

# San Carlos Eaton Hills 4-H

## ISSUE TWO

<http://www.sancarlos4h.org>

October 2009

Next General Meeting:  
Oct. 20 at 7 pm,



Dear 4-Hers,

Excitement and change is about with the anticipation of fall, Halloween, and the 4-H Club project fair. At **this month's meeting, we'll have our annual project signups.** Adult volunteers will have booths set-up and will discuss with you all of the wonderful projects available in 4-H. **Be sure to dress up for this month's theme of Halloween!** Wear your spooky costume, princess dress, or just black and orange and get ready for our project fair! So come one, come all to our October Halloween inspired meeting!

~Jeff Wilfong, President

This month's **theme:** Project Fair!  
Wear a Halloween costume or orange  
and black

### UPCOMING DATES & EVENTS

- |         |         |   |
|---------|---------|---|
| Oct. 17 | 5 pm    | Serve Tri-tip Dinner with Lions' club   |
| Oct. 19 | 7 pm    | ASAP (Animal Science-Animal Project), NCEFT Office in Woodside, CA                |
| Oct. 20 | 7 pm    | October General Meeting and Project Fair  |
| Oct. 22 | 7 pm    | 4-H SET (Science, Engineering, and Technology) Meeting, 4-H office, Half Moon Bay |
| Oct. 19 | 7:15 pm | Life Skills Committee Meeting, Fox School   |
| Nov. 16 | 7 pm    | County Council Meeting, Fox School  |
| Nov. 17 | 7 pm    | November General Meeting  |

#### Club Officers

President: Jeff Wilfong

Vice President: Rebecca Lewit

Corresponding Secretary: Kathleen Marsters

Secretary: Kate Lyn Sutherland

Treasurer: Tristan Knoth

Sergeant-at-Arms: Andrew Bowler

Membership: Victorina Jeffers

Jr Farm Boss: Danielle Grimsby

#### Steering Committee

Bruce & Maeve Knoth – Community Leaders 654-4975

Susie Bowler 592-3569

Judy Grimsby 591-2212

Kurt Hallamasek 508-8798

Vicki Lewit 306-7884

Scot & Patty Marsters

Aida Paragas 208-6362

Michael & Danice Pons 508-9549

Heather Sutherland 349-9623

Lee Torno 415-452-3180

Vera Warrick 364-4773

Kathy Wilfong 366-3810

Winston Wyckoff 594-3939

Nancy Zalesny 593-2707

Julie Figliozzi Wong – Projects Coordinator 853-1305

Janae Novotny — Farm Manager 369-5422

Eric Grimsby — Farm Boss 591-2212

Robert Lewit – Webmaster  
[robert.lewit@gmail.com](mailto:robert.lewit@gmail.com)

Shelle McGee-Lucas – Newsletter Editor  
[straycatgt@comcast.net](mailto:straycatgt@comcast.net)

## **Registration Reminder**

Please remember to bring completed registration forms with payment to the October meeting. (Extra forms will be available.) We encourage all 4-H parents to register as volunteers. Registration is essential for any parent whose child will have an animal at our farm this summer. Registered adult volunteers receive liability protection for all 4-H sponsored events (such as driving for field trips, visiting the farm, etc.). Membership fees are \$45 for youth members, with no fee charged for adult volunteers. Register online through our website and bring completed medical forms and your check to the October 2009 general meeting.

## **Important Attendance Policy Reminder**

### **San Carlos-Eaton Hills 4-H Club Attendance Policy**

**80% attendance at the club's monthly** general meetings and 80% attendance at the project meetings are needed to exhibit any project at the San Mateo County Fair. **80% attendance at the club's monthly** general meetings is required to obtain a star rank. **80% attendance at project meetings is required to earn record book credit for "project completed" for each project.**

An excused absence will not count against the 80% calculation.

Excused absences include illness, religious commitments, or mandatory school activities (one-time meeting, school play, or concert). Other excuses may be presented to the Steering Committee for authorization.

Bring a note to the club secretary the month before or after your excused absence so it can be recorded.

Homework and school social activities are examples of non-excused absences.

If you will have to leave early or arrive late on a regular basis, please provide a note of explanation to the club secretary. You can still receive credit for attendance, but more than two late arrivals or early departures will disqualify you from earning a 100% participation pin.

You are responsible to find out what you missed at the general meetings.

You are encouraged to make-up the missed meeting with community service time: volunteering at schools or special-needs programs, or representing the club at Lions Club activities, Hometown Days, and the San Mateo County Fair (auction, cake booth, Redwood Hall attendant, and Pen Pride).

## **Don't Forget Those Medical Forms!**

Did you know that a copy of that medical form you fill out for your child must be given to each of your child's project leaders? The forms are meant to help protect your child while not under your supervision and may contain essential information about allergies, medications, phobias, etc. These forms are essential; they allow medical providers to care for your child if your child gets hurt. It is your job to provide a copy of this form the leader of each project your members enrolls in.

Please fill out a separate form to give to each project leader. Please note that if you make photocopies, each copy must have a fresh signature to be valid.

What is the easiest way to do this? Go to the club website and find the medical release form. Fill it out on your computer and print as many copies as you will need. Is your child signing up for four projects? Bring four copies. (Bring an extra if in doubt.) Sign each one (signatures must be original) and bring them to the October meeting. We will have blank copies at the meeting, but you might prefer to fill out forms ahead of time. Many thanks for helping us complete this important job. —*Maeve and Bruce Knoth*

## **This Year's Projects**

Thanks to the parent volunteers who have enthusiastically offered to lead the following projects for the 2009-10 year:

### PROJECT LIST FOR 2009-10

Thanks to the parents volunteers who have enthusiastically offered to lead the following projects. As you think about what projects might work for your family, remember that the 4H year is a bit compressed this year and animal projects will have to get started much earlier. New members should consider signing up for just one or two projects as you get to know 4H and what involvement is best for your family. Projects with a \* often work for younger members but please talk to project leaders at sign-ups to make sure a particular project is a good fit for your member in terms of skill, maturity and schedule.

Baking-Fancy Sugar Cookies	Joanne Taylor
Bees	Kurt Hallamasek
Beginning 4-H	Susie Bowler
Cats	Heather Sutherland
Cavies	Bunny Weiss/ Canada Club
Citizenship (also known as Community Service)	Heather Sutherland
Cooking, Beginning	Thalia Heonthal
Demonstrations	Maeve Knoth/ Peter Warrick/ Peri Wong
Foods-Preservation and Canning	Julie Wong
GPS/GIS-Geocaching	Tony Nolasco/ Addy Torno
Hobby Crafts	Vikki Jeffers/ Elizabeth Rossi
Horse	(County-wide project)
Leadership Development	Bruce and Maeve Knoth
Poultry-Exhibition birds/avian bowl	Julie Wong
Poultry-Market birds	Julie Wong
Rabbits-Husbandry & general rabbit knowledge	Nathalie Ghafouri
Rabbits-Socialization of rescue rabbits	Scot and Patty Marsters
Rock Hound	Jenni Nelson
Sewing-Banners, Quilting, Fashion Review	Robin Nielsen
Sheep-Husbandry & market lambs	Vicki Lewit/ Laura Deck
Shooting Sports -Air Rifles	Lee Torno
Shooting Sports-Archery	Steve Wong/Scott and Patty Marsters
Skateboarding	Ken Cox/Chris Brozek
Swine - market pigs	

Wildflower Hiking  
Woodworking, Beginning

Sandra Bernhard  
Hans Warrick

If you would like to lead or co-lead a project for this year, please contact Julie Wong at 853-1305 or girlfig2u@yahoo.com.

**4-H'ers: Please discuss the projects you are interested in with your parents and the project leader and be ready to sign up at the Project Fair after our general meeting on Tuesday Oct. 20, 2009. It looks like it's going to be a great year!**

### **The Best Will Be Making the World a Little Bit Better**

I'm very excited to announce that this year our wonderful 4-H club has an amazing new project! This brand **new project** will be called the **Community Pride and Community Service Project**. This project will give all 4-Hers from **middle school and up** a chance to help out in their community and help make the world an all around better place to live. In this project we will be partnering with other community service groups in our community and the group will decide together where to lend a hand next! If you want to have a larger part in our community or just really need the **community service points** for your record book to get your next star, then please join this project!

Community Pride and Community Service Project Jr/Teen Leader  
Kate Lyn Sutherland

### **Advanced Rabbit Project**

This is a really fun project. I volunteer at the SPCA helping to socialize the rabbits. I **volunteer on a Saturday morning once every 6 weeks. Because I'm a regular volunteer I** got to help at the Burlingame pet parade on Sept. 26th. My mom and I served refreshments to all the volunteers helping at the parade it was a fun way to be part of 4-H and help the community as well.

Sarah Sutherland

### **Want to Go to CAL (Creating a Leader Conference)?**

4-H members in 7<sup>th</sup> grade and up are invited to register for the North Central Division Creating a Leader Conference at Walker Creek Ranch, Petaluma. It will be held from January 22-24, 2010. The North Central division includes Sonoma, Marin, San Mateo, San Francisco, Santa Clara, Alameda, Contra Costa, Solano, Napa, Yolo, Sacramento, San Joaquin, Calaveras, Amador, and El Dorado counties.

Successful leadership is best learned in two ways: by observing it in others and by trying it oneself. The CAL Leadership Team is composed of former delegates who are now in charge of planning and delivering the Conference. The overall focus of CAL Conference is to provide a platform for youth leaders to share their joy, knowledge, and enthusiasm with their peers. The educational focus of CAL Conference is for delegates to enhance their techniques to demonstrate leadership in how they behave, in their attitudes, and in the words they choose to use.

Mark your calendar and watch the county newsletter and this newsletter for further information.

## **Thank You for An Amazing Farm Clean Up**

We accomplished an astonishing amount of work at our fall farm-clean up! The old pig pens and an overflowing, large debris box are gone. The feed storage shed, the equipment storage shed and the old clubhouse have been swept and reorganized. All moveable equipment and tools have been stored for the winter, and all of the animal pens – sheep, goats and poultry – have been thoroughly cleaned. Check out the club website for photos of our clean up fun.

Thanks to all of the following members and parents for a large job, well and quickly done: the Stewarts – Kathryn and Jim; the Lewits – Rebecca and Robert; the Grimsbys – Danielle, Nik, Eric and Judy; Maeve Keegan and Anne Kolker; Kelsey Hutcherson, Laura Deck, Justin Weaver, the Hallamaseks – Emily and Kurt; Dortheanna Lucas, the Weavers – Adam, Summer and Lisa; the Knoths – Anya, Tristan, Maeve and Bruce; the Taylors – Jesse and Joanne; Claire Nolasco, Madison Mills; the Martinos – Emma and Tessa; the Wongs – Peri, Steve and Julie; the Pons – Caitlyn and Mike; Winston Wyckoff; the Taylors – Jesse and Joanne; the Warricks – Peter and Vera; the Bowlers – Andrew and Ben; Anne Kolb; Janae Novotny and anyone who helped, but forgot to sign in.

**Thank you again. Our club's ability to continue to offer our members the opportunity to raise farm animals requires countless hours of volunteer work by parents and members.**

## **LAMBTOWN USA**

By: Laurel Nelson

On Saturday October 3, I woke up **really** early and drove to Dixon with the Nielsons to show the Babydoll Sheep Shawn and Sheryl. This was an open show for meat and fiber sheep. There were many different breeds of fiber sheep there like Icelandic Sheep and Gotland Sheep. Shawn and Sheryl went up against many different breeds of wool sheep that were a lot bigger than them. And that had a lot more wool on them. Shawn's wool was short because he had just been to Fair, but he still got first place in the lightweight division. Also at Lambtown were weavers demonstrating how to make items from wool. I even met weavers that made items out of Babydoll Sheep wool. There were also Angora goats and Alpacas to look at. There were also sheepdog trials to watch. It was interesting to see how the owners used whistles to communicate with their dogs. I had a lot of fun at Lambtown representing Eaton Hills 4-H Club and learning about different fiber sheep that I had never heard of before. I will definitely do it again.

## **Paso Robles Poultry Show, Oct. 10-11, 2009**

On **Friday, we arrived in Paso Robles late, so we didn't have a chance to check in the** birds, so they stayed in the car that night. In the hotel room I was in, was my mom, my brother and my friend Sarah and her mom from the Belmont club. Early the next morning, we arrived at the fairgrounds and checked in all the birds. Shortly after that, I

had to change for showmanship. I changed during the second junior class, but there were more intermediates that I thought there would be, so the wait was a long one. Finally, it was my class that was called. I went through the class, prepared for a third, out of four. But to my surprise, I was awarded first over two other exhibitors I knew as excellent showmen. Not only did I win the senior class, but I beat the novice, intermediate and junior showman for points and I won the highpoint!! I was excited to **see how me D'Anver rooster would place, but was disappointed to see that he didn't place higher than a 1<sup>st</sup> in his class. My D'Anver hen wasn't her best at this show and placed fourth.** All in all, this was definitely the first show of the season, but it started off well. ☺

By Peri Wong

### **Black Dutch Pairs**

I have two pairs of black Dutch bantam chickens. They have won Best of variety and Reserve of Variety. A pair is one hen and one rooster, but they are small and not that loud. If you are interested, contact Peri Wong at [peritree@sbcglobal.net](mailto:peritree@sbcglobal.net) or (650)853 1305. Thanks!

### **My Annual Project**

This will be my second year at **Humane Society. I started the advance rabbit's project** last year. And I am still continuing this year. I enjoy spending time with the rabbits. I take out the rabbits to a patio area where they can run around and stretch their legs. My family and I play with them so that they can get used to other people when they get adopted. I bring them some treats carrots and parsley after they have gotten their daily exercise. A few favorite rabbits of mine are George, No Name, and Pop-Pop. But I love all of them equally.

By Denise Tapia, 3<sup>rd</sup> year in 4-H

### **The Junior/Teen Leader Retreat**

By Rebecca Lewit

Over the weekend of October 10<sup>th</sup> and 11<sup>th</sup>, **the Eaton hills 4h club's Junior Teen Leaders** had an experience to remember. As a bonding experience the members of the junior teen leader project decided to have a retreat to the ranch in La Honda of Vikki and Joe Demma. So on the afternoon of October the 10<sup>th</sup>, a bright and sunny Saturday, **those who could attend met at our club's farm to depart for an hour's worth of winding and twisting roads.** Upon pulling into the dirt driveway, pine trees and poison oak lined the gravel and deer bounced out of the way of the cars. As our caravan came to a halt we were greeted by Joe and Vikki excited to see the new 4H faces they had never met, and old faces they have known for years because of fair. First thing we were asked to do to **enhance our team building skills was set up the Demma's eco-friendly irrigation system-** a complex puzzle of tubes and barrels that are filled with rainwater to use during the summer months. After the hard work was done, members of our group went to the shed

where we would sleep in to unroll the dusty sleeping bags. For me this part was an adventure.

The shed was similar to a room on the outside but on the inside the ground was covered with a mixture of dirt and tanbark. Planks of stacked wood made an off-the-ground bed for some. As I unrolled my sleeping bag the gnawing fear of ticks lurked in the back of my head, but I can successfully say I came home tick free. Returning to the dirt area Jeff Wilfong, President of our club led bonding games. These were fun (and frustrating) all at the same time. Soon many of us were tired of losing at the complex mind games and just in time, because dinner was ready, and all of us ate to our hearts content of pasta, warm sausage, yummy garlic bread, crisp salad, and ripe fruit. As the sun set and our bellies had been filled by the lovely cooking of Laura Deck and Ben Bowler, the teen leaders set off into the wilderness and down a trail to play the most invigorating, intense, and all-over the best game of capture the flag to have ever been played. Imagine children sprinting through the forest in the dark trying to see each other and not knowing who was tagging you and dragging you **off to the invisible "jail"** that had been created for the game. After some time the winner was proclaimed. Tired, sweaty, and satisfied, we waited for the campfire to begin.

As the fire burned and warmed our hands Ben and Laura strummed calmingly on their guitar old favorites from a campfire sing-a-long book. Meanwhile Jeff led more of his games and caused me more confusion than I usually experience with games. Soon it was pitch dark and the fire was glowing and soothing causing many young eyes to flutter with the weight of sleep, and we headed back up to our little room full of sleeping bags where we all snuggled down into our warm sleeping bags and fell asleep, with the exception of a few chatter boxes (such as myself).

Sleepily I opened my eyes to a dimly lit morning and a few other early morning people slowly pulling out of their slumber. I looked at the clock on my phone, 15 minutes till 8 and no sooner had I put it back in my pocket when a spry and very awake Vikki opened the door and greeted us all with the mention of waffles. Within the next half hour the strewn sleeping bodies rose and were out in the chilly morning air pouring syrup over waffles and sipping steaming hot chocolate. The retreat had been a success. Every child was happy, and we had no problems. Thanks to the wonderful organizing of Laura Deck, the skillful supervising of Ben Bowler and, very importantly, the kindness of Vikki and Joe Demma for letting our rambunctious club members use their land. It will definitely go into my book of best 4H memories and I can only hope that next year we can have this adventure again. –Rebecca Lewit





### **Want to Find Out More About 4-H?**

You can view the October issue of *Highlights*, the San Mateo County 4-H monthly online newsletter, at [http://cesanmateo.ucdavis.edu/newsletterfiles/4-H\\_Highlights\\_Monthly\\_Newsletter15187.pdf](http://cesanmateo.ucdavis.edu/newsletterfiles/4-H_Highlights_Monthly_Newsletter15187.pdf).

To subscribe to *Highlights*, do the following:

Go to [www.cesanmateo.ucdavis.edu/](http://www.cesanmateo.ucdavis.edu/).

Click on “4-H Youth Development Program”.

In the little purple box, click on “4-H Highlights Monthly Newsletter”.

Type your email address in the box and click on “Submit”.

### **Next newsletter deadline: November 10**

Email articles to Shelle McGee-Lucas at [straycatgt@comcast.net](mailto:straycatgt@comcast.net)

