

UNIVERSITY OF CALIFORNIA

COOPERATIVE EXTENSION

Sutter and Yuba Counties

142A Garden Hwy., Yuba City 95991 Telephone: (530) 822-7515 Fax: (530) 673-5368

"Working With Members With Special Needs"

March 2007

Special Points of Interest

*Yuba Co. Council VP Needed! *More Pictures of Craft Day and Fashion Revue Workshop *Fashion Revue Commentator Application (back page) *"The 4 Hs" - Health for Better Living: Facts About Water *Camp Counselors and Chaperones Wanted!



4-H - "To Make the Best Better"

Inside This Issue: **Upcoming Events and** 2 Activities ABCs of Personal 4 Development Policy Reminders/Updates 4 "Up Close and Personal" 4-H Club Reports 5 **Annual Event Calendar** 6 7 March/April Calendar

Editors: Isela Valdez, 4-H Youth Development Advisor and Willa Davis, 4-H Program Rep.

by Willa Davis The February "How To"

training session for leaders was presented by Cindy Chandler, Exec. Dir. of Family Soup (a nonprofit organization for children with disabilities and their families) and Valerie Wilson, Community Club Leader of the Able Riders 4-H Club (a therapeutic horse riding program). Cindy and Valerie provided valuable information about various special needs members may have and how best to work with them so they feel included and successful.

Valerie shared information that she has gathered and learned from 17 years of personal experience as a therapeutic riding instructor of children with special needs and as a teacher. The following is an excerpt from her and Cindy's presentation and of the handout that was given. You may find it is useful in working with all youth, not just those with special needs.

"(When) Working with all ages, THINK OF QUALITY TIME. Give out love and confidence. The

> Fashion Revue Workshop Jan. 14, 2007



Nail Care Tips

more you give, the more you receive. The secret to successful teaching is:

P - positive

R - recognition

A - always

I - improves

S - self

E - esteem

. . . For all children the key to helping them learn is to be positive. Don't say, "No". Give praise for what they are doing right and then, correct where there is a need. Attention-getting behavior can be positive or negative. Reward the positive with praise and do your level best to ignore the negative. Say something such as, "Why don't you try to do it this way?" Give them two positive actions and let them choose which one they want to do. This gives them empowerment of choice.

Remember, your special needs members all have the same feelings and responses as anyone; don't treat them as different. . . . They are most comfortable when they feel that they are just one of the group." (cont'd on pg. 3)

Craft Day Feb. 10, 2007



Making Valentines

Photos courtesy of Steven Sanchez

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Bi-County Presentation Day

Saturday, March 3, 2007

10:00 am - 4-H Office

Last Chance!

Saturday, May 12, 2007

Yuba-Sutter Fairgrounds (Entry form will be included in Spring Fair Premium Book)



2007 Fashion Revue Planning Meeting

Tuesday, March 6, 2007 5:30 pm @ 4-H Office

2007 Spring Fair Planning Meeting

Tuesday, March 6, 2007 7:00 pm @ 4-H Office



NEW RECORD BOOK TRAINING

Saturday, March 10, 2007, 4-H Office

Part I Part II
10:00 - 11:00 am 11:00 - 12:00 noon
Questions & Answers: 12:00 noon - 1:00 pm

You must attend both parts of training to judge Record Books, including Star Ranks

HORSES & PONIES CLINICS

Showmanship Clinic

March 10, 2007, 9:30am - 3:00pm



Spook and Trail Course Clinic

April 14, 2007, 10:00am - 3:00pm

Both clinics 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

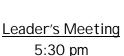


Bi-County Horse Show Planning Meeting

Tuesday, March 14, 2007, 6:00 pm Round Table Pizza, Gray Ave, Yuba City <u>Info</u>: Mayleen Boslaugh at (530) 633-0142 or Debra Hogan-Surratt at (916) 655-1001

4-H Camp Week Planning Meetings

March 19, 2007 @ 4-H Office



Hi 4-H Camp Counselor's Meeting 7:00 pm

Bi-County Goat and Sheep Day

Saturday, March 24, 2007 9:00am - 3:00pm Lindhurst High School <u>Rain or Shine!</u>



For information and to help, contact Pat Dickens @ 743-5690 or fpscfarms@comcast.net



4-H Shooting Sports Archery Leader Training

March 24th: 8:00 am - 5:00pm
March 25th: 8:00 am - Noon
Co Cooperative Ext. Office-Bakersfield

Kern Co. Cooperative Ext. Office-Bakersfield Cost: \$20.00 (includes lunch) Info: Robert Claffy @ 661-829-1658

SECTIONAL PRESENTATION DAY



Saturday, March 31, 2007 Willows Elementary School

Forms Due @ 4-H Office by 12:00 Noon, Thurs., March 8th

Bi-County Fashion Revue's

"Midnight Stroll" Fashion Show

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

Information Michele Palu at 742-6040 Sandy Parker at 749-9217

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Other Meetings and Worthy Events To Know About

Spaghetti Dinner and Auction







The Dententer 4-H Club is raising money for camp scholarships. **Take-Out Available!**Contact Gina Pico at 845-1213
Come join the fun at the 4-H Office!

Bi-County Council Meeting

Thursday, March 8, 2007 @ 7:00pm All adult and teen leaders are welcome!

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



Equine Field Day

Saturday, March 17th CSU, Fresno from 8:30am-4:30pm To register, go to: http://ca4h.org, click on Statewide Calendar and March 17th date.

2007-2008 4-H State Ambassador

More information is available at http://ca4h.org/leadership/ambassador/

Applications are due March 31, 2007

"4-H You See Davis Days" April 12-14, 2006

Registration forms are due

March 15, 2007 and may be found at:
http://clubs.ca4h.org/collegiate4h/ucd/ysddays.htm

2007 Grand National Rodeo, Horse & Stock Show

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

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
MARY HALL AT 743-2490 or DIANNA TAYLOR @741-1375

"Working With Members With Special Needs"

(cont'd from pg. 1)

Tips For Working With Youth With Special Needs

- **1. USE ROUTINES, NOT LIP SERVICE!:** Set up a crystal clear, daily structure before the day begins and decrease power struggles.
- **2. CHANGE ENVIRONMENT:** People in the autism spectrum are sensitive to sensory conditions such as sound, lighting, physical touch, etc. Make physical, concrete changes in location of furniture, color, lighting, clothing, chaos, etc.
- 3. FOLLOW THROUGH WITH FOLLOW UP...

FOLLOW UP... FOLLOW UP: Use your routines and rules you set in motion and then make sure they are doing what they are supposed to. Then, you are not the bad guy and they will have to deal with the natural consequences of their actions.

4. GROUND YOURSELF, NOT THE KIDS WITH

GROUND RULES!: Keep your credibility and use masterful logic and reason. Don't let them break you down or it will break you up!

- **5. NEGOTIATION ISN'T JUST FOR ADULTS:** When creating rules for your kids, do so *with* them, *not* just *for* them whenever possible. This way they will buy into the process and will be more likely to cooperate.
- **6. BREAK TASKS INTO SMALL CHUNKS:** By breaking down tasks into doable pieces you are ensuring their feeling of success and even raising their self-esteem.
- **7. GIVE KIDS THE "HEAD OF THE TABLE":** Let them be in charge of their responsibilities though it's tempting to try taking over the responsibility. You can balance your decision to give the responsibility back by maintaining a supportive and caring attitude.

(Autism Today, 2/19/07)

"The 4 Hs"

I Pledge my Health to Better Living

"Facts About Water"

- *75% of Americans are chronically dehydrated. This probably applies to half of the world's population, too.
- *In 37% of Americans, the thirst mechanism is so weak that it is mistaken for hunger.
- *Even mild dehydration will slow down one's metabolism by as much as 3%.
- *One glass of water shut down midnight hunger pangs for almost 100% of the dieters in a research study at University of Washington.
- *Preliminary research indicates that 8-10 glasses of water a day could significantly ease back and joint pain for up to 80% of sufferers.
- *A mere 2% drop in body water can trigger fuzzy short-term memory, trouble with basic math, and difficulty focusing on the computer screen or on a printed page.
- *Drinking five glasses of water daily decreases the risk of colon cancer by 45%.
- *Plus, it can slash the risk of breast cancer by 79%. And a person is 50% less likely to develop bladder cancer.

ARE YOU DRINKING THE AMOUNT OF WATER YOU NEED FOR HEALTHY. BETTER LIVING?

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ABCs Of Personal Development

The following are the categories and examples of projects, events and activities for which you could earn points in the NEW RECORD BOOK SYSTEM. In order to judge Record Books in July 2007 and conduct star rank judging, leaders must attend BOTH parts of the training. A training session will be offered on Saturday, March 10th starting at 10:00 am. Review the new 'Record Book Manual' and access the new 'Personal Development Record' forms by going to:

http://cesutter.ucdavis.edu/Youth%5FDevelopment/

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

- 1. <u>4-H Projects Completed</u>: 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: Have you judged a Club Judging Contest or been a youth judge at Presentation Day? If so, count points here.
- 3. <u>4-H Events Attended</u>: Will you attend the Bi-County Goat & Sheep Day or one of the Horses & Ponies Clinics? 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. Attending WHY Conference and State Leadership Conference also makes you eligible. Plan now to take part in these leadership-building activities.
- Citizenship/Community Service: Making and delivering valentines to a rest home, teaching someone how to read and write English, and more earn these points.
- 6. **Communication Skills:** Will you make your bi-county presentation in March or write an article for Clover Chatter or your school newsletter? Demonstrating these skills in some way counts here.
- 7. **Honors and Recognition:** Earning a gold at Presentation Day, or an Emerald Star earn these points.
- 8. <u>Lifestyle Activities</u>: School, sports, church, music,



POLICY REMINDERS AND UPDATES

Club Financial Planning and Fundraising <u>Club Budgets</u>:

All 4-H YDP Councils and clubs will prepare an annual program budget to establish allocation of financial resources to fulfill program needs.

Budget management is a primary responsibility of Bi-County Council and 4-H club officers. Thus officers are responsible for ensuring that members are kept abreast of the budget targets as compared to the actual expenditures. If there are deviations from the planned budget, officers are obligated to inform the members to ensure that there is full agreement, support, and approval on any changes.

The method of fund raising and intended use of funds must be included in the annual budget proposal, and reviewed and approved by the UCCE County Director or designee. Raising funds with no specific 4-H YDP program or purpose is not allowed.

Handling of Excess Funds:

The goal of fundraising should be to increase the total amount of funds available for 4-H YDP activities. The retention of excess funds by a 4-H YDP Council or club is strongly discouraged.

As a general rule, a beginning balance that is not designated for any specific purpose should not exceed 100 percent of a club's proposed budget for the next year. A significant aspect of the 4-H Club program is to teach the youth officers and members how to prepare a budget, raise funds, and manage their money.

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.



Photos courtesy of Steven Sanchez

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Up Close and Personal with

Sharon Carothers and Pat Dickens

Sharon Carothers started as a 4-H volunteer leader over 12 years ago when her older daughter began 1st grade. She had been a member as a youth and knew how valuable the 4-H Program was in the development of youth.

And, that's why she continues to serve as a leader. She sees what it has given her children and other members that she's observed over the years. She also likes to help in their growth. And, everyone looks forward to going to fair every year.

Lots of patience and the willingness to give are the two main attributes that a 4-H volunteer leader can possess or develop, Sharon says. It's what makes leaders successful and keeps families staying in the program generation after generation like so many have in the Sutter/Yuba Counties area.

A strong 4-H heritage in the community is one of our local program's strengths, Sharon continues. Another local 4-H Program highlight is the variety of projects that youth can enroll in. These two factors contribute to sustaining events, like Fashion Revue and Spring Fair, that allow members and leaders from the various clubs to get together, meet one another and develop friendships that last a lifetime. Sharon's advice to volunteers just starting out in 4-H is, "Don't be afraid to try it. It's really not that much work. Pick an activity you like to do and share it, because anything can become a 4-H project!"

Pat Dickens is part of a four generation 4-H family that continues to make 4-H part of their lifestyle. First, as a youth member, Pat started as a volunteer leader almost 15 years ago to carry on the family tradition with her husband, Frank. It was a good way to do something together as a couple and with their two children.

Pat continues to serve as a 4-H leader because she loves working with the youth members and wants to give them the individual attention each of them needs. She says it feels good to know that she's been part of helping children believe they can succeed no matter what their challenges are, especially those with learning or physical disabilities. It's very rewarding, she says, to see a shy child at the beginning of the program year blossom into a confident young person by the end of that year.

The strongest features of our local 4H Youth Development Program, Pat says, is that we let kids learn how to do their project. They know they have the support of their leaders whenever they need it. And, the leaders do it because they want to do something for their community. Pat's recommendation to new leaders is, "Put yourself out there, don't be shy. The rewards are unbelievable!"



Barry: Leaders and **m**embers, along with Franklin 4-H Club members, participated in an all-night rock climbing outing in Davis. They also made and delivered valentines to The Fountains Convalescent Hospital. Horse Project members attended the annual stallion parade where they learned about horse judging. Browns Valley: Raised almost \$900.00 from their Dessert Auction in February. The money will go towards their club's various community service projects. **Dententer:** Three members made presentations at the February 15th Bi-County Presentation Day that was held at the 4H Office. Cory Willert and Zach Willert both won blue awards and Evan Willert won a gold award. Watching other presentations was educational. If someone hasn't done one yet - they should, because it is a lot of fun. Also this month, Dententer welcomed two new members named Chad Phillips and Jacob Phillips.

Guide Dogs: Recently gave presentations at Geweke Ford and at Barry School. They have welcomed four new puppies this year to their club as well as new youth members.

Hi 4-H: Is recruiting members 8th grade and higher for Camp Counselors. All interested members must attend the March—June monthly meetings. The next meeting is at 7:00 pm on March 19th at the 4-H Office. Rocky Hills: Have had several fundraisers this year, including a Dessert Auction in December. Their current fundraiser is a tulip bulb sale. Call Julie Stone for more information at 749-1069 by March 2nd. Smartsville: Members visited the Prestige Assisted Living Home and presented valentines to residents that the members had made.

Yuba Hills: Is planning an Easter party and egg hunt for the campers and residents at Lake Francis Resort.

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

2007 JAPANESE EXCHANGE PROGRAM

The State 4H Office is looking for families who would like to host a Japanese youth in their home for one month this summer.

Enthusiasm is the main qualification. The youth are here to live with your family and participate in normal summer activities. They come with their own spending money and medical insurance.

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

Sutter/Yuba Counties — 2006/2007 Remaining 4-H Events Calendar Bi-County Presentation Day March 3 @ 4-H Office, 10:00 am Fashion Revue & Spring Fair Planning Meetings March 6 @ 4-H Office, 5:30 pm and 7:00 pm, respectively Spaghetti Dinner & Bi-County Council Monthly Meeting March 8 @ 4-H Office, 5:30pm and 7:00 pm, respectively March Horse Showmanship Clinic March 10 @ 9:30am-3:00pm at Bi-County Goat & Sheep Day March 24 @ Lindhurst High School, 9:00am - 3:00pm Sectional Presentation Day March 31 @ Willows Elementary School Grand Nat'l Rodeo, Horse & Stock Show April 6-14 @ Cow Palace, San Francisco 'Food Safety Training' & April 12 @ 4-H Office, 6:00pm and 7:00pm, respectively Bi-County Council Monthly Meeting April '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 Bi-County 07/08 Officer Nominating Committee Meeting & May 10 @ 4-H Office, 6:00 pm and 7:00pm, respectively Bi-County Council Monthly Meeting Spring Fair / Presentation Day May 12 @ Yuba/Sutter Fairgrounds May State Field Day / Fashion Revue / Presentation Day May 26 @ UC Davis All-Star Applications Due May 31 @ 4-H Office Bi-County 4-H Horse Show June 9 @ Yuba Co. Sheriff's Posse Arena, Browns Valley 'Peer Review Committee' Training & June 14 @ 4-H Office, 6:00pm and 7:00pm, respectively Bi-County Council Monthly Meeting June June 22-26 @ Sacramento Cal Focus 4-H Camp Last Week in June, Specific Dates TBD

2006-2007 YUBA COUNTY 4-H COUNCIL VICE PRESIDENT VACANCY

CONSIDER SERVING AS A LEADER ON THE BI-COUNTY COUNCIL THAT GOVERNS THE SUTTER/YUBA 4-H YOUTH DEVELOPMENT PROGRAM. FOR MORE INFORMATION, CALL YUBA COUNTY 4-H COUNCIL PRESIDENT,

TRACY BISHOP AT 633-0510

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 to the California 4-H Youth Development Office. Questions:** Contact Steven Worker at smworker@ucdavis.edu or 530-754-8519. Scholarships include:

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

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

Sunday	Monda	esday	Wednesday	Thursday	Friday	Saturday
(Mal	The x		1	2	3 Presentation Day
4	Arbood Browns Valley District 10 Hallwood Rio Oso Club Meetings	Able Rivers Club Meeting Fashion Revue and Spring Fair Meetings	7 Franklin Club Meeting	8 Spaghetti Dinner Council Meeting	9	Record Book Training Horse Clinic
11 Yuba Hills Club Meeting	12 Plumas Wheatland Club Meetings	13 Able Riders Sutter Buttes Club Meetings	14 Pleasant Grove Rocky Hills Club Meetings	15 Barry Club Meeting	16	17
18 Guide Dogs Club Meeting	19 Hi 4-H Club Meeting Camp Meetings	20 Able Riders Dententer Smartsville Club Meetings Horse Show Meeting	21	22	23	24 Goat/Sheep Day
25	26 Live Oak Club Meeting	27 Able Riders Club Meeting	28	29	30	31 Sectional Presentation Day
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	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		27	28
29	30	-			ort	

BI-COUNTY 4-H FASHION REVUE 2007 YOUTH COMMENTATOR APPLICATION

(fulfills County-Level presentation requirement)

Return to the 4H Office 142A Garden Hwy., Yuba City 95991 by March 23, 2007.

JAME:	CLUB:	
RADE: PHONE:		
DDRESS:	e-mail:	
H COMMUNITY CLUB LEADER SIGNATURE: _		