

San Carlos Eaton Hills 4-H

San Carlos Eaton Hills 4-H

ISSUE TWO <http://www.sancarlos4h.org>
October 2010

Club Officers

President: Rebecca Lewit

Vice President: Victorina Jeffers

Corresponding Secretary: Kelsey Hutcherson

Secretary: Kate Lyn Sutherland

Treasurer: Tristan Knoth

Sergeant-at-Arms: Maeve Keegan

Membership: Kathleen Marsters

Jr. Farm Boss: Jesse Taylor

Steering Committee

Bruce & Maeve Knoth – Community Leaders 654-4975

Susie Bowler

Laura Deck

Judy Grimsby

Julie Figliozzi Wong

Kurt Hallamasek

Gretta Keegan

Vicki Lewit

Scot & Patty Marsters

Liz Moore

Aida Paragas

Melissa Stewart

Heather Sutherland

Vera Warrick

Eva Watte

Lisa Weaver

Karen Biggers – Registrar 591-2707

Katherine Schembri – Projects Coordinator 365-2331

Janae Novotny — Farm Manager 369-5422

Eric Grimsby — Farm Boss 591-2212

Robert Lewit – Webmaster
robert.lewit@gmail.com

Shelle McGee-Lucas – Newsletter Editor
straycatgt@comcast.net

Next General Meeting:
Oct. 19, 2010 at 7 PM



Dear 4-Hers,

Boo! Did I scare you?

Hopefully I didn't scare you away from our second 4H meeting on October 19th! For this meeting bring your nerves because the theme is Halloween and everyone will be in costume. Also this meeting is our project fair meeting where you can sign up to join 4H projects. Just remember when signing up, to please make sure you only sign up for the projects if you can attend the meetings. This is our second meeting of the year so say hello to the 4Hers you met last meeting and get to know some new faces (though they may be covered by a mask!). See you all next meeting!

Sincerely,
Rebecca Lewit

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

UPCOMING DATES & EVENTS

Oct. 16	5 pm	Serve Tri-tip Dinner with Lions' club
Oct. 18	7 pm	Life Skills & Hobbies meet
Oct. 19	7 pm	October General Meeting and Project Fair
Nov. 15	7 pm	County Council Meeting, Fox School
Nov. 16	7 pm	November General Meeting

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 2010 general meeting. All returning members must be fully registered by October 31, 2010, to be considered "in good standing" for the 2011 San Mateo County Fair. Do you wonder if your registration is complete? Please e-mail our registrar, Karen Biggers, at kqallion05@yahoo.com.

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 2010 – 2011 year:

PROJECT LIST FOR 2010 - 2011

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.

Astronomy	Hans Warrick
Bees	Kurt Hallamasek
Cavies	Bunny Weiss(Canada 4H)
Community Pride & Community Service	Heather Sutherland
Cooking / Baking for the Holidays	Judy Grimsby
Cooking – Beginning	Anne Kolker & Cindy Nolasco
Blast from the Past / Crafts of the 60's & 70's	Vicki Jeffers
Demonstrations	Peri Wong / Peter Warrick & Jenny Nelson (adult)
Dogs – Countywide project	Michelle Freitas
Duct Tape	Maeve Knoth
Electricity (ages 11 & up)	Erik Grimsby
Hobby Craft – Hand-sewing	Aida Paragas
Holiday Craft	Melissa Stewart
Leadership Development	Maeve Knoth
Manga Art	Aida Paragas
Middle Ages – Decisive Battles, Arms & Weaponry	Lisa Demers
Mountain Biking	Chuck Oey & Steve Wong
Origami	Julie Wong
Poultry – Chickens Market	Julie Wong
Poultry – Chickens Show	Julie Wong
Poultry - Turkeys	AVAILABLE
Quilting	Robin Neilsen
Rabbit Husbandry / Market	Nathalie Ghafouri & Robin Neilsen
Rabbits – Social Bunnies	Heather Sutherland
Scrapbooking	Lynn Cox

Sewing – Beginning	Robin Neilsen
Sewing – Intermediate	Robin Neilsen
Sewing – Advanced	Robin Neilsen
Sheep	Laura Deck & Vickie Lewit
Shooting Sports- Air Rifles – Beginning	Lee Torno
Shooting Sports – Air Rifles – Competition	Lee Torno
Shooting Sports – Archery	Steve Wong
Swine	
Wildflower Hiking	Sandra Bernhard
Woodworking – Beginning	Hans Warrick

4-H'ers: Please read the detailed project grid that arrived in your e-mail and is posted on our club website **before** arriving at the October general meeting project fair so you can find out the schedules for each project and make good choices when you sign up.

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

4-H members in 7th 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 21 - 23, 2011. 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.

4-H₂O WOW (World of Water)

On Saturday, October 9th my father and I attended the 4-H₂O (World of Water) which was the theme of the Youth Science Day for 2010. It was held at the San Mateo County Fairgrounds and was sponsored by a grant from Toyota. The main purpose of the day was to expose and encourage 4-Her's to become more interested in the science-related activities. Mary Meyer and some local people, including staff from the 4-H County headquarters, presented a series of 7 water related workshops followed by a wrap-up discussion at the end. I really enjoyed a couple of the workshops. In particular I liked the one developed for National You Day on how carbon dioxide affects water. An Alka Seltzer tablet was put in a zip lock bag which was half full of water. As it dissolved it released carbon dioxide gas, inflating the bag. Two tablets inflated the bag completely. A local nutritionist presented another workshop entitled "ReThink Your Drink" in which she talked about how much sugar (17 teaspoons of sugar) was in a soda. She presented several ideas for how to "liven" up simple tap water with the addition of some

lemon or cucumber slices. The workshop was attended by 4-Hers from San Mateo, Santa Clara, and Monterey Counties. I thought Mary Meyer and her group did a great job of introducing and exciting the attendees.

By Peter Warrick

Paso Robles Poultry Show, Oct. 9~10, 2010

If waking up early to primp and prepare five young bantam D'Anver chickens doesn't sound like too much fun, try driving all the way to the beautiful Mid-State fairgrounds in Paso Robles for an APA poultry show. This is what the main event of my October 9th and 10th weekend was. The show was two days long with judging and youth activities on the day of the 9th, the banquet that night, and coop out the next morning. Sarah Lloyd and I both entered a variety of birds. For me, this was five D'Anvers who I bred and Sarah had helped hatch earlier this spring. One of the pullets took everything from Best of Breed up to the Reserve Champion in the Junior show. Sarah and I and our friend Caitlin all participated in the knowledge bowl hosted by Larry Stallings and I won! It was a great show and I hope more people go next year!

By Peri Wong

San Mateo County Awards 10/3/2010

This year, the San Mateo County awards ceremony was hosted at the fairgrounds on October third. Many awards were called, including thirty-four primary awards from the San Carlos club alone! The San Bruno drama project performed the musical Annie, archery awards were handed out and star recipients were announced. There was a great turnout and it was an experience to remember.

Congratulations to San Carlos Eaton Hills 4-H members and volunteers!

Scholarship I

Lund Memorial Scholarship, Jeff Wilfong

Dean Memorial Scholarship, Danielle Grimsby

Presentation Day Gold Medalists, State & County

Peri Wong, senior

Laurel Nelson, intermediate

Favorite Foods Day Gold Medalist

Kate Lyn Sutherland

Fashion Review Gold Medalists

DJ Lucas, intermediate State & County

Isabella Paragas, intermediate State & County

Summer Weaver, intermediate County

Laurel Nelson, junior State & County, Paula Athey Award

Kenny Stratz Memorial Award
Leo Rossi

Star Ranks

Bronze - Victorina Jeffers, Maeve Keegan, Laurel Nelson, Nicole Nielson, Gabriella Pons, Sarah Sutherland
Silver - Laurel Nelson, Anya Knoth, Peter Warrick
Gold - Tristan Knoth, Peter Warrick

Shooting Sports, Sporter Air Rifle Division
Advanced Silver & Trophy - Danielle Grimsby
Junior Gold - Lance Torno
Junior 6th place - Nicky Wong
Adult Volunteer Silver - Steve Wong

Shooting Sports, Air Pistol
Adult Volunteer Gold - Steve Wong
Adult Volunteer Bronze - Lee Torno
Volunteer Service
5 Years - Kurt Hallamasek, Aida Airoso-Paragas, Patty Marsters, Scot Marsters, Addy Rios, Joanne Taylor, Lee Torno
10 Years - Robin Lise-Nielson

Animal Science / Animal Projects (ASAP) Committee

ASAP is the committee of 4-H youth and adults who promote large & small livestock projects and organize events on a County level. ASAP is also working closely with San Mateo County Fair Livestock Advisory Group to enhance everyone's Fair experience and assure excellent animal husbandry while at Fair. ASAP consists of adult and youth representatives from every club in the County, and there are openings for one adult and two youth from our club. Meetings are approximately every other month, and alternate between Belmont and HMB.

ASAP and the Fair

The County Fair is a wonderful experience for 4-Hers and a chance to show off their animal projects and educate the public about raising livestock. It can also be a stressful experience for the animals who don't understand what Fair is all about. **Staff from the San Mateo County Fair has asked for adults who are 4-H livestock project leaders to have an increased in assuring proper care of animals at the 2011 Fair.**

Livestock Advisory Group members (from Fair) are attending ASAP meetings to help devise strategies for how 4-H Project Leaders can best prepare their members to have an animal at Fair and to monitor the standard of care during Fair. **If you are a livestock project leader, please consider attending the next ASAP meeting for more information on your role during the 2011 Fair.**

ASAP Events

This year, ASAP would like to host a small animal field day with educational workshops and clinics. Need help selecting meat rabbits? Want to hear a seminar by a poultry disease expert? Prepare or take a proficiency test? If you want to serve on the County ASAP committee and help plan this event, you are welcome to join at the next ASAP meeting.

Next ASAP:

Wednesday, Oct. 20th

7:00 PM

San Mateo County Farm Bureau

765 Main Street, Half Moon Bay

Need more? Contact Julie Wong at 650-269-5096 or julie_figliozzi@yahoo.com

Doggie Fun Day

On Saturday, Sept. 19, I attended Doggie Fun Day, hosted by the San Bruno 4-H Club at their farm. I brought my dog, Ruby. There were many fun activities including "bobbing for dog treats", "musical chairs", the "egg and spoon race" (with your dog running next to you!), and the "fastest dog race". Ruby won the 2nd fastest dog and was the best at grabbing the treats out of the water bucket! There was also a dog trivia worksheet to see how many facts you knew about dogs. There was even a presentation on how to train your dogs to detect different smells. There were more than 15 dogs there and both the dogs and humans seemed to love this event. If you have a dog, next year make sure Doggie Fun Day gets on your calendar!

By: Laurel Nelson

UC Davis Hosts First Annual Sheep Field Day

On Saturday, September 18th, Kelsey and I made the trek to UC Davis to attend the first ever Sheep Field Day hosted by the Animal Science Department. About 100 people, including sheep breeders, students, faculty, UC Cooperative Extension (the department that sponsors 4-H), and other industry people gathered to learn more about nutrition, grazing management, reproduction, marketing, tail docking, and diseases. The department chair, Dr. Anita Oberbauer, welcomed everyone and then we split up to attend different workshops. The first speaker discussed nutrition and digestion and pulled an actual sheep stomach out of a bag to illustrate the metabolic process in the four parts of the stomach. Needless to say, the smell was pungent. A UC Davis vet led the next workshop about lambing and Kelsey did an ultrasound of a pregnant ewe. We saw tiny hooves on the monitor and confirmed that there was only one fetus. In another workshop they brought in six ewes and we learned how to determine body condition scores on a scale of 1 to 5 and did the Fomacha eye test to check for a deadly type of ringworm. After lunch we toured most of the 14 animal facilities on campus and some students showed us the "mare motel" where the mares are kept for breeding, the swine center, the fully functioning dairy, the sheep barn, the beef cattle pens, the avian center,

the equestrian center, and the meat lab where meat is processed and sold to the public. About 12 pregnant ewes were ready to give birth any day, and a Dorsett ewe gave birth to twins that morning. We saw them walk on wobbly legs and look at us with big eyes. The animal science department has 950 undergraduate students, 150 grad students, and 37 faculty. The students get actively involved in all the animal research and projects. Two to three students live in each of the barns with the animals (in dorm rooms, not the pens)! All in all it was an incredible day of learning and we were impressed with the size and scope of the animal science program. UC Davis is one of the universities Kelsey is applying too, and I am ready to sign up with her!
By Laura Deck and Kelsey Hutcherson

A Leader's Perspective ~ Julie Wong

Last May, 2010, I had the pleasure and honor of being a judge at the California State 4-H Presentation Day held at UC Davis. It was a beautiful spring day (much welcomed after *all* that rain) and I always enjoy returning to my alma mater. What made this visit especially pleasurable though, were the talents of the 4-Hers who had advanced from Sectional Presentation Days from all over the state and earned the chance to compete at state. I was one of three judges who scored participants in "Share-the-Fun" and "Cultural Arts" categories.

I was thankful to have a detailed rubric to guide my scoring, so guilty I felt for enjoying these performances *for free*. Each performance was unique and entertaining, every members' talent highlighted in some way. From the inspired Irish Dancing brother & sister team, to the masterful piano pieces, to the skillful puppeteering, each act presented new delights. I could not have picked a single favorite, but the Square Dancing Project with members from age 9 -17 struck me because every member danced with a smile on their face, a bounce in their step, and demonstrated that any project can be fun and successful when kids do it together with openness in their hearts. Best of all was the poise and grace with which the fifteen-year-old project leader introduced her members. Her pride in them was obvious.

I am reminded that we adult leaders are mentors and conduits through which our younger affiliates learn project skills and develop core 4-H values of Leadership, Citizenship, and Communication. However, I appreciate that the adult has much to gain from the 4-H experience too. Relinquishing control to a teen leader is as much about an adult learning trust and teamwork as it is about developing leadership. Participating as a State Presentation Day judge showed me the rewards of adult mentor-ship. The kids I saw were poised and displayed whatever their talents were with the confidence that I'm sure comes from the 4-H model of "*learning by doing*."

As we begin another 4-H year, I urge all the adult volunteers to consider judging at Presentation Day, or Favorite Foods Day, or Fashion Review, or Record Book Judging, where at the County, Sectional, or State level. It's hard for me to predict what gifts you'll get from it, but I guarantee that surprise and delight will be among them.



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.

To subscribe to *Highlights*, do the following:

Go to 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 9, 2010

Please e-mail articles to Shelle McGee-Lucas at straycatgt@comcast.net