

# San Carlos Eaton Hills 4-H

## ISSUE THREE

November 2006

<http://www.sancarlos4h.org>

### Club Officers

President — Nicole Donovan

Vice President — Joanna Settles

Secretary — Natalie Soulard

Corresponding Secretary — Kristine Gomez

Treasurer — Danielle Grimsby

Junior Farm Boss — Anne Peale

Sergeant at Arms — Samantha Cotter

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Dale Sprock 369-5422

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Shelle McGee-Lucas 508-8392

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Maggie Gomez 593-1649

Gaye Donovan 593-3363

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Betsy Parkhurst — Newsletter Editor [betsyus@sbcglobal.net](mailto:betsyus@sbcglobal.net)

### Next General Meeting:

Nov. 21 at 7 p.m.,  
Clifford School



## November General Meeting Highlights

Please keep reading the newsletter for more details about the highlights of our meeting this month:

Our theme is sharing for the holidays: Bring non-perishable food items for Second Harvest and a new, unwrapped toy for our holiday toy drive.

Bring a smile! Immediately after our business meeting, we will be taking a group photo of all club members. The photo will be posted on our website.

Bring your enthusiasm! After the club photo, we will be making holiday greeting cards to share with the residents of a local convalescent home. Each member should plan to make at least one card before leaving.

**This month's theme:  
Bring food and a  
toy to donate**



Happy Thanksgiving!

### IMPORTANT DATES & EVENTS

Nov. 21	7 p.m.	General Meeting
Dec. 12	6:15 p.m.	Holiday Caroling
Dec. 19	7 p.m.	General Meeting

## A Toy/Gift Drive in November!



No, November is not too early for a Christmas toy drive! The club is again collecting toys for St. Francis Center in Redwood City. St. Francis Center provides a variety of services for very poor families. At Christmas, the center's "Christmas Store" gives their client families an opportunity to select one or two toys for each child in the family. Often, the toys from the center's "Christmas store" are the only toys a child receives at Christmas.



The Junior/Teen Leaders ask each club member to bring a new, unwrapped toy to the November general meeting. Well-made basic toys with lasting appeal, including soccer balls and other sports balls, small motorized toy vehicles, and dolls are always very popular. Good choices for teens include gift certificates from Redwood City stores, such as Target and Ross, which sell a variety of merchandise and are close to the neighborhoods served by St. Francis Center. *Please donate a gift that you would enjoy receiving.*

## ... And a Food Drive, Too!

The junior/teen leaders also ask each club member to bring a nonperishable food item to the November general meeting for the club's annual Thanksgiving food drive. Club member's donations will be given to Second Harvest Food Bank. Please do not bring opened food containers or glass containers.



The most-needed food items include canned tuna, powdered milk, peanut butter (no glass jars, please), pasta, low-sugar cereals, 100% fruit juices in single serving boxes, meals in a can (stews, chili, soups), and food with pop-top lids.

## Say "Cheese"!



Immediately after the November general meeting is adjourned, we will be taking a group photograph of all club members. The photograph will be posted on the club website. Don't miss this meeting! Come prepared to smile!

## **Holiday Card-Making for Convalescent Home Residents**

And right after the photo is taken, we will be making holiday greeting cards to give to the residents of the Carlmont Gardens Skilled Nursing Facility and Convalescent Home. Every club member is encouraged to contribute to a collective burst of creative energy at the end of our November general meeting and make at least one card. We will deliver the cards during our caroling event in December.

## **Registration Reminders**

**All Parents:** Please consider becoming a registered volunteer. Registered adult volunteers receive liability protection for all 4-H sponsored events (such as driving for field trips, visiting the farm, etc.), and help ensure the safety of all our children.

**Farm Parents:** If your child plans to have an animal at the farm this summer, we strongly encourage you to register as an Adult Resource Leader. No child may be at the farm unless accompanied by at least one officially registered adult. That means that you and your child may not be alone at the farm (for a morning feeding, etc.), unless you are registered with 4-H. Take care of this important requirement before the spring animals appear!

**All New and Returning Members:** Registration closes at the end of December. Please get those forms and checks back to me as soon as possible. If you cannot find your forms, you can download them from the California 4-H website: <http://ca4h.org/4hresource/forms/index.asp>. I need the main form, the liability waiver, and the medical form.

**Questions?** Contact Sandra Bernhard, Club Registrar, at 592-3558 or [s.bernhard@sbcglobal.net](mailto:s.bernhard@sbcglobal.net). Thank you!

## **Medical Form Reminder**

**Parents:** Please remember to provide each of your child's project leaders with a separate completed medical form by the first project meeting. Forms can be found on our website [www.sancarlos4h.org](http://www.sancarlos4h.org). (Look for the link at the top of the home page.) Be sure to discuss with the project leader any information that may impact your child's participation in project activities.

**Project Leaders:** Do not allow parents to drop off their child at your first meeting unless you have a completed and signed medical form in hand. You can print the forms from our website [www.sancarlos4h.org](http://www.sancarlos4h.org). (Look for the link at the top of the home page.) Have some extra forms for parents to fill out. Look over the completed forms and discuss with parents any matter of concern (allergies, etc.) Keep a complete set of the forms with you at all project meetings.

## Share the Holiday Spirit!



All club members and their families are invited to our holiday caroling event at Carlmont Gardens, a skilled nursing facility and convalescent home, at 6:15 p.m. on Tuesday, December 12. For the past few years, we have entertained residents in their recreation room and then strolled through the facility singing for the bedridden patients. Our audience was so appreciative that we have been invited back to sing again this year. Enthusiasm and a cheerful spirit are as welcome as singing ability at this event!

- What?** Holiday caroling!
- When?** 6:15 p.m. – Tuesday, December 12  
Please be prompt! Our audience goes to bed very early. We'll be done by 7:15 p.m. at the latest!
- Where?** Carlmont Gardens, 2140 Carlmont Drive, Belmont  
(Near Carlmont Shopping Center)
- Who?** 4-H members, parents, siblings, friends, and relatives!  
Don't be shy! Wear those antlers, stocking caps, and Santa hats!

## Looking for Gift Ideas?

The perfect gift or stocking stuffer!

The club has a few logo items left to sell before we deplete our supply. (Any future items can be purchased through the 4-H catalog.) Here's what we have for pickup:

- Green White Adult Tees (S, L) - \$10
- Adult Tee (XL) - \$10
- Green Caps (S, M, L, XL) - \$9
- White Caps (M, L, XL) - \$9
- Boys' ties - \$7.50
- Girls' collars - \$7.50



I plan to bring the logo wear to the December meeting for purchase or you can contact me (592.3569; [suzbowler@comcast.net](mailto:suzbowler@comcast.net)) earlier if you would like any of the above mentioned items sooner.

## Bee Project Report

My name is Sean. I'm 9 years old and this is my third year in the beekeeping project. When I started the project, the bee colony had a disease, so we needed to replace the beehive completely and got a new colony. During the last two years the colony needed to grow bigger, so we couldn't harvest any honey. At our last meeting we could finally extract about one gallon of honey from the frames.



Anne, our teen leader, and Frank, our project leader, removed the frames from the hive on the farm just before we arrived for the meeting at their home. When the honey is ready, the bees cap the cells with wax, so we first had to scrape open (or uncap) them with forks. Then the frames were put into the basket of the extractor. It works like a giant salad spinner. We had to crank the handle, then the basket started to spin inside and the honey squirted out of the cells. We had to work hard! But finally we let the collected honey run out of the tap, through a filter, and into a bucket. The filter caught all of the wax that came with the honey. Then came the most exciting part—we had freshly baked biscuits with our own honey. It was delicious! —by Sean Rossiter

## Advanced Rabbit Project Reports



Our advanced rabbit project is fun. We have been volunteering at the Humane Society on several Saturdays. We get there about 9, before it opens. We go to the rabbits and take them out one by one to play. After that we give them oat hay and treats. I like helping the bunnies. All of the bunnies are very nice and will make great pets.

These bunnies have been at the Humane Society too long and need to find homes. Adopting an animal from the Humane Society is a good thing to do. I have adopted a cat, a rabbit, and a dog. If you are looking for a pet, please check the Humane Society first. —by Sarah Sutherland, age 8



The Advanced Rabbit project is cool. Helping the bunnies at the Humane Society is really fun and they are all so cute. Every one of the rabbits at the Humane Society needs a nice home to live in. All of the bunnies get about one hour of play time each day with one of us volunteers. The volunteers really do a lot to help these bunnies stay tame and sweet. It feels really good to be able to do something to help them.

My advice is, if you are looking for a pet for 4-H or just for your family, check into adopting one from the Humane Society. You will be helping a homeless animal and you will end up with an awesome pet. —by Kate Lyn Sutherland age 11

## **Hobby Craft Project Report**

My name is Neil. I'm almost 5 years old. Last week I went to my first craft project meeting. We worked with clay. I made a monster, a triangle, a ball, and two balls on top of each other. I had a lot of fun. Too bad the next meeting isn't this week. —by Neil Rossiter

## **Want to Find Out About 4-H at the County Level?**

You can subscribe to *Highlights*, the San Mateo County 4-H monthly newsletter, online or through the mail. To receive an email notification when a new issue of the newsletter is available:

1. Go to <http://www.cesanmateo.ucdavis.edu/> and click on “4-H Youth Development Program”.
2. In the little purple box, click on “4-H Highlights”.
3. Enter your email address in the box.

If you prefer to receive *Highlights* by mail, please call Marilyn Johnson at 726-9059, ext.106 or send an email to [mjohnson@ucdavis.edu](mailto:mjohnson@ucdavis.edu) with your mailing information.

## **Next newsletter deadline: December 12**

Email articles to Betsy Parkhurst: [betsyus@sbcglobal.net](mailto:betsyus@sbcglobal.net)