
San Carlos Eaton Hills 4-H

<http://sancarlos4h.org>

Next Meeting October 17 at 7pm, Clifford Elementary School

Upcoming Club Events

General Meeting

Tuesday, October 17, 7pm
Clifford School MUR

Farm Clean-up Day

Saturday Oct 21, 2-4pm
Eaton Hills Farm

4-H County Day of Service

November 5th
San Carlos Library, 12-3pm

New Member Breakfast

TBD

General Meeting

Tuesday, November 14, 7pm
Clifford School MUR

President's Message

Hello 4-Hers!

Our next meeting is coming up on October 17th, where we will hold the project fair. At the project fair each 4-H project sets up a booth where you can learn about the project before you decide which ones you want to join. The project fair is always a super fun meeting, and I look forward to seeing all the amazing projects we have available this year. Be sure to wear black and orange or a halloween costume for theme of the month! I look forward to seeing you all there!

- Adele Enthoven

OCTOBER THEME: Wear Orange and Black, or a Halloween Costume!



It's Time to Register Again

Please note that you must be registered to join a project in October.

The County 4-H Office created this postcard to help with registration. We'll have them at the October General Meeting.



Link to Registration and Help pages:

New Members -

https://ucanr.edu/sites/smsf4h/Join/New_Youth_Members/

Returning Members -

<https://ucanr.edu/sites/smsf4h/Join/Youth/>

When you enroll your youth, make sure to choose at least one project - this is a requirement of the software. Pick any project from the list. (After our club's Project Fair in October youth will be assigned to their real projects and you can make updates in the 4-H online system then. For now, pick any project for the purposes of enrollment.)

After using 4-H online to register your youth (Step 1), you'll link to a form to pay enrollment fees for youth (Step 2). There is a place on the form to request a fee waiver.

Please send any questions to Katie and Missy - sceh_community_leaders@googlegroups.com

New Officers Statements

Healthy Living Officer

My name is Everett Bowen and I am running for healthy living officer. It is my 5th year in 4-H. I am running for this position because I feel that it is important because this role helps 4 H youth participate in healthy living activities. I am fit for this role because in the past I have done many projects that used my leadership and responsibility skills. This position will expand my skills in both speaking and planning. I hope you will consider voting for me as the San Carlos Eaton Hills healthy living officer.

4-H Projects

The project fair will be after the General Meeting on **Tuesday October 17th** at the Clifford MUB. This is where you can learn more about the projects being offered this year.

October 14th: Project List distributed to club members for review

October 17th: PROJECT FAIR at Clifford MUB

October 18th - October 23rd: Submission of project choices (a web address/QR code will be provided)

End of October - Project Leaders contact the participants with next steps.

Attendance at the Project Fair is not mandatory. Reach out to the project leaders with questions you may have about their projects before submitting the sign-up form.

Preview - 24 Projects: <https://docs.google.com/spreadsheets/d/1m9YnukGe7ZVdnyzuVjTpfW76Q1Y9IOfcXk8OijPR3JQ/edit#gid=0>

Beginning camping project:

The beginning camping project is a new project open to all members. At each of our monthly meetings we will learn skills and do fun activities to get ready for a camp trip in April. Over the year we will learn about fire safety, outdoor art, nature appreciation, hiking, setting up tents, and much more. In April we will use everything we learned during an overnight weekend camping trip at a nearby park. This is a great project for anyone who loves nature regardless of experience.

Compost project:

If you've ever been to the farm, you may have seen the massive, overflowing compost pile in the back garden area. The compost project is working with the San Mateo Conservation District to design a more effective way to compost animal waste on the farm. Through this project members will learn about composting, implement a plan for our compost, and provide rich compost to our community. This project is perfect for anyone interested in the farm, gardening, helping the environment, or working with the community. This project is open to all ages. We hope to have our first meeting in October and if you are interested please contact Amy Miller-Bowen at boque...@hotmail.com.

News From the SCEH Farm - Amy Miller-Bowen, SCEH Farm Boss

We are very excited to start a new year at the farm. We are hoping to have a very active farm this year with many group activities. To make this year a success, we need adult volunteers for Farm Projects. The following projects already have a leader but looking for a second leader (no experience needed!):

Goats

Market Poultry

Market Turkeys

Lambs

Swine

Laying Hens

Beginning Farming

We are also interested in bringing back beekeeping if anyone is interested in leading this project.

Please contact me at boque...@hotmail.com if you are interested in any of these great volunteer positions

More to come at Oct 17th meeting

Awards 2023-24

Each year the club recognizes members with significant achievements made in the previous year.

Kenny Stratz Award

The Kenny Stratz award was established to commemorate a younger member of the 4-H club who passed away in 2009. Kenny was an enthusiastic and compassionate 4-Her who was involved in many projects in the club.

Each Spring, the Leadership project votes on a younger member of the club who exhibits similar traits. This year's recipient has been an active member in the club for several years. She enjoys participating in craft projects and contributes to those projects not only with her creations but also with her supportive and fun presence in the meetings.

She also enjoys trying 4-H experiences beyond our club, such as County Presentation Day, Life Skills Day, and Animal Field day, and she often shares these experiences back to the club either by writing a newsletter article or telling about the experience in a General Meeting announcement.

In short, she very much embodies the traits that the Kenny Stratz award recognizes, so we are proud to recognize **Alyssa Sampson** as this year's Kenny Stratz award recipient!

Star Awards

The star award ranking system is a voluntary advancement program utilizing the Personal Development Report form as a goal setting tool, aimed at encouraging broad-based participation and achievement in 4-H. 4-H members record their participation in eight categories for the current 4-H program year on the Personal Development Report. Activities are totaled for all years in 4-H and star awards are given to those 4-H members meeting the requirements.

Stripes

These youth earned a stripe and year pin by submitting an Annual Project Report and/or Record Book:

Audrey Kolar Blair Finn Calvin Peterson Chloe Collins Clara Hause Stephenson Duncan Kinahan Elena Dils Evelyn Weaver Fynn Miller-Bowen Hannah Redkey Hayley Houston Iris French Liza Peterson Lucas Hackworth Lucy Winmill Lucy Smith Maggie Forrest	Millie Garrett Naomi Lonardo Nikhil Kollu Noah Meeks Ross Campbell Sloan Finn Sophia Redkey Tammy Powell Tia Chan Trevor Hackworth Tula Ekstrom Vaida Overmon Veronica Miller-Bowen Waverly Forbes Zane Finn
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100% Attendance

These members earned 100% attendance pins by attending every General Meeting last year:

Ani Webb Annika Larson Blair Finn Clara Hause Stephenson Elizabeth Scheetz Ethan Chan Evelyn Weaver	Fynn Miller-Bowen Raina Straub Sophia Redkey Tammy Powell Vaida Overmon Zoe Chan
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Congratulations to all award recipients!



Stars and Stripes

Left side of hat

- All-star, platinum, gold, silver, or bronze stars in front. You may "cascade" the stars.
- Place the junior/teen leader emblems and the Hi 4-H patch (in that order) behind the stars.



Right side of hat

- Stripes earned for each year completed in 4-H.
- Year completion pin (primary, junior, intermediate and senior)
-place above the stripe of the year the pin was earned, starting with the primary pins next to the 4-H clover .
- Officer pins - align with year earned.
- 100% Attendance pins - place below the stripe of the year the pin was earned.



A 4-H uniform hat is NOT required for membership in the California 4- H Youth Development Program or for participation in any 4-H activity, event, or occasion.

Upcoming Activities:

Farm Clean-up Day

This year we are having an early farm clean up. Please join us at the farm on Saturday, **October 21st** from **2-4pm**. There is a lot of work to get done to get the farm ready for winter, so all members are welcome to help. Participation in clean-up is required for anyone using the farm so be sure to attend if you plan on getting an animal this year. We will also be giving away free compost from the farm. Remember to wear long pants and closed toed shoes).

-Fynn Miller-Bowen

Day of Service:

This year, 4-H County Day of Service will be on **November 5th**. This event is a great opportunity to participate in a wide variety of fun service activities while helping your community. Also, this event is a great way to meet 4-Hers from across the county. This event is open to everyone so please invite your friends or anyone who may be interested in 4-H. More information including registration will be sent out soon.

Reports:

Country Days in Pacifica



The Pacifica Community Center hosted an event on Wednesday, August 2nd, 2023. It was an intergenerational community outreach event, that was enjoyed by all ages. There were goats, rabbits, quail and chickens galore. This event was represented by three different 4-H clubs, San Carlos Eaton Hills, Pacifica & Canada. Children as young as one year old got to interact and learn with different barn yard animals.

by Vaida Overmon & Blair Finn

LEAP conference



Last Saturday of September, I went to the LEAP conference to help young kids learn about 4H. While I was there, I met many new people from different counties and we had a really fun time. A few of the things we did was an activity called moody cow where the kids filled jars with glitter and the glitter represented their emotions. Another activity we did was a hanging snake where the kids decorated and cut out a snake and attached it to the string so they could hang it wherever they wanted. There was also a meeting about the national committee and how to join. Here is a picture of me and Tammy, who also went to the LEAP conference.

By: Noah Meeks

Submitting Newsletter Articles

Every 4-H member is encouraged to write articles for the newsletter. Writing a newsletter article is a great way for youth to get their writing, illustrations, or photos published! Articles do not have to be very long, they can be anywhere from a few sentences to a few paragraphs. Younger members who can't write an article on their own can tell their parents what to write and submit a drawing that goes with the article. Adding pictures and drawings is a great way to make your article more interesting. A newsletter article can be about anything 4-H related. You can write about something you did at the last General Meeting, your last project meeting, or a 4-H event you attended. Once you have written your article you can submit it to sceh4hnewsletter@googlegroups.com. Make sure to be creative and have fun with your articles! If you have any further questions please feel free to ask.

Shelley Nelson, Newsletter mentor

shelleybnelson@gmail.com

San Mateo County 4-H

Our San Mateo County 4-H was represented at Copita by Ken and Keri Cochran of Canada 4-H.



Earthquake Soccer Team mascot, Quake visited the booth.

Hopefully they made some fruitful contacts at this event.

Contributed by
Robert Lewit



County and Regional 4-H Calendar Events

County 4-H Council Meeting

November 27, 2023 7:00 PM - 8:00 PM

Do you want to learn about 4-H at the county level?

For a complete list of events, visit the [4-H County Web site calendar page](#)

Next Newsletter Deadline: November 3rd Send articles and photos to sceh4hnewsletter@googlegroups.com. Thank you!

<p>Club Officers</p> <p>Co-Presidents - Adele Enthoven VP of Program - Millie Garrett VP of Membership - Kian Badiei Recording Secretary - Sophia Redkey Correspondence Secretary - Clara Hause Stephenson 12Attendance Secretary - Maggie Forrest Treasurer - Veronica Miller-Bowen Junior Farm Boss- Fynn Miller-Bowen Junior Farm Operations - Lucy Winmill Recreation Leader - Maggie Forrest Sergeant at Arms - Ashley Ogden</p>	<p>Club Officers cont.</p> <p>Community Service and Civic Engagement - open Healthy Living - Everett Bowen Historian - open Membership - open Newsletter Editor - open Photographer - Nick Damon Reporter - open</p> <p>Community Leaders</p> <p>Katie Goetz Missy Damon sceh_community_leaders@googlegroups.com</p> <p>4-H Program Coordinator, San Mateo and San Francisco Counties Karen Looye klooye@ucanr.edu</p>	<p>Club Newsletter Mentor - Shelley Nelson shelleybnelson@gmail.com</p> <p>Farm Manager - Kathleen Murray cykat95@yahoo.com</p> <p>Farm Bosses - Amy Miller-Bowen boque...@hotmail.com Rachel Winmill wade_rachel@hotmail.com</p> <p>Projects Coordinators - Melissa Primiano scehprojects@gmail.com</p> <p>Webmaster - Robert Lewit robert.lewit@gmail.com</p>
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