

San Carlos Eaton Hills 4-H

ISSUE SIX
February 2009

<http://www.sancarlos4h.org>

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591-2212

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Next General Meeting:
Feb. 17 at 7 pm,
Clifford School



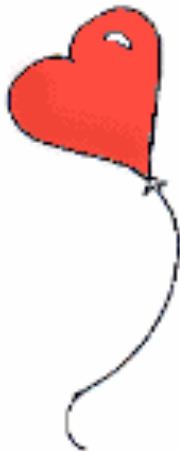
President's Message

Hello fellow 4-Hers,

This month is filled with love and cookies! Wear Valentine colors and have fun decorating heart-shaped cookies. Favorite Foods Day and Presentation Day are coming up and I encourage you to participate. Please keep in mind that the Spring farm clean-up is on the way and anyone who is getting an animal must attend.

Happy Valentines Day!

Danielle Grimsby



At this month's meeting:
Wear red, pink, or white
and decorate cookies

UPCOMING DATES & EVENTS

Feb. 17 7 pm	February General Meeting
Feb. 21 12 pm	Redwood Hill Farm Tour
Feb. 28 12 pm	County Presentation Day
Mar. 6	Favorite Foods Day entries due
Mar. 14 1 pm	Favorite Foods Day
Mar. 16 7 pm	County Council Meeting
Mar. 17 7 pm	March General Meeting

Do You Need a New 4-H Shirt?



We have plenty of youth and adult sizes so bring your money (shirts are \$10 each) and plan to buy them at the February general meeting. Get yours while there is a wide selection! Vikki Jeffers will be selling them and exact change or checks will be appreciated. Call her with questions, 592-9579.

Don't Forget! Redwood Hill Farm Tour

On February 21, San Mateo County 4-H is going to Redwood Hill Farm in Sebastopol. This award winning goat dairy sells their own brand of goat milk, cheese, yogurt, and kefir, as well as making the goat milk products for Trader Joe's. Owner Jennifer Bice got her start in 4-H years ago, and as head of a thriving commercial dairy still knows all of her several hundred goats by name. The Bices are passionate about breeding quality dairy goats, and love to share knowledge about their Saanens, Alpines, Nubians, and LaManchas. They will have products for us to sample, and 4-Hers will get to bottle feed the new kids, hand milk the mamas (after checking out the high tech milking barn), and if we get lucky, maybe even see a birth. We'll get to see their champion bucks, and learn about genetics, conformation, and showing. The trip will be a great chance for those in goat projects or those just interested in goats to learn a lot, eat yummy cheese, and maybe preview the gene pool for your next show winner :).

The farm's website is www.redwoodhill.com, go there for virtual tours, info on the farm, and directions. There will be no fee for the trip. Plan to arrive at the farm by noon (preferably a few minutes early), and stay until about 2. Parking is somewhat limited so carpooling is encouraged. To RSVP, ask questions, or arrange carpooling, e-mail Michelle Boyle from the Coastside club: artemischa@gmail.com.

Presentation Day

San Mateo County Presentation Day will be held on Saturday, February 28 at Crystal Springs United Methodist Church (this is a change in location!). Check-in will begin at noon. Detailed information was included in the December issue of Highlights.

Information and entry forms are available at the San M a t e o County 4-H website. The full Presentation Day manual with all judging and entry criteria is available on the California 4-H web site. Many adult and youth volunteers are needed to make this event spectacular. So pick up the phone and call Heather McAvoy at 747-0834, or e-mail her at heather@landb.com to find out what you can do to help. Just a reminder to Community Leaders: please have two adult representatives from your club participate in judging.

Entry forms are due by February 13 to the County 4-H office.

Agricultural and Environmental Sciences Field Day

The University of California, Davis College of Agricultural and Environmental Sciences is pleased to announce the 33rd Annual Agricultural and Environmental Sciences Field Day. This year's event will take place on March 6 and 7, with an estimated 3,000 FFA and 4-H students in attendance. The UC Davis Agricultural and Environmental Sciences Field Day consists of 26 judging events and leadership contests that are all facilitated by current UC Davis undergraduate students.

The registration deadline is February 13 for Agriscience Fair and Job Interview materials. Registration closes on February 20.

Please register as soon as possible to ensure space for your teams. Ali Zike can be contacted if you have any questions regarding this year's Field Day at: fieldday@ucdavis.edu, or visit our website for more information at: <http://caes.ucdavis.edu/StudInfo/clubs/NewsEvents/Events/fieldday>. We look forward to seeing your club on March 6-7th!

Favorite Foods Day

Saturday, March 14, 2009

Check-in ~ 1:00 p.m.

Judging ~ 1:45 p.m.

Buffet and Awards ~ 3:30 p.m.

Sandpiper Community Center

797 Redwood Shores Parkway, Redwood City

Favorite Foods Day provides an opportunity for members in any food project to show-off their cooking skills and receives constructive feedback. Kids that participate have a lot of fun, learn something, develop poise and self-confidence, and get to sample a lot of really great food. It can be entered in your record book as a demonstration/presentation also!

Junior Leaders, Teen Leaders, and older members are needed to help as registrars, runners, tabulators, and set-up/take-down helpers. Leaders and 4-H members age 17 and up who are experienced in cooking are needed as judges. Please contact Katey Masarie at 366-4526 or 504-5591 to volunteer.

San Mateo County Poultry Field Day

Sunday, March 15, 2009 at Elkus Ranch

12:30-1 Registration

1-1:45 Session 1 – Basic Chick Care

2-2:45 Session 2 – Market Bird Management

3-3:30 afternoon break

3:30-4:15 Session 3 – Conditioning & Exhibiting Show Poultry

4:30-5 Showmanship Clinic (bring your own bird in a cage)

The registration fee is \$6 (includes all sessions, the showmanship clinic, and information handouts).

The Poultry Field Day will be presented by Jim Adkins who was the exhibition and showmanship judge at the 2008 San Mateo County Fair. Originally from Wisconsin, he began raising and showing poultry in 1981 4-Her in Clark County, WA. He has raised over 50 different breeds and varieties of chickens, ducks, geese, and turkeys. Jim has been licensed with the APA & ABA since 1994, and has judged in 39 states plus Canada and Australia. He is a former president of the American Plymouth Rock Society. He continues to be dedicated to the education of youth, the promotion of exhibition-quality poultry, and the preservation of heritage breeds. Please contact Julie Wong for more information: julie_figliozzi@yahoo.com or 650-269-5096.

Are You Ready for Hometown Days?

Save the dates for Hometown Days—Saturday, May 16 is the parade, and 4-H will have an information booth and sell cookies and lemonade on Saturday as well as Sunday, May 17. All San Carlos-Eaton Hills families are needed to make the weekend a success. Watch for more information about the parade float. Arthur Ortiz (ortiza@sbcglobal.net) and Shelle Magee-Lucas (straycatgt@comcast.net) have graciously volunteered to organize the float. Please think now about what kind of object your project can make to represent your activities. Remember the huge paper-mâché pig? What will you contribute?

2009 State 4-H Field Day

Mark your calendars now to attend the 2009 State 4-H Field Day on May 30, 2009 at UC Davis! The 8th annual State 4-H Field Day will be an event for the entire family, with both competitive and fun activities! Present a demonstration, participate in the Fashion Revue, take the plant science test, or draw a logo for 2010! Bring a new or used stuffed animal to help us reach our goal of 250 teddy bears to donate to local children's hospitals! Learn more about State 4-H Field Day at <http://www.ca4h.org/projresource/fieldday/>.

The Importance of Keeping Record Books

4-H record books serve a variety of purposes in the California 4-H Youth Development Program. While society has changed, so have the goals of 4-H record-keeping. 4-H record books allow 4-H members to reflect on their yearly work completed, as well as maintain records of project and club work. In this way, 4-H members demonstrate growth and measure achievements across their years in 4-H.

Through record-keeping, 4-H members develop the following life skills:

- Maintaining records of 4-H project and club work, as well as school and community activities
- Keeping personal and business records
- Improving communication with other people
- Learning time-management and organizational skills
- Learning responsibility and developing goal-setting skills

4-H record books are an educational component of the 4-H youth development program. They may not be required for 4-H membership nor for participation in 4-H activities such as club events and activities. In the San Carlos-Eaton Hills 4-H club, completing a record book is required each year to participate in the San Mateo County Fair as a 4-H junior exhibitor and to complete a year "in good standing" and earn a year stripe.

Reports from Members

Bee Project Builds Hives

The Bee project members worked hard to build two new hives. After gluing and nailing the hive bodies together, paint was applied enthusiastically. We are hoping for more rain so that there will be lots of wildflowers in the spring.

If the hives are strong, we will split them and put the new colonies in the newly constructed hives.
— by Kurt Hallamasek



Beginning Cooking

In Beginning Cooking we had to name different utensils people use in the kitchen. For example, the hardest one was a collapsible metal steamer. The easiest one was measuring cups. Then all of us played a game where we had to guess the name of the ingredient taped on our back. We decided on cooking sausages at our next meeting.
— by Lucas Zalesny

CAL Conference

On January 23-25, I went to CAL conference. CAL stands for Creating A Leader. On the first day basically all we did was learn the rules. On the second day there were six seminars. They were leading a game, facilitation, stress management, and three others. That night there was a dance. On the third day we had breakfast, went to a really long

assembly, and then we left. The food wasn't as good as last year but the dance was pretty good. — by Tristan Knoth

CAL Leadership Conference

This past January, I attended the CAL Leadership Conference weekend at Walker Creek Ranch in Marin County. The conference was attended by kids in the 6th grade and up from various counties around the Bay Area. We attended six stations on how to be better leaders in our 4-H communities. Examples of some of the stations were:

- How to lead a game
- How to relieve stress
- How to give speeches
- How to be a good facilitator

The weather was very cold and wet in the beginning, but cleared up on Saturday. The accommodations were pretty much metal rooms with bunks in them. The food was decent but could've been better. There was a really fun dance that most people attended. I enjoyed meeting 4-Hers from other clubs and counties and especially hanging out with the older members. — by Andrew Bowler

Digital Photography

We had our second meeting of digital photography. She taught us about perspective in a picture. For example, when taking pictures of people, you should focus on the people, not the background. Then we took "tricky" photos of people stepping on others, but they really weren't; it was just the perspective of the picture. At our last meeting, we talked about how to use our cameras and transfer pictures from our memory cards. It is lots of fun! — by Lucas Zalesny

The 4-H Trip to Freedom Meat & Sausage Company

On Saturday, January 31, 4-H members who are raising market animals visited the Freedom Meat & Sausage Company located in Freedom, California, near Watsonville. The owners are Howard and Debra Walker, and the company has been family owned and operated since 1970. My daughter, Kelsey, took the tour so I asked her about the visit.

What are three things that you learned on the tour?

We learned how to cut meat, what parts of a cow we eat, and how the meat is preserved in the refrigerated cooler room.

What part of the tour did you like the most?

I liked watching Howard cut the meat.

What did you taste?

We tasted bacon and sausage. I liked the bacon the best because it was really thick and fresh.

Would you like to be a meat processor?

No.



All in all, she really enjoyed the visit and gained a greater understanding about what happens to meat before it gets to the grocery store. — by Kelsey Hutcherson (as told to her mom, Laura Deck)

Freedom Meat Locker Tour

(Parents: this article recounts a recent tour of a cut-and-wrap business. This description of the tour describes an essential step in the commercial process that delivers food to our tables, but you may want to read this article with your young child. — Bruce Knoth)

Walking into a place with a sign displaying “Freedom Meats” hanging on an older piece of wood off of a building that wasn’t much to look at, I was obviously not expecting much from the tour I was about to receive. I admit I had been pushed into it with a bit of encouragement. I tried to think positively and look forward to my meat-inspired excursion. Once stepping into this building that lay before me, I paused for a few moments to view what seemed to be a large tub of left-over cuts of meat dried for dogs, a hidden freezer door that people dressed in the normal butcher attire of white suits with spatters of animal remnants would appear from, and the wet and soapy floors that caused the ends of my jeans to become damp and incredibly annoying.

“Hello, is everyone here to begin the tour?” A tall, gruff-looking man asked our group (which consisted of many children scattered across his store). “I think so.” said multiple unsure voices. “Okay, I’m Howard.” The man now known as Howard led our restless group to the back of his store, held open a door and motioned for all to go in. My senses were overwhelmed. It was cold and many carcasses hung from the ceiling. Let me be honest. My thoughts of this tour were not positive.



Howard explained to us that these were from locally grown animals that were to be cut up later. Surprisingly, I became interested in this tour. The way it was presented was casual and informative (such as when he pointed to a smaller upside-down carcass and chuckled at how you could tell it was a wild boar by the bullet hole in the side). Soon our group was herded like cattle into the sausage-making area and then the place where Howard showed us what he does best: make cuts of meat.

By this time I was truly appreciating this place; I mean honestly how could I not? This man gave an interesting and entertaining tour of a meat locker. Besides that, it was also very clean, actually the cleanest in California. So we 4-Hers stood and watched Howard cut the carcasses with glistening knives and saws, cutting each one with precision and agility and placing a slab of meat before us and from memory reciting what cut it was. Howard explained what a better market animal should have, fat and muscle-wise, which I know many of us animal-raising children took interest in. As we watched him at times use a chain-saw-like utensil to chop the carcass, a bubbly employee ran around with a tray of succulent bacon and sausage for tasting. Once the tour had finished we thanked him, and he told us to go have ourselves a free sandwich at their deli. My sandwich was absolutely delicious.



The tour had been a success! At first, I had gotten pushed into the tour, and I was glad I did, for it had been fun and memorable. Leaving the building that appeared to be nothing special from the outside, I realized it was a magical meat palace on the inside, with the happy and friendly staff, and the meat, of course, wonderful. I thought to myself about how I am proud that my animals get sent here to be packaged and also how this new friend of ours, Howard, should win a medal for making the processing of upside-down carcasses a good experience. —by Rebecca Lewit

Meat and Show Poultry Project

At this combined show and meat poultry meeting, we did a lot of things. We had a lot of people come to the meeting. We broke up into three different groups that would be doing different activities. The group in the living room was working on a computer game where you have to name different chicken carcass parts. Another group in the living room was working on breeds. The group in the kitchen that I was leading was also working on the computer game, but it was a much smaller group. The first group in the living room eventually went outside to look at the chickens, and found that the Wong's chickens had mites and lice. The Wongs did not know that until then, so the project maybe did have some point anyway. — by Anya Knoth

Next newsletter deadline: March 10

Email articles to Betsy Parkhurst: betsyrus@sbcglobal.net