

O C T O B E R

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# S.T.E.P. *News*

*Bringing you stories and information from around the office and our community.*

## *Director's Notes*

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Do you realize there are less than 100 days left until Christmas? I can't believe how fast the year has flown by. We are beginning our work on S.T.E.P.'s 2007 Strategic Plan this month. We set three goals in our 2006 Strategic Plan: 1) Quality and Continuous Performance Improvement 2) Health and Well-Being and 3) Long-Term Stability. For Quality and Continuous Performance Improvement we have strengthened our training by adding to our new employee orientation, introducing the 7 Habits of Highly Effective People and developing the Core Competencies for management. We have also added the College of Direct Support which will be available soon to all employees. For Health and Well-Being we have added many classes such as the recent back safety and self-defense courses. We have also worked towards developing a disaster plan for agency and consumers. For Long-Term Stability we have developed many new policies aimed at maintaining standard business practices. We still have a few months of work left on these goals and I am sure some projects will continue on into 2007. We are looking ahead to next year and intend to limit our focus again to less than five goals. What do you think S.T.E.P. should focus on in 2007? We'd love to hear your suggestions, please email me at [melanieb@stepsite.com](mailto:melanieb@stepsite.com) before October 20th, 2006. I look forward to your comments and suggestions!

*Melanie Bazile  
Executive Director*

# ANNOUNCEMENTS

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## DATES TO REMEMBER

Oct. 5 & 6  
**Supported Life  
Conference**

Oct. 9  
**C A C Meeting**  
1:00 - 3:00 @ STEP

Oct. 12 & 13  
**7 Habits ...**  
This training will NOT  
be interpreted.  
Contact Lisa if you are  
interested in attending.

## **7 Habits . . .** **7 Habits of Highly Effective People**

It is my privilege to announce that STEP has now begun the *Franklin Covey - 7 Habits of Highly Effective People* trainings, available here at the STEP Program. It is not a mandatory training at this time, but for those who are interested in positive motivation and inspiration for your work and personal relationships this is the place to be. Invitations are being sent out now. If you are current on all trainings and have not received an invitation to this training and would like to attend please contact me.

The upcoming trainings are scheduled as follows:

September 28<sup>th</sup> & 29<sup>th</sup> Interpreted only  
October 12<sup>th</sup> & 13<sup>th</sup> Non-Interpreted only  
November 1<sup>st</sup>, 2<sup>nd</sup>, & 3<sup>rd</sup> Stake-holders only  
All others TBA

Thank you for your continued dedication to all those you support.

*Lisa Barrows*  
*Generic Resource Coordinator*

## *Autumn* *by Deborah L. Miller*

It is beginning to look like fall. The tree leaves are falling and the wind is blowing. I am thinking about Halloween which is right around the corner. My friend, Tucker, is afraid of Halloween because of all the strange people dressed up in costumes. If it rains that day he won't want to go outside and get his treats. Tucker would rather stay in the house. He does not like to dress up or wear costumes. He just wants to be by himself. My friend Tucker is a dog.

If you have a black cat, please on this Halloween day, keep your pets in and children safe. Have a party. But if you go Trick or Treating, wait until you get home to eat any candy.

October 28 is on Saturday night. Before you go to bed, set your clock one hour back.

# *FEATURE*

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## **The History of Apple Hill**

The year was 1951 and Floyd Bolster decided to retire in a community called Camino. He bought a ranch that had 10 acres of producing apple trees and dreamed of working his land and reaping the rewards of the life of a farmer.

Six years later, Floyd Bolster died, and his son Gene left his job in Southern California to come to the ranch and complete his father's dream.

In 1964, Gene Bolster, local grower; Dick Bethell, the county's pomology specialist and farm advisor; Ed Delfino, the county's agricultural commissioner; and Bob Tuck, a retired army officer, all united to form the Apple Hill Growers Association. This is the 40th year and Apple Hill continues to attract people from all over the world.

"There were about 16 ranchers back then," said Bolster. "We usually gathered at Bob Tuck's house at the end of the day and talked about how awful farming was," recalled Bolster.

"We had an awful pear blight about 36 years ago and we had to do something to survive. Our major crop was pears."

To this day, a few of the old pear orchards are still around. "An orchard can produce for 50 years if it is taken care of," said Bolster. The pear blight took production from 52,000 tons in 1958 to 8,435 in 1965. A few of the ranchers had some apples planted, but pears had been the primary crop. It was time for a change.

Bolster and Delfino set out to discover a way to help the ranchers keep their farms and make the rich soil of Camino productive again. In 1962 Bolster and Delfino visited Oak Glen in Southern California.

"They had a successful marketing program, so we got a copy of their bylaws and improved on them," Delfino said.

Armed with this information, they returned to Camino, gathered the local ranchers together and formed the growers association called Apple Hill.

"We faced competition from Washington State apples," Bethell said, "but the growers in Camino had to do something."

Bolster stated that the apples on the hill may not have that long shape, like the Washington apple. "They have longer days than we do. We have an ideal growing season, with a long chilling season. In other

words, the trees stay dormant longer. So while a Washington apple may look great, our apples have better flavor."

The name "Apple Hill" was created by Bob Tuck. "It was amazing how much we accomplished in such a short time," Bolster said. "We started in mid-June of 1964 and had everything ready for the first press picnic in August."

During the press picnic, each Apple Hill family hosted individual members of the press for a meal at their home and many of them became close friends. The growers also produced 50,000 paper litter bags that they passed out at the State Fair that year, offering two pounds of free apples to visitors who brought the litter bag to Apple Hill with them.

Bolster still has a few of those bags and if you compare the map that decorated the front of the original Apple Hill literature to the map of ranchers that exists today, you can see that the original association has blossomed into a very successful ranch marketing endeavor.

The Apple Hill Growers Association has grown from 16 original ranchers to over 55 ranchers, including Christmas tree growers and wineries, vineyards, micro brewery and a spa.

Another suggestion from Clarice Larson was to show visitors what could be done with apples in cooking. She originated the first place to sample some of the homemade desserts, baked goods, jams, jellies and sauces. In some of the ranches' Web pages you will find a sample of the growers' favorite recipes.

"It's never easy to get ranchers to agree on anything," Bolster observed, "but they did agree on forming the growers association. Everyone worked together and Apple Hill rose like a phoenix from the ashes of disaster."

"Apple Hill was the first ranch marketing effort in Northern California," Delfino said, "and its success is shown by the fact that now there are ranch marketing groups all over. Apple Hill is a great example of government, farmers and media working together for everyone's good."

At Larsen's Ranch, you will find the Rhode Island Greening which is believed to be the oldest apple tree in El Dorado County. At Hilltop Ranch, the Bolsters have collected a number of antique varieties, making available some of the apples of your childhood.

So much of the history of Apple Hill has been preserved. The community has gone to tremendous effort to protect their history and offer the public an opportunity to step back in time, if only for a day. Visitors will find their day filled with old-fashioned fun. Plan a picnic on the lush land that surrounds these exciting ranches. Their doors are opened and the growers have gone the extra mile to ensure your family a day that they will remember.

This article was taken directly from *[www.AppleHill.com](http://www.AppleHill.com)*

*Apple Hill Hotline (530) 644-7692*

# DEPARTMENT NOTES

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## ILS

### Independent Living Services

The parenting department just had it's annual pool party last month. Everyone had a great time and we were able to welcome some new parents to our support group. We are in the process of developing a parent support committee composed entirely of our parenting clients to head up all future parenting activities. Thanks to both Ruby De La Cruz and Tina Centeno for volunteering to head up this committee.

Yuba City continues to make progress in establishing new ILS/SLS clients as they come aboard. We would like to welcome: Amanda , Vanessa, Emily, and Grace to our team as new personal attendants.

In the ILS world, we continue to get new referrals and are moving on the Habit # 3 "Put first things first." As we put first things first, we would like to thank our entire ILS unit for their continued teamwork and flexibility with on going caseload changes.

***CONGRATULATIONS to Raquel & John to the recent birth of their baby boy:  
JOHN - 9 lbs. 3oz.  
Mom and baby are doing well!***

- Anna Shands

## SLS

### Supported Living Services

Much of our focus for the past month has been the practice of Sharpening the Saw. We spent some quality time together as a team in Kyburz, learning new things about each other and planning for the future of the unit. We extend a hearty "Thank You" to Jeff Thompson who graciously allowed us to use his cabin for our mini retreat.

We have also been helping our consumers prepare for the much anticipated trip to Camp Grizzly. At camp they will have a chance to explore nature, participate in leisure activities, and generally relax, hence their opportunity to Sharpen the Saw. Its an awesome prospect to be able to offer this to our consumers who are often so focused on the details of daily living, that they do not have the option to Sharpen the Saw. We hope that they come home with an incredible experience under their belts!

Our unit has recently taken on a new consumer, so we would like to take this opportunity to welcome David Miller. We look forward to working with you!

- Sandee Nieves

# Try This . . .

## Is it already that time of year?

Well, not really. But I've already gotten my sweaters and "winter" (non flip-flops) shoes out. I've even worn jeans a couple of times! It seemed like a very mild summer this year (with the exception of that horrendous heat wave in July) and even though I felt like I didn't get enough sun, I'm definitely ready for autumn.

Some of my favorite things during the fall months are watching the world series (go Boston!), eating Halloween candy, getting the fireplace ready, and preparing some of the yummiest soups and chowders. But since I have yet to pull out my Fall Recipe Box, here is a great and very easy to do corn chowder.

- *J. A. de la Concepcion*

## Emeril's Pennsylvania Dutch Corn Chowder

Recipe courtesy Emeril Lagasse, 2002  
FoodNetwork.com

### Recipe Summary

**Difficulty:** Easy

**Prep Time:** 20 minutes

**Inactive Prep Time:** 18 minutes

**Cook Time:** 35 minutes

**Yield:** 6 servings

4 cups of fresh or frozen corn kernels  
1/2 pound salt pork, diced  
3 cups chopped yellow onions  
1 teaspoon celery salt  
1/2 teaspoon cayenne pepper  
2 teaspoons minced garlic  
1 bay leaf  
3 cups peeled, diced baking potatoes, like russets  
8 cups chicken stock, or more as necessary  
1 cup milk  
1 cup heavy cream  
Salt  
Freshly ground black pepper  
1/2 cup chopped green onions (green tops only)

### INSTRUCTIONS :

- In a large saucepan, cook the diced pork over medium-high heat until golden brown and the fat is rendered.
- Add the onions, celery salt, and cayenne, and cook until onions are soft, about 4 minutes.
- Add the garlic and bay leaf and cook, stirring, for 30 seconds.
- Add the potatoes and drained corn, and cook, stirring, for 1 minute.
- Add the stock and bring to a boil. Reduce the heat and simmer, stirring occasionally, until the potatoes are tender, 20 to 25 minutes.
- Add the milk and cream, and simmer for 5 minutes.
- Remove from the heat and discard the bay leaf. Adjust the seasoning, to taste, with salt and freshly ground black pepper.
- Ladle into soup bowls and garnish each serving with the green onions.

# \* STEP STARS \*

**ILS Management Team would like to acknowledge . . .**

**Jacquie** - Thank you for allowing us to go river rafting for the day!

**ILS Instructors** - Thanks for taking on new clients & accepting the changes in your caseloads.

**Melanie Bazile would like to acknowledge . . .**

The entire staffing team (**Carey, Brandon, Bruce, Billy, John J., Eddy and Darrell**) for Atif. You're on-going devotion to ensure the best quality of life and your dedication in working with his difficult behaviors shows how committed you are. Keep up the good work!

Congratulations to **Laura Tighe** on your progress to quit smoking. I know it is a challenge and I am so proud of you for your effort to stop smoking. Stay with it - I know you can do it!

Thanks to all the **staff, coordinators, program support and directors** who has worked to make camp a success!

Thank you **Aaron Chalenor** for welcoming Alex into your home and being flexible.

Welcome to **Alex Hoffman!** Alex moved here from sunny Southern California. Alex is also working through Next Step. If you have a chance, please say hello to welcome him.

Thanks to all the **PA's and Coordinators** who volunteered to go to camp. We appreciate your enthusiasm and dedication!

*For questions, comments, or to submit an article and/or pictures to the STEP Newsletter, please contact our editor:*

*J. A. (Jude) de la Concepcion*  
[judec@stepsite.com](mailto:judec@stepsite.com)

## OCTOBER Birthdays

Joiner, Paula	1 Oct
McGurran, Robin	1 Oct
Hudson, Tosheila	2 Oct
Mushtaq, Naghman	3 Oct
Utley, Darrell	3 Oct
Koehne, Xaiver	4 Oct
Lavender, Paul	4 Oct
Lester, Nicole	4 Oct
Larkin, Patricia	4 Oct
Vue, Chua	4 Oct
Dyda, Mike	5 Oct
Acosta, Kathleen	5 Oct
Benson, Keith	6 Oct
Ford, Renee	6 Oct
Edinborough, Lydia	7 Oct
Fox, Bonnie	7 Oct
Belotz, Judy	8 Oct
Klock, Bree	9 Oct
Parham, Katrina	9 Oct
Douglas, Ernestine	10 Oct
Stevens, Christopher	10 Oct
Lee, Stephen	11 Oct
Sanchez, Reyna	11 Oct
Brock, Nicola	14 Oct
Dubrovina, Tatiana	14 Oct
Young, Jaime	15 Oct
Chesnute, Joseph	15 Oct
Crisp, Melissa	15 Oct
Davis, Michelle	15 Oct
Day, Sherry	16 Oct
Jones, Ronisha	16 Oct
Drake, Todd	16 Oct
Kowalski, Jason	16 Oct
Warr, Kimbar	17 Oct
Goode, Gloria	18 Oct
Gross, Jennifer	18 Oct
Partee, Mike	18 Oct
Wheller, Robbie	18 Oct
House, Amy	18 Oct
Miller, Joseph	18 Oct
Jackson, Demond	19 Oct
Navarro, Scott	19 Oct
Hull, Sam	20 Oct
Drake, Melissa	21 Oct
Salinas, Rolinda	25 Oct
Spanton, Wendy	25 Oct
Velebit, Jennifer	25 Oct
Weis, Elizabeth	26 Oct
Aurich, Cathi	27 Oct
Thayer, Gina	27 Oct
Kratzer, Laura	28 Oct
Sowdon, Laura	28 Oct
Hanly, Laurreta	29 Oct
Dean, Matthew	29 Oct
Queral, Cecelia	31 Oct
Tank, Kristen	31 Oct
Warner, Mike	31 Oct

# S T E P

## Strategies To Empower People

5945 Palm Drive  
Carmichael CA 95608

Phone: 916 679 - 1555

Email: [step@stepsite.com](mailto:step@stepsite.com)

Website: [stepsite.com](http://stepsite.com)



*Building on a foundation of quality.*

## Jen's Tricky Trivia

Who is the author of the first American dictionary,  
his birthday is celebrated on October 16?

The first person to answer this question wins a PRIZE!  
Please see Jen Jones and collect you winnings!

-- -- --

**Last month's Trivia:** The Brady Bunch made its debut on September 26th, 1969.  
What was the story in that first episode?

**Answer:** Mike & Carol's wedding & all the chaos that went with it.

**Winner:** Jerry Hadley