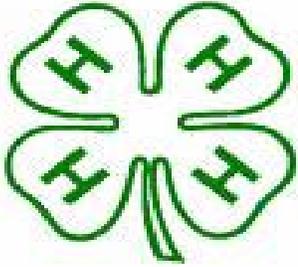


Memos

APRIL 2008



UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION

San Diego County 4-H

Teen Council

Attention all Teens!!! Elections for the executive board are coming. Nominations for all positions will take place on May 12th at 7 PM. Elections will take place on June 9th at 7:00 PM. Teen Council is the leading organization for San Diego County 4-H teens. We assist with almost every event in our county and even take charge of a few of them. It is a great opportunity to come and meet teens from all over the county. Being a Teen Council Officer is a challenging responsibility for the leadership capability of any person. We hope you come out and consider being a part of a great tradition of teen leaders.

Food Drive

San Diego County 4-H Teen Council is organizing a food drive. As part of our commitment to our community we have decided help those unable to provide for themselves by collecting food for the needy. Please help us out by contacting your local teen council member and having him or her be your point of contact to collect the non perishable food items. Most food drives are done during the winter holidays but we would like to remind our friends and families that people go hungry all year round. Please help us make this a successful drive. Contact the County 4-H office for more information.

Teen Council Fun Event

It's that time again when Teen Council sponsors a fun event for our San Diego 4-H Teens. This quarter Teen Council has decided to go to Mulligan's in Murrieta. Now everyone realizes it's a bit far to get to Murrieta. Why would Teen Council pick Mulligan's for a fun even??? How about UNLIMITED use of: **Go-Karts, Miniature Golf, Blaster Boats, Train Ride, Rookie Go-Karts, Lazer Tag, Tea Cups, Kangaroo Jump, Carousel, the Rock Wall!** Please clear your calendars for April 26th from 12 PM to 6 PM. Carpooling is available. Regular Teen Council Members will be charged nothing. Interested or New Teen Council members will only be charged \$10. To RSVP, contact Rhiannon "Ray" Stark your Teen Council Treasurer at 858-414-9906 or via email at thanxcptnobvious@yahoo.com!

CONGRATULATIONS TO OUR NEW SAN DIEGO COUNTY 4-H ALL STARS

Rhiannon Stark-Willingham – San Dieguito
Andrea Cornelius – Escondido
Josh Billimoria – Japatul
Neal Woodall - Bonsall
Holly Rogers – Fallbrook



We thank our leaders and volunteer judges who took time out of their busy schedule to interview all of the candidates. We also want to congratulate the new All Stars for their hard work and dedication that has allowed them to earn the highest honor that our county can give.

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

In accordance with applicable State and Federal laws and University policies, the University of California does not discriminate in any of its policies, procedures or practices on the basis of race, religion, color, national origin, sex, marital status, sexual orientation, age, veteran status, medical condition or handicap. Inquiries regarding this policy may be addressed to the Affirmative Action Director, University of California, Agriculture and Natural Resources, 300 Lakeside Drive, 6th Floor, Oakland CA 94612, (510) 987-0096 University of California, County of San Diego and the United States Department of Agriculture cooperating.



Bio-Security and You



When many people hear the word “bio-security” they think of a movie where people are running around in plastic suits looking for deadly diseases that threaten a major city. For most of us “bio-security” really means reducing the chance of spreading a disease or infection between animals, between animals and people or between people. It includes something as washing your hands regularly to reduce the amount of bacteria on them after you work with animals. It includes following food safety guidelines at 4-H events or activities where food is involved to prevent food born infections. It also includes developing a vaccination program for your flock of chickens or sheep to help them stay healthy. We can practice good bio-security behaviors in many ways of our lives. Simply put, bio-security is the protection of a living creature. It usually deals with those management practices that will reduce the introduction or spread of disease or illness.

Food safety is a major way to practice bio-security with people and the 4-H Office has a tip sheet on how to do that at 4-H events. When working with animals in 4-H there are several practices you should implement. If you are raising or caring for an animal, whether it is a horse or a chicken, then you are responsible for the safety and protection of that animal. Steps you can take include vaccination of animals for the most common diseases for that species in your area. It also includes washing your hands after working with animals. Effective washing includes two parts: 1) physically removing the bacteria from the skin by flushing with water while rubbing the hands together and 2) chemically destroying the bacteria with soap or disinfectant. Creating an additional barrier by wearing gloves when handling animals, especially animals that appear ill, is also a good practice.

Because part of the 4-H experience may be to have the project animal evaluated to help gauge the members skills in animal management members may exhibit their project animals at field days, project meetings and fairs. It is important that members and their families use good judgment in determining whether they should be putting their animals in those situations.

Things that should be considered are:

1. What safeguards do the organizers of the event provide to help limit or prevent infectious animals from being at the event and the spread of disease.
2. Is the show or event where animals from long distances or many different locations are eligible to be exhibited? Animals transported from one location to another can be a major factor in spreading disease.
3. Make sure your animal is up to date on its vaccinations before taking it to the event. If the vaccine manufacturer’s recommendations are followed, your animal should be close to maximum protection possible for that disease.
4. If your animal shows any signs of stress or ill health leave it at home and treat it appropriately until it is healthy again. Your first concern must be for the health and well-being of your animal not the prize money or selling the animal at the fair.
5. When you reintroduce animals to your home after being at a show be sure to isolate the animal until you are sure they have not brought home anything that could be spread to your other animals or contaminate your facility.
6. Limit the number of events or shows you take an animal to in order to reduce its level of stress and to reduce its exposure to infections and diseases. Make sure you give your animal time to recover between events.
7. Be sure to wash your hands and change clothes when you get home after attending an event where you handle different animals before you go out and work with your own animals.

Check with your local veterinarian, project leader or 4-H Office for sources of information on how to practice bio-security. Practicing proper bio-security promotes skills helpful throughout life such as responsibility, good citizenship, disease prevention, critical thinking, decision-making and caring for others.

Water Safety

Many 4-H YDP projects or events involve activities that occur in, on, or near water. 4-H YDP staff and volunteers are responsible for the safety of members and therefore, must proactively identify, evaluate, and reduce any potential water hazard risks associated with an activity.

Reducing water hazard risks encompasses the following types of actions:

- Informing 4-H members of water hazards and safety concerns
- Requiring the use of personal protective equipment such as personal flotation devices when appropriate (such as boating)
- Obtaining the services of a certified river rafting guide for whitewater or swift water rafting trips
- Assuring an appropriately certified lifeguard is present for swimming or other activities where water contact is expected such as surfing;
 1. “Appropriately certified lifeguard” means someone who has completed a lifeguard training program sanctioned by a group such as the American Red Cross or American Lifeguard Association;
 2. It can be assumed that lifeguards provided at public pools or beaches are appropriately certified;
 3. Lifeguards should be certified at the appropriate level for the type of water body they are supervising. For example, deep (more than 4 feet deep) or shallow water (4 feet deep or less) swimming pool lifeguard certification, ocean certification for ocean lifeguards, or waterfront certification for lake and river lifeguards;
 4. The designated lifeguard’s role is to supervise the activity and s/he must not engage in other distracting activities (such as reading or using a telephone)
- Verifying 4-H members have received training from an experienced instructor about water craft and recreational activities and associated equipment such as surfing, water skiing, and scuba diving.
- Restricting 4-H member access to certain water hazards;
- Closely monitoring 4-H members when they are near water; and/or
- Identifying adult chaperones and assigning them tasks and timeframes to assist in the monitoring of 4-H members. The recommended chaperone ratio is one adult chaperone for every five 4-H members.



The 4-H Water Safety Guidelines can be found at <http://safety.ucanr.org>. This document is an activity planning resource that 4-H volunteers shall consult for comprehensive information about water hazards and actions to prevent injuries.





Food Handling Guidelines for Temporary Food Stands

Adapted from information from Dr. Karen Penner, Extension Specialist, Food Science, Kansas State University, and Marciel A. Klenk and Dianne L. Metz, UC Cooperative Extension NFCS Advisors

Check with your city, county or other local government to see if a special license is required for temporary food booths or events.

- * Food must be obtained from inspected and approved sources (not home prepared, farm butchered or food obtained from hunting or fishing).
- * Booths may handle non-potentially hazardous foods or foods with limited preparation (such as hot dogs and pre-pattied hamburgers) if they provide the following hand-wash facilities:
 1. A sink with running water or a 5 gallon insulated container with a spigot filled with hot water. Push button spigots are not acceptable.
 2. A roll of paper towels on a dispenser.
 3. A dispenser of liquid soap.
 4. A bucket to collect wastewater and a trash can for paper towels.

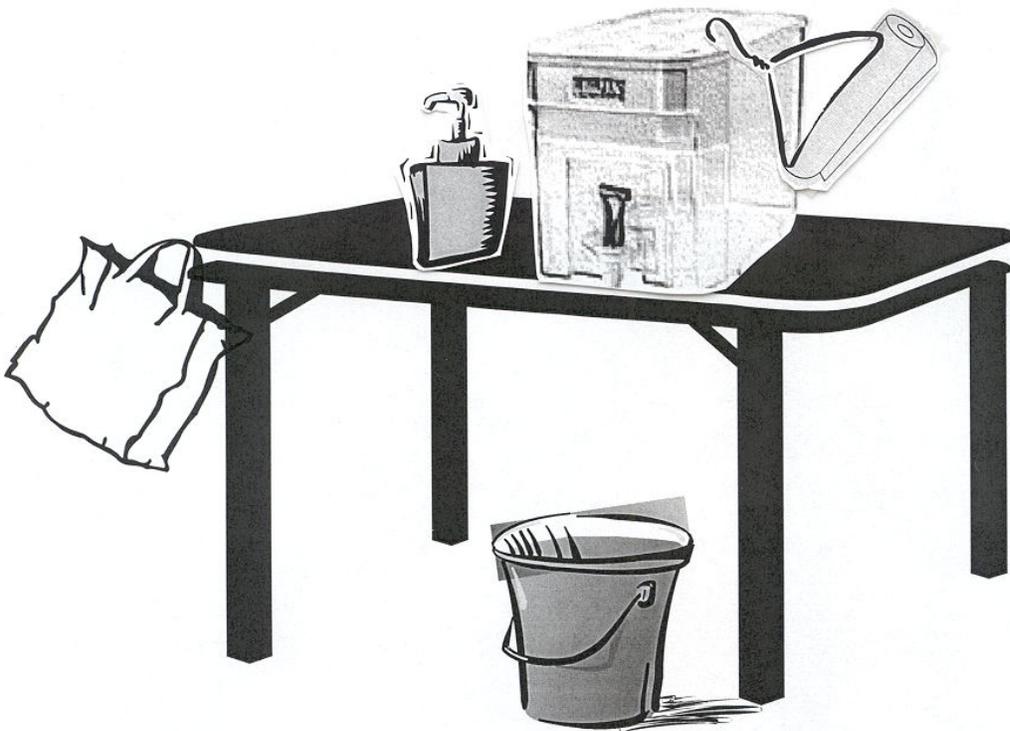
- * Sauces or dips can be:
 1. Dispensed in single serving packets.
 2. Dispensed from container with pump or squeeze bottle.
- * Food should never be handled by anyone who is ill with a communicable disease.

- * Food should be prepared with the least possible manual contact. No bare hand contact with ready-to-eat food is allowed. Disposable food service gloves or suitable utensils should be provided for this purpose. Torn or soiled gloves should be replaced.
- * All food handlers must wash their hands with soap and water prior to direct contact with the food and especially after using the restroom. Wash hands frequently: at the end of a task or when touching face, hair, nose or other non-clean item (this prevents cross contamination).
- * All food contact surfaces must be cleaned and sanitized regularly. Use paper towels. Avoid using sponges. A simple sanitizing solution can be made by mixing 1 teaspoon of bleach with 1 quart of water, in a spray bottle labeled SANITIZER. Mix this fresh daily- it is no longer effective after 24 hours.

- * All perishable foods must be maintained with equipment at a safe temperatures: 140° F or above or 40° F or below. Use a stem thermometer to test temperature and clean & sanitize it after each use.
- * Food booths or stands with cooking or heating equipment should have a 5-lb (2A10BC) fire extinguisher
- * A trash container must be provided.

To Set Up a Portable Hand Washing Station you will need the following equipment:

- * Water Jug with Spout (available from the grocery store, usually in 2 gal's)
- * Bottle of pump soap.
- * Roll of paper towels, (to make a towel holder, take a pants hanger and replace the cardboard roll with the towels and hang on the water jug).
- * Bucket (place bucket under water spout to catch water).
- * Bag for used paper towel.



\$500-\$1,500 interest free loan from Ag Loan.

Here is the link for more information: <http://www.agloan.com/programs/agyouth.shtml>
San Diego County 4-H does not endorse or denounce this program. Parents and adults should thoroughly research the program before committing to anything.

American AgCredit's AgYouth Program is part of the Association's commitment to Young, Beginning and Small Farmers, targeting school-aged students who have exhibited an interest in agriculture by joining 4-H Clubs and Future Farmers of America Chapters. Under the AgYouth Program, Association staff will work through qualifying 4-H Clubs and FFA Chapters to assist students with qualifying live-stock projects by providing financial and educational assistance, as well as emphasizing the importance of accurate records, budgeting and honoring obligations to repay.

Objectives

The AgYouth Program is intended to:

- Provide a beneficial learning experience for the participant.
- Provide seed money for the future agriculturalist.

Who Can Apply?

FFA and 4-H participants nine years of age or older as of the beginning of the fair year who demonstrate a C average or better in school.

Project Limits:

- Dairy - Replacement Heifer \$1,500 max.
- Beef - Market Steer \$1,500 max.
- Sheep - Market Lamb \$500 max.
- Swine - Market Hog \$500 max.
- Goat - Market/Replacement \$500 max.
- Calf - Market Calf \$500 max.

San Diego County 4H Leaders' Council

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The 4-H State Leadership Conference engages youth in reaching their fullest leadership potential. The 4-H State Leadership Conference brings together high school youth from across California in a four-day leadership training, networking, and learning experience.

Purpose of the 4-H State Leadership Conference

- Provide advanced leadership training for high school 4-H youth
- Stepping stone for county and sectional leadership activities
- Provide an opportunity for statewide networking and idea sharing
- Provide input into statewide 4-H activities.

May 16, 2008 - Financial Aid Apps Due
May 27, 2008 - Financial Aid Selection Notifications

June 13, 2008 - **Registration Deadline**
June 30, 2008 - Last Day for a Refund

DATES TO REMEMBER

CO. OFC GATE CODE: 7565#

Date	Event	Location & Time	Contact	Phone #
April 5	Dog Learning Day & Show	TBA	Bonnie Trigg	760-630-1523
April 7	Executive County Council	County Office- 7:00 p.m.	Drew Middleton	858-756-2004
Apr 11-13	South Sections Leaders Trng	Riverside	Paulette Sauln	619-464-4394
April 12	South Sections Leaders Co	Mt. Sac	Paulette Sauln	619-464-4394
April 12	Area 3 Judging Day	Olivenhain Old Meeting Hall	Terry McDougal	858-756-7627
April 14	All Star Meeting	County Office- 6:00 p.m.	Kevin Fletcher	619-669-1057
April 14	Teen Council Meeting	County Office- 7:00 p.m.	Cathy Mitchell	
Apr 19-20	Horse Advisory Horse Show	Camp Pendleton	Carmen Rodriguez	760-966-0307
April 26	Teen Council Fun Event	Mulligan's-Murrieta	Ray Stark	858-414-9906
April 26	Bonsall Dog Show	Alamosa Park-Oceanside	Bonnie Trigg	760-630-1523

May 3	Show Adv Show Flat Classes	Tumbleweed Arena	Carmen Rodriguez	760-966-0307
May 5	County Council "Ethics"	County Office- 7:00 p.m.	Drew Middleton	858-756-2004
May 11-17	Eastern County Fair	Lakeside Fair Grounds		
May 12	Teen Council Meeting	County Office- 7:00 p.m.	Cathy Mitchell	
May 12	All Star Meeting	County Office- 6:00 p.m.	Kevin Fletcher	619-669-1057
May 12	Sectional Presentation Day	Mt. SAC	Gail Raser	760-743-2950
May 26	State Presentation Day	UC Davis		
May 31	Escondido Dog Show	TBA	Pam Dawson	760-480-9521

June 2	County Council	County Office- 7:00 p.m.	Drew Middleton	858-756-2004
June 9	Teen County Council Meeting	County Office- 7:00 p.m.	Cathy Mitchell	
June 9	All Star Meeting	County Office- 7:00 p.m.	Kevin Fletcher	619-669-1057
June 14	San Diego County Fair begins	Del Mar Fairgrounds		

Area 3 Judging Day, Sat. April 12, 2008

Olivenhain Town Hall Rancho Sante Fe Rd. Olivenhain, CA

Area 3 members and Leaders only please contact Terry McDougal to r.s.v.p. for your club and for questions: 858-756-7627

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CHECK OUT THE COUNTY 4-H WEB CALENDAR! VISIT IT AT:

<http://jamul4h.org/CountyCal/month.php>

