



**The University of Arizona
Cooperative Extension**



4-H News of La Paz County

College of Agriculture and Life Sciences University of Arizona
La Paz County Office P.O. Box 3485, Parker, AZ 85344 (928) 669-9843

July 2007

Calendar of Events

- 4 **Extension Office Closed (Independence Day)**
- 5 **End of Year Packets Mailed to Community Club Leaders**
- 6 **Deadline to register for MoPaz 4-H Camp**
- 9-12 **4-H Summer Day Camp, 9am –Noon, Wenden School**
- 9 **4-H Council Meeting, 6:30 pm, Extension Office**
- 15-19 **MoPaz 4-H Camp, Williams, AZ COUNTY EVENT**
- 23-26 **4-H Summer Day Camp, 9am –Noon, Wenden School**

August 10th

Recordbooks, End of Year Packet Due to Extension Office

Brent Strickland
Extension Agent

Persons with a disability may request a reasonable accommodation by contacting the La Paz County Cooperative Extension office. Requests should be made as soon as possible to arrange the accommodation.

Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture,

James A. Christenson, Director, Cooperative Extension, College of Agriculture and Life Sciences, The University Of Arizona. The University of Arizona is an equal opportunity, affirmative action institution. The University does not discriminate on the basis of race, color, religion, sex, national origin, age, disability, veteran status, or sexual orientation in its programs and activities.

Happenings

4-H Camp

La Paz County and Mohave County 4-H will be holding its annual MoPaz 4-H camp in the cool pines near Flagstaff from July 15th to 19th. The camp is designed in a traditional camp format with hikes, arts and crafts, counselors and 4-H staff to ensure both fun and safety. The 4-H campgrounds have cabins, showers, and kitchen facilities. The cost is \$100.00 for each youth and \$90.00 for each sibling. Though the camp is only open to La Paz County 4-H members ages 9-19, the University of Arizona Cooperative Extension Office accepts new 4-H members year-round. For more information, contact Brent Strickland, La Paz County 4-H Agent at 928-669-9843

Why is August 10th such a big day for La Paz 4-H?

(Note- This is the updated deadline)

Friday, August 10th is the deadline for 4-H record books to be submitted to the Extension Office. 4-H participants are expected to finish a record book in order for their year to be considered complete. Youth have 2 options to complete this requirement:

Option A Submit a completed record book to the community club leader before August 10th (or the deadline they have set). Specify that you do not want it to be considered for county judging. The leader will determine the completeness of the projects and notify the 4-H office that your requirements are met.

Option B Submit a completed record book to the community club leader before August 10th. Specify that you do want your book to be considered for county judging. The leader will determine the completeness of the projects and deliver the record books to the 4-H office.

Award of Merit Forms are also due by August 10th.

NOTE:

4-H participants who do not complete the 4-H year (including submitting a completed record book) will not be eligible to auction a 4-H animal at the 2008 fair.

Recognize the special people who make 4-H successful, submit a nomination form!

4-H Council would like to recognize the leaders, friends and alumni of 4-H who help to “make the best better!” Youth can be nominated for citizenship awards and Adults can be nominated for their outstanding efforts. Nomination forms are enclosed in this newsletter.

LEADERS NEEDED

Are you interested in becoming a 4-H leader? NOW is the time to complete the certification process so you will be ready to go when the new 4-H year begins. The process includes::

1. Complete a leader application form and turn it into the Extension Office.
2. Five reference letters will be mailed out on your behalf. At least three will need to be submitted to the Extension Office.
3. Each potential leader has a personal interview and training session with the Extension Agent. Volunteers are the backbone of our 4-H program. Each one is a valued partner of our mission to expand and enhance the educational opportunities of our young people. Volunteers CAN and DO make a difference in the lives and future of our community

COUNTY NOMINATION FORM
FOR
4-H ALUMNI AWARD - FRIENDS OF 4-H - OUTSTANDING LEADERS

These awards are to recognize individuals, businesses, and/or organizations that support and enhance the 4-H Youth Development Program. Each award has some specific criteria which you should consider in making your nominations.

Please make your nominations by completing the back of this sheet.
NOMINATIONS ARE DUE on the second Friday of August

4-H ALUMNI AWARD: Nominees should fit the criteria below:

- ** Must have been a former 4-H member.
- ** Is a visible role model in the community and have made significant accomplishments in his/her chosen career.
- ** Is active in the community and takes leadership roles in public service activities.
- ** Shows enthusiastic interest in the 4-H Youth Development Program and encourages others to join.
- ** Dependable person who is respected by others in the community.

FRIEND OF 4-H: Nominees for this award can be individuals, an organization, or business which fit the criteria below:

- ** Shows a strong interest in 4-H Youth Development and is supportive of the citizenship, leadership, and educational opportunities which it provides.
- ** Consistently helps the 4-H program and encourages the youth and volunteers.
- ** Is respected by others in the community and provides a positive role model for youth.
- ** Has a record of long-time (usually 5 or more years) support for one or more 4-H programs such as foods and nutrition, outdoor discovery, scholarship support, volunteer judge, etc.

OUTSTANDING LEADER (Rookie Leader is a first or second year leader): Nominees would fit in the following criteria:

- ** Shows a positive attitude toward working with youth, parents, and other 4-H volunteers.
- ** Understands the overall picture of 4-H Youth Development and how it strives to develop self-esteem, leadership, and citizenship through educational opportunities involving the “learn by doing” experience.
- ** Evidence of service at the club, county, and state level (usually over a period of five or more years—with the exception of nominees for Rookie Leader).
- ** Has accomplished some “special things” through his/her leadership in the 4-H Youth Development Program.
- ** Understands youth development and is enthusiastic about the 4-H Youth Development Program.

COUNTY NOMINATION FORM

This nomination is for the following award (circle one):

4-H Alumni Award Friend of 4-H Outstanding Leader Rookie Leader

NAME: _____

ADDRESS: _____

TOTAL YEARS ASSOCIATED WITH 4-H (indicate type of involvement):

Member ___ Community Leader ___ Project Leader ___ 4-H Supporter ___ Resource Person ___

Current association with 4-H:

Services/accomplishments rendered to 4-H at the local level:

Services/accomplishments rendered to 4-H at the county and state level:

What, in your opinion, makes this person eligible for this award? (Please be brief but specific)

Your Signature

Date

ALL NOMINATIONS ARE DUE AUGUST 10th, 2007



La Paz 4-H Citizenship and Leadership Nomination Form Due to the 4-H Office by August 10th, 2007

The intention of this award is to recognize outstanding displays of citizenship and leadership among our 4-H members. All enrolled 4-H members are eligible for the award. Nominations can be made by any member of the La Paz County community. The county recordbook judging committee will determine the award winners and they will be recognized at the annual recognition event.

Basic criteria that will be used for evaluation ...

1. Outstanding demonstration of service to the 4-H program and principles. (includes project, club, county, state programs)
2. Outstanding service to the community in which they live.

Nomination Form

Name of Nominee _____ Club _____

Type of Award (select only one) _____ Citizenship _____ Leadership

Why should this person be considered for this award?

What specific examples do you have of the nominee's commitment to the 4-H program and the community?

(Feel free to include any other information to this form.)

Name of person making the nomination _____



Coordinated Nutrition Program

University of Arizona La Paz County Extension Office
Presented by Robin L. Cooper Nutrition Educator

Foodborne Illness: What Consumers Need to Know

What Is Foodborne Illness?

Foodborne illness often presents itself, as flu-like symptoms such as nausea, vomiting, diarrhea, or fever, so many people may not recognize bacteria or other pathogens in food cause the illness.

Thousands of types of bacteria are naturally present in our environment. Not all bacteria cause disease in humans. For example,

some bacteria are used beneficially in making cheese and yogurt.

Bacteria that cause disease are called pathogens. When certain pathogens enter the food supply, they can cause foodborne illness. Millions of cases of foodborne illness occur each year. Most cases of foodborne illness can be prevented. Proper cooking or processing of food destroys bacteria.

Age and physical condition place some persons at higher risk than others, no matter what type of bacteria is implicated. Very young children, pregnant women, the elderly, and people with compromised immune systems are at greatest risk from any pathogen. Some persons may become ill after ingesting only a few harmful bacteria; others may remain symptom free after ingesting thousands.

How Bacteria Get in Food

Bacteria may be present on products when you purchase them. Plastic-wrapped boneless chicken breasts and ground meat, for example, were once part of live chickens or cattle. Raw meat, poultry, seafood, and eggs are not sterile. Neither is fresh produce such as lettuce, tomatoes, sprouts, and melons.

Foods, including safely cooked, ready-to-eat foods, can become cross contaminated with bacteria transferred from raw products, meat juices or other contaminated products, or from food handlers with poor personal hygiene.

The "Danger Zone"

Bacteria multiply rapidly between 40 °F and 140 °F. To keep food out of this "danger zone," keep cold food cold and hot food hot.

Store food in the refrigerator (40 °F or below) or freezer (0 °F or below).

- Cook food to 160 °F (145 °F for roasts, steaks and chops of beef, veal, and lamb).
- Maintain hot cooked food at 140 °F or above.
- When reheating cooked food, reheat to 165 °F.

In Case of Suspected Foodborne Illness

Follow these general guidelines:

1. **Preserve the evidence.** If a portion of the suspect food is available, wrap it securely, mark "DANGER," and freeze it. Save all the packaging materials, such as cans or cartons. Write down the food type, the date, other identifying marks on the package, the time consumed, and when the onset of symptoms occurred. Save any identical unopened products.
2. **Seek treatment as necessary.** If the victim is in an "at risk" group, seek medical care immediately. Likewise, if symptoms (see chart next page) persist or are severe (such as bloody diarrhea, excessive nausea and vomiting, or high temperature), call your doctor.
3. **Call the local health department** if the suspect food was served at a large gathering from a restaurant or other foodservice facility, or if it is a commercial product.
4. **Call the USDA Meat and Poultry Hotline** if the suspect food is a USDA-inspected product and you have all the packaging.

NEWS AND VIEWS

Character Corner

LET THE BUTTERFLY STRUGGLE



A young mother was fascinated but concerned as she watched a butterfly struggling mightily to escape through the small opening at the top of its cocoon. And when the creature seemed to give up, overwhelmed by the task, she felt sure that it wouldn't make it without help. So she enlarged the hole.

The grateful butterfly wriggled out. Unfortunately, its wings were shrivelled and useless. The well-intentioned intervention interrupted a natural process. Forcing the butterfly to squeeze through a small opening is nature's way of assuring that blood from the creature's body is pushed into the wings. The butterfly escaped the cocoon but without strong wings it could never be free.

Childhood, too, is a sort of cocoon. If a healthy adult is to emerge there must be some struggle.

One of the hardest things of loving parents is to know when to let kids work their own way out of the rough patches in life. Of course we should always be supportive and demonstrate caring and we should look for opportunities to give them strategies and tools to deal with their problems. But if we are overprotective they will not struggle enough, and without some struggle they may not develop the strength and confidence they will some day need.

Children must be allowed to learn from their mistakes and pay the price for their own bad judgments. Parents who buy their kids everything they want and always bail them out of trouble do them no favors. In fact, they may be preventing them from growing the strong wings they need.



Michael Josephson, Character Counts!

McMullen Valley News

Hello to everyone! With the fair over and the school out, our 4-H club members are busy finishing their 4-H books and preparing for the coming 4-H year. Some of us are completing our breeding projects, Dane Downes has bred his black Rex rabbits and will have 12 pedigreed rabbits for sale (they will be 10 months old at fair). Call Dane at 859-3246. Our club also has 4-H lambs for sale. The nine lambs are Suffolk and Suffolk cross and were born in April and May. Cost is \$165.00. Call Lorretta Flores at 928 916-7815.

Have a Wonderful Summer!