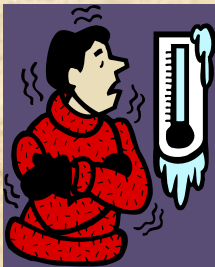




Off the Vine

I N S P E C T I O N 2 0 0 9



Cold Weather is Here!

Working under cold conditions can lead to various injuries or health concerns, which are collectively known as cold stress. Employees can do their part to prevent cold stress. Proper insulation and good ventilation is critical for clothing worn during cold stress exposures.

Better insulation is achieved by layering clothes rather than by wearing just one garment. Layering allows a person to add or remove layers to adjust for different insulation needs during the work period. Wear a hat of hood to keep your head warm, and do not wear tight shoes that restrict the blood flow, you should be able to wear thick socks, or two thin pairs. Layer up and use the glove liners and sleeves that WIP has provided, and use the heaters at the worksite.

You might have to say goodbye to hot coffee and coco for a while. Drinking caffeinated and alcoholic beverages is not recommended while working in cold weather. Instead, go for warm, sweet beverages like sports drinks and sugar water. Keep in mind that you are also at risk of dehydration under cold weather so make it a habit to drink up.

Good news, though. You can feast on hot pasta dishes, soups and other foods rich in calories. Remember, though, that if you're sick or on medication, you are more at risk to get cold stress. This is especially true if you have hypertension, diabetes or a cardiovascular disease.



Here are signs and symptoms of hypothermia:

- Cool skin
- Slower, irregular breathing
- Slower heartbeat
- Weak pulse
- Uncontrollable shivering
- Severe shaking
- Rigid muscles
- Drowsiness
- Exhaustion
- Slurred speech
- Memory lapses

The following are signs and symptoms of frostbite:

- Paleness of the skin
- Sensation of coldness or pain
- Pain disappears after a while with the freezing of the tissues.
- Tissues become increasingly whiter and harder.

HAPPY BIRTHDAY

Sharon Bullard Oct 4th

Peggy Grubbs Oct 5th

Melody Mendoza Oct 7th

Japinder Sanghera Oct 8th

Connie Chartrand Oct 8th

Hope Morales Oct 13th

Stephanie Wood Oct 16th

Joseph Maloney Oct 19th

Elodia Sandoval Oct 19th

Sylvia Gonzalez Oct 19th

Michael Giddings Oct 24th

Tamara McCoy Oct 29th

Nelda Holsapple Oct 31st

John Barker Nov 1st

Terry Hansen-Cain Nov 3rd

Esmeralda Cruz Nov 11th

Juanita Zambrano Nov 15th

Ana Reyes Nov 18th

Juana Torres Nov 18th

Lorraine Stanfill Nov 22nd

Idalyn Alvarado Nov 22nd

Melissa Holley Nov 26th



THE JOURNEY THROUGH THE GRAPEVINE

During Peggy's thirty-one seasons working for the Program she has met many interesting people and seen many changes to the industry.

Peggy's journey through the grapevine began with her employment in 1979 working for the Department of Food & Agriculture, Winegrape Inspection. She was originally hired to operate the High Performance Liquid Chromatography (HPLC) unit at Gallo Livingston. Peggy's position required sample preparation and operation of the HPLC unit that analyzed the grape juice for mold, a part of that year's ROT research project. The following season, Peggy returned as an Ag. Inspector for the Modesto District, known then as the "Stockton District".

In 1990 Peggy was promoted to Assistant District Supervisor, and in 1993 she made the transition from a State employee to a Fiscal Managers Inc. employee. From here she climbed up the "vine" to District Supervisor in 1998. At this time the District provided service to 11 locations between Livingston and Ukiah. Peggy was a serious and fair supervisor who was

very dedicated to the Program. In 2002 Peggy switched hats and became the Payroll Clerk. She has worked in offices in Stockton, Modesto, Ceres and Turlock. In 2006, Peggy took on the task of Audit Clerk. She traveled to all three Districts and reviewed about 100,000 certificates each season. Peggy has been working part-time for the last two seasons in the Turlock office as the Audit Clerk.

Everyone who knows Peggy will agree that she is a valuable employee and a wonderful person who has made a difference to the Winegrape Inspection Program.

Thank you for your dedication and hard work.



"Peggy says the best part of working has been the people. She feels like we are all family. She has enjoyed the work all these years, but her favorite part has been the time she has spent as the Audit clerk"



Pumpkin Bars By: Debbie Martin

4 Eggs
1 2/3 cups sugar
1 cup vegetable oil
1 (15ounce can) pumpkin
2 cups flour
2 tsp cinnamon
2 tsp baking powder
1 tsp baking soda
1 tsp salt

Icing
1(3ounce) package cream cheese softened
2 cups powdered sugar
1/4 cup butter softened
1 tsp Vanilla
1Tbsp milk



*In mixing bowl: beat eggs, sugar, oil, pumpkin. Combine flour, cinnamon, baking powder, baking soda and salt: gradually add to pumpkin mixture and mix well. Pour into an ungreased 15 x 1in baking pan. Bake at 350 degrees for 25-30 minutes. Cool completely before icing..
Icing: beat cream cheese, sugar, butter and vanilla in a small mixing bowl, add enough milk to achieve desired spreading consistency. Spread over bars.*