion Revue or the Spook & Trail Course Clinic this month, or Spring Fair & State 4-H Field Day in May, or 4-H Camp in June? If so, you will earn these points.
- 4. Leadership Development: Club officers, committee chairs and members, jr. or teen leaders, and members completing a leadership development project are eligible for these points. Plan now to attend State Leadership Conference in August. Plan now to take part in these leadership-building activities for next year, too.
- Citizenship/Community Service: Planning and helping with a neighborhood Easter Egg Hunt, participating at Camp Clean-Up Day, and more earn these points.
- 6. **Communication Skills:** Will you make your bi-county presentation at Spring Fair or write an article for Clover Chatter or your school newsletter? Demonstrating these skills in some way counts here.
- 7. **Honors and Recognition:** Conducting a project for an Emerald Star, or earning a Gold at County or Sectional Presentation Day, or Best of Fashion at Fashion Revue or Champion at Spring Fair earn these points.
- 8. <u>Lifestyle Activities</u>: Participation in church, music and dance lessons, or in sports at school or through Park & Rec., among other activities, earns these points.

2007 JAPANESE EXCHANGE PROGRAM

For more information, contact Pat English at 530-754-8520 or by e-mail at pnenglish@ucdavis.edu

POLICY REMINDERS AND UPDATES

Policy 308.4B: Limiting Participation

"... local resources may limit the program's availability to certain age/grade levels." Due to increased liability risks, the Bi-County 4-H Summer Camp may only be attended by enrolled 4-H members between the ages of 5 - 19 years.

Policy 815: Food Policy

If food is to be served as part of an official 4-H activity, the food preparation and service must be in compliance with all local (city and county) health department rules and state law. In addition, it is imperative that all county based rules and regulations governing food service activities be observed, including securing appropriate permits.

If a 4-H unit is not in compliance with health regulations, the University will not endorse or assume liability for such functions, and adults become personally liable for their actions, should legal claims of negligence arise from the food service activity.

Food Safety Training:

All 4-H leaders and members who serve as food workers at 4-H events and activities should attend training in food safety practices and processes prior to handling, serving or selling food. A 50-minute training will be provided on Thursday, April 12, 2007 at 6:00 p.m. at the 4-H Office.

Stay healthy and keep healthy those you serve.

Additional State 4-H policies can be found in the California 4-H Policy Handbook and can be accessed both at the Sutter/Yuba Counties 4-H Office and online at: http://www.ca4h.org and clicking on 4-H Administration and then, clicking on 4-H Policies.

HELP WANTED!

Clerks Needed to Help at Spring Fair

6th graders and above are needed to help judges in calling showmen, announcing awards and more!

Complete Entry Form in Spring Fair Premium Book Call Russ Rossiter at 742-8340 for details

MORE HELP WANTED!

Camp Counselors and Chaperones TEACH, LEARN, LEAD

Volunteer a few days this summer to help make a lifetime of memories for younger 4-H members.

For more information call: Camp Director Willa Davis @ 822-7515

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Up Close and Personal with

Michelle Palu and Sabrina Wootton

Michelle Palu grew up in a multi-generation 4-H family and became a project leader in 2003 after she aged out as a member. She says she became a leader because she loves working with the members and wanted to help them in ways she was helped. She also says that continues to serve as a leader because, "I like it. I like to feel like I'm making a difference. If one kid looks back and says, 'I remember that lady who helped me.', that would make me really feel good."

The two most important personal characteristics that a 4-H volunteer can possess or develop, Michelle reports, is patience and organization. "It really helps to be organized," she says. And what makes our Sutter/Yuba Counties 4-H Program special? Michelle says it's the involvement by its volunteers. She continues, "The program couldn't run without people willing to get involved. It's good to see so many people spending their time and getting involved so the kids can be in this program."

The advice Michelle would like to give new 4-H leaders just starting out is, "Stick with it. The first year is always hard, but it's will be worth it when you stay in the program. And we need people to be involved, so stick with it."

Sabrina Wootton started as a 4-H leader nine years ago when her daughter started in the youth development program while in Kindergarten. She joined because she believes 4-H is really a wonderful program as it teaches children to learn responsibility, to work as a group, to establish goals, and to develop a "stick-to-it" attitude. She continues that she's been told by teachers that they can spot a 4-H kid a mile away because of their speaking skills and hard-working attitude. Plus, she wanted to take an active part in her daughter's life.

Sabrina has stayed in the program because of her daughter, too, seeing how much she loves being a member and how much information she has gained and how much the program has opened her world.

She believes the strongest attributes of a 4-H leader is commitment, and the real desire to teach children in a kid-friendly way. She goes on to say that it means not letting a member skate, and by doing so, it allows the child to bloom and make a project really their own.

A sense of community and the way community members network to help each other's children are the best features of our local 4-H Program, Sabrina says. The recommendation she wants to give new leaders is, "You need to express to members' parents to encourage their children to stick with their project for a whole year, so they learn to make a commitment and share in the joy of achieving a goal. That teaches them a "stickto-it" attitude. So, help parents find solutions to stay involved and keep their kids involved."



Hi 4-H: Is continuing to recruit members 8th grade and higher for Camp Counselors. All interested members must attend the April - June monthly meetings. The next meeting is at 7:00pm, Mon., April 16th @ the 4-H Office.

Rio Oso: members, Everett & Gage Willey, Robert De-Valentine, and Matthew and Gregory Conant are to be thanked for a job well done on Pleasant Grove Road at the three way intersection heading into Wheatland. They cleared the area of debris, trash, branches and weeds. After tilling up the soil they planted wildflower seeds. Everyone is looking forward to the color this will bring to Rio Oso!

Please ask your reporters or their designee to submit information about your club to Willa Davis by April 15th for the May newsletter.

Food Safety Quiz

- True or False: People taking antibiotics are less at risk for foodborne illness.
- 2. Which item is a potentially hazardous food? a) raw carrots, b) bread, c) dry rice, or d) raw bean sprouts
- **3.** Which condition typically does *not* support the growth of microorganisms? a) moisture, b) protein, c) time, or d) high acidity
- **4.** True or False: Cooking at a high temperature will kill the toxin, histamine, in fish such as mahi mahi.
- 5. Which symptom will *not* occur as part of an allergic reaction to peanuts? a) diarrhea, b) shortness of breath, c) swelling of the feet, or d) reversal of hot and cold sensations
- **6.** After you have washed your hands, which item should be used to dry them? a) your apron, b) a wiping cloth, c) a common cloth, or d) single-use paper towels
- 7. Willa has a small cut on her finger and is about to prepare chicken salad. How should her supervisor respond to the situation? a) cover Willa's hand with a glove or finger cot, b) send Willa home immediately, c) cover the cut with a bandage, or d) cover the cut with a bandage and a glove or finger cot
- **8.** All of the following practices can help prevent time-temperature abuse *except:* a) storing milk at 41 degrees F, b) holding chicken noodle soup at 120 degrees F, c) reheating chili to 165 degrees F for 15 seconds within two hours, or d) holding the ingredients for tuna salad at 39 degrees F
- 9. Which condition would cause you to reject a shipment of fresh turkey legs? a) the flesh is firm and springs back when touched, b) the grading stamp is missing, c) the leg tips are brown, or d) the turkey is odorless
- 10. Which is not one of the Center for Disease Control's most common risk factors for foodborne illness? a) failing to cook food adequately, b) failing to have a pest control program, c) failing to purchase food from safe sources, or d) failing to hold food at the proper temperature

For the answers to these and other "serve safe" food tips, practices and procedures, come to the 50-minute "How To - Food Safety" training session on Thursday, April 12th at 6:00 p.m. @ the 4-H Office. Remember, safety is #1 in 4-H!

Sutter/Yuba Counties — 2006/2007 Remaining 4-H Events Calendar

April	Grand Nat'l Rodeo, Horse & Stock Show	April 6-14 @ Cow Palace, San Francisco		
	Food Safety Training & Bi-County Council Monthly Meeting	April 12 @ 4-H Office, 6:00pm and 7:00pm, respectively		
	'4-H You See Davis' Days	April 12-14 @ UC Davis		
	Fashion Revue & Fashion Show	April 14 @ 3:00pm & 7:00 pm, respectively		
	Spook & Trail Horse Clinic	April 14 @ Butte Star Ranch, 10:00 am - 3:00pm		
May	Bi-County 07/08 Officer Nominating Committee Mtg & Bi-County Council Monthly Meeting	May 10 @ 4-H Office, 6:00pm and 7:00pm, respectively		
	Spring Fair / Presentation Day	May 12 @ Yuba/Sutter Fairgrounds		
	State Field Day / Fashion Revue / Presentation Day	May 26 @ UC Davis		
	All-Star Applications Due	May 31 @ 4-H Office		
June	Bi-County 4-H Horse Show	June 9 @ Yuba Co. Sheriff's Posse Arena, Browns Valley		
	Peer Review Committee Training & Bi-County Council Monthly Meeting	June 14 @ 4-H Office, 6:00pm and 7:00pm, respectively		
	Cal Focus	June 22-26 @ Sacramento		
	4-H Camp	June 25-29 @ Dobbins 4-H Camp		

SCHOLARSHIP INFORMATION

Scholarship data can be viewed at the State 4-H web site: http://ca4h.org/4hresource/ir/index.asp

Deadline: April 30, 2007

CA 4-H Youth Development Office

Questions: Steven Worker at 530-754-8519

or smworker@ucdavis.edu

Scholarships include:

- * Dean Memorial Scholarship
- Mabel W. Jacks Scholarship
- * Samarin Family Vocational Educ. Scholarship
- * American Society of Farm Managers and Rural
- * Appraisers (ASFMRA) Agricultural Scholarship

Most scholarships typically require letters of recommendation and applications which can be time-consuming to complete, so please inform and encourage interested seniors to <u>start this</u> <u>process now</u>.

Nigerian Dwarf (Dairy) Goats



Thanks to the extensive research of Kandee Swindle of Yuba Hills 4-H Club, it was discovered that Nigerian Dwarf (dairy) goats are okay for Primary Members to be enrolled in as a "small animal" 4-H project.

For more information, call Kandee Swindle at 692-1651

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Arboga Browns Valley District 10 Hallwood Rio Oso Club Meetings	3 Able Riders Club Meeting	4 Franklin Club Meeting	5	Grand Nat'l Rodeo, Horse and Stock Show Begins	7
8 Yuba Hills Club Meeting	9 Plumas Wheatland Club Meetings	Able Riders Sutter Buttes Club Meetings	11 Pleasant Grove Rocky Hills Club Meetings	Food Safety Training Council Meeting "You See Davis Days"	13 "You See Davis Days"	14 Fashion Revue/ Fashion Show Horse Clinic "You See Davis Days"
15 Guide Dogs Club Meeting	16 Hi 4-H Club Meeting	Able Riders Dententer Smartsville Club Meetings	18	19 Barry Club Meeting	20	21
22	23 Live Oak Club Meeting	24 Able Riders Club Meeting	25	26	27	28
29	30				ru	
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Able Riders Club Meeting	2 Franklin Club Meeting	3	4	5
6	7 Arboga Browns Valley District 10 Hallwood Rio Oso Club Meetings	8 Able Riders Sutter Buttes Club Meetings	9 Pleasant Grove Rocky Hills Club Meetings	10 Council Meeting	11	12 Spring Fair
13 Yuba Hills Club Meeting	14 Plumas Wheatland Club Meetings	Able Riders Dententer Smartsville Club Meetings	16	17 Barry Club Meeting	18	19 Camp Clean-up
20 Guide Dogs Club Meeting	21 Hi 4-H Club Meeting	22 Able Riders Club Meeting	23	24	25	State Field Day
27	28 Live Oak Club Meeting	29 Able Riders Club Meeting	30			