

# San Carlos Eaton Hills 4-H

**ISSUE SEVEN** <http://www.sancarlos4h.org>  
March 2012

## Club Officers

President: Tristan Knoth

Vice President: Peri Wong

Corresponding Secretary: Anya Knoth

Secretary: Summer Weaver

Treasurer: Maeve Keegan

Sergeant-at-Arms: Sarah Sutherland

Membership: Isabella Paragas

Jr. Farm Boss:

## Steering Committee

Bruce & Maeve Knoth –  
Community Leaders 654-4975

Laura Deck

Judy Grimsby

Julie Figliozzi Wong

Kurt Hallamasek

Gretta Keegan

Scot & Patty Marsters

Aida Paragas

Melissa Stewart

Heather Sutherland

Vera Warrick

Eva Watte

Lisa Weaver

Lisa Montalvo

Chuck Oey

Karen Biggers – co-Registrar 591-2707

Bill Sharratt – co-Registrar – 595-1683

Katherine Schembri – Projects  
Coordinator 365-2331

Scot Marsters — Farm Manager

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)

**Next General Meeting:**  
**March 20, 2012 at 7:00 PM**  
**Clifford School**

## President's Message

Dear 4-H'ers,

This month is the infamous (to some) cookie judging meeting. Bring cookies if you can and everyone has the chance to be a junior judge and get some much-coveted leadership credit. I have included a recipe for one particular type of cookies not to bring.

## Tristan's extra-allergenic special

Makes too many

## Ingredients

- 1lb of peanuts
- 1lb of latex
- As much pollen as you can get (I suggest catching bees and then scraping the pollen off their legs)
- Extra-gluten wheat (you'll need a specialty store).
- Extra-lactose milk (you can get this wherever you find the previous item).

## Instructions

- Put all ingredients in blender
- Blend until they resemble food
- Add salt to taste

See you at the meeting,

Tristan

**At this month's meeting:**

**Bake cookies and bring for judging!**

## UPCOMING DATES & EVENTS

March 19	7PM County Council
March 20	7PM March General Meeting
March 23	Scholarship I Due
March 24	Favorite Foods Day
March 25	Steering Committee Meeting @ American Legion Hall, San Carlos
April 9	Entry Forms Due for Livestock and Small Animals
April 15	Sheep and Goat Check-In
April 17	April General Meeting
May 5	Fashion Revue

### Record Books Due in May

All record books will be collected at the May General Meeting. This is an especially important deadline for members who are bringing animals to the County Fair. The Fair requires that you be in "good standing" to take your animals through the gate and we must have your record book for that to be true! All members are encouraged to turn in a record book. If you would like any help, please call Maeve and Bruce (654-4975). We encourage you to make an appointment to drop by our house and work on your book with our help

### Hometown Days is Fast Approaching

Our 4-H Club has a big presence at San Carlos' Hometown Days and we want this year to continue our tradition. Plan on participating in three ways:

Saturday, May 20, 9:45 AM - PARADE FLOAT. Arrive at 8AM to decorate the FLOAT!

Saturday and Sunday, May 19-20, our club will host two booths: DIME TOSS and the INFORMATION BOOTH.

Plan to sign up for either the DIME TOSS or the INFORMATION BOOTH. There will be sign-up sheets at our club meetings.

### Glassware Needed

In order to make the DIME TOSS a success, we also need you to collect glassware for prizes. Check your cupboards, ask your neighbors, talk to your grandparents. If each member brings a full box of miscellaneous cups, glasses, plates etc., then we will have enough prizes for the weekend. Bring glassware to the meetings, or drop off at the Weaver home at 2145 Greenwood Avenue in San Carlos.

### Cookie-judging Contest at General Meeting!

Bring a batch of your favorite homemade cookies to the March general meeting and participate in the Jr. Judging contest! Your cookies will be judged on three criteria: taste, texture, and appearance. Then it's your turn. 4-H members will sample and judge three cookies, earning points each time they match the judges' score. The 4-H member with the highest score wins! You can put this in your record book as participating in a junior judging contest

## 4-H Summer Camp @ Indiana Jones Gulch

San Mateo County 4-H holds a summer camp at Jones Gulch for one week in June. This year, camp runs from June 17 - 22, 2012. Want to be one of the first to know when camp registration opens? 4-H camp is a resident camp for members ages 9 and up. Please note: Use the following links ONLY when viewing this newsletter online. For more information and to register go to: <http://ucanr.org/sites/smsf4h/SummerCamp/>

## Volunteer at Favorite Foods Day Entries due March 19

**Check in - 12 pm**

**Judging - 1:00 pm**

**Buffet & Awards - 3:30pm**

This year Favorite Foods Day will be held on Saturday, March 24<sup>th</sup> at the Sandpiper Community Center in Redwood Shores. This is the same location we have used in the past. This event is open to any 4-H youth in the County who is enrolled in a foods project. This year for the first time, we will have youth from Poultry projects and they will be using this event to brush up on their skills. They are trying to get to a state event and then on to Nationals with egg-based dishes.

The event will start at 1:00 pm but we ask the contestants and the judges to arrive at noon to sign in and this allows sufficient time for the contestants to get their foods situated in the kitchen.

*We are looking the day of the event.* We need more judges, so if you are an adult who is willing to help judge some fantastic foods presented by some amazing youth, we would welcome your participation. We will be offering a junior judging opportunity again this year for the Challenge Item. We are also looking for any County project that wants to put on a workshop to contact us as we don't have a workshop planned at this time.

If you have any questions or concerns or if you want to volunteer to help at this event, please contact chairperson Linda Gilbraith at 650-438-0619 or you may contact Terrie Chun, the co-chair of Favorite Foods Day this year at 650-520-4056. Registration forms can be found here:

[http://ucanr.org/sites/smsf4h/4H\\_Events\\_and\\_Forms/Favorite\\_Foods\\_Day/Registration\\_581/](http://ucanr.org/sites/smsf4h/4H_Events_and_Forms/Favorite_Foods_Day/Registration_581/)

## San Mateo County Fair: What Are You Showing?

Maybe you are thinking that the County Fair is just for 4-H'ers who are raising animals? Wrong! Do you build with Lego's? Do you like to make models? Could you bake a favorite cookie? How about setting a beautiful table? Check out the Fair premium book and see what strikes your fancy at [www.sanmateocountyfair.com](http://www.sanmateocountyfair.com).

***Let's have 100% club participation this year!***

## San Mateo County Fair ~ Melvin Mello Award

**Award Offered:** \$250 & Plaque

**Sponsor:** San Mateo County Fair

**Special Notes:** This award is given in honor of Melvin Mello. The San Mateo County Event Center & Fair Association has established this award to increase public awareness of the Fair.

**Eligibility:** Open to Large animal youth exhibitors

**Requirements:** Application, essay, and 3 letters of recommendation due on June 2, 2012 by 5:00 PM. Service hours are due on Thursday, June 14, 2012, by 5:00 PM.

**Explanation of Requirements:** The essay must describe the activities and participation of the youth exhibitor throughout the year to promote livestock, the Fair and the 4H/FFA programs or other youth organizations. Three letters of recommendation or reference are required to verify his/her participation. The references will be checked. Service hours are to be recorded on the form available with the application. Upon turning in the application keep this form to record the volunteer service hours for the Fair in any capacity or department.

**Scoring Criteria for the award is as follows:**

Interview with Committee 30%

Year-round promotional activities 30%

Service Hours 20%

Application, Essay, and References 20%

Interview: Each qualified applicant will be interviewed on Friday, June 15, 2012.

Interviews will be conducted and judged by 3-5 members of the Livestock Advisory Group and Fair Oversight Committee after 5 PM.

Application can be found here: [www.sanmateocountyfair.com](http://www.sanmateocountyfair.com)

## Uniform Check-up: Do You Have All the Pieces?

Do you need to get a 4-H uniform? Uniforms are only required if you are showing an animal at fair. You are not *required* to wear a uniform at any other 4-H event, but we like having some members in uniform at Hometown Days and other events.

We will have the Clubs' current supply of small uniform pieces and club t-shirts at the March general meeting. Read below the description of the complete uniform. Note the prices for the small items that may be purchased through the Club and where you can go to get your "whites". Bring cash for your Club purchases or remind your parents to bring their checkbooks. Also, remember to bring your old, clean whites to the meeting or up to the farm to be recycled.

## San Carlos-Eaton Hills 4-H Uniform Regulations

### General Requirements

- Uniforms are only required if you are showing an animal at fair.
- You are not required to wear a uniform at any 4-H event.

### Bottoms:

- White canvas pants or white jeans (jeans recommended if showing an animal).  
(*We have a good selection of hand-me-down pants at the farm.*)
- Brown or black belt with matching shoes.
- White shorts or skirts are optional for girls not exhibiting animals.

### Shirt:

- White.
- Long-sleeved. (Short sleeves OK if not showing an animal.)
- Collared.
- Must be worn tucked in.  
(*You can find shirts at department stores (boy's department) and thrift shops, and also check out the hand-me-downs at the farm.*)
- Most girls wear boys' shirts.

### Tie or Scarf:

- Must be the official 4-H tie or scarf.
- Girls wear scarf or tie; boys wear tie.

### Hat:

- Must be the official 4-H hat.
- K-8th graders wear the green hat; high school students wear the white hat.

These items are available through the Club, while supplies last. Contact the Meeks family at 650-593-8720.

## May Meeting – Save the Date – Two Meetings in One

For our May general meeting, we will hold **two** club meetings back to back. Mark your calendar now. This way we will complete ten club meetings before the County Fair begins in early June. If you need 80% attendance because you plan on showing an animal at the Fair, be sure to attend the May meeting!



## Everyday Young Hero Awards

They are offered and awarded on a weekly basis to youths from around the world, ages 5-25, who exemplify commitment to service. If you know of a youth that is deserving of nomination for this award, visit:

[www.YSA.org/awards/hero](http://www.YSA.org/awards/hero) today.

# State Fashion Revue Manual

The State Fashion Revue Manual has been revised for 2012 and posted on our website at <http://www.ca4h.org/Programs/Events/SFR/>. The rubric scorecards used at SFR are also online for use at local events. As County fashion revues are planned, please have someone from your county notify Jillian Barden of your event date. Then after the County event, notify the SFR committee again with the names of your qualifying delegates.

State Fashion Revue will be **Saturday, May 26** at UC Davis, as part of State Field Day. Delegates must qualify at their local County Fashion Revue. See the updated manual for information.

SFR registration will open be open from **April 1 to May 12**.

Contact Jillian Barden, staff liaison at [jmmilambarden@ucdavis.edu](mailto:jmmilambarden@ucdavis.edu) or Sue Moore, SFR Registrar at [2moores@mlode.com](mailto:2moores@mlode.com), with questions. If you need a pattern for the Tote Bag Challenge or you have questions about the SFR service projects, contact Mary Engbreth at [maryengebrth@comcast.net](mailto:maryengebrth@comcast.net).

## 4-H State Ambassador Applications



Deadline: **March 31, 2012**

The California 4-H State Ambassador position is one of the highest service opportunities and recognitions attainable in the University of California 4-H Youth Development Program. The State Ambassador Program is a working

honor that provides members with the opportunity to serve as a representative of the 4-H program, plan the annual CA 4-H State Leadership Conference, and implement a service-learning project during their 14 month term. Youth members ages 16-18 are eligible to apply.

Applications for the 2012-2013 State Ambassador team are available online at: <http://www.ca4h.org/Projects/Leadership/SA/>

## Reports from Members

### African Library Project Update.

Thank you to everyone who has donated so far to the African Library Project. We have collected close to our goal of 1,000 books and we are proud to say we have collected the \$500 we needed for shipping the books. Thank you to everyone who helped by purchasing root beer floats at the last meeting, we collected \$170. We presented to the Lion's club at their meeting last Thursday night and they very generously donated \$300 to our project right then and there... **thank you Lions Club!**

It is not too late to donate books, we will have a final collection day at this months' general meeting, so please bring in your new or gently used children's books.

The books are going to Mlumati Primary School in Swaziland.

Thank you for helping us bring to life the 4-H Pledge: by helping our club, our community, our country and our world.



~ Kate Lyn and Sarah Sutherland for the Community Service Project (Anya, Cormac, Summer, Ana and Justin)

### ***A Most Eggcellent Outcome***

The competition was lively at the 2012 UC Davis College of Agriculture and Environmental Sciences Field Day. 3000 high-school 4-H and FFA members participated in 24 contests over two days. Peri Wong opened San Mateo County's appearance on Friday, March 2<sup>nd</sup> by again being the only 4-Her in the state to participate in the Job Interview contest. She returned bright and early on Saturday, March 3<sup>rd</sup> as part of San Mateo County's Poultry Judging team. In this event, contestants evaluate live laying hens, live broiler breeders, grade turkey and chicken carcasses, identify retail cuts of poultry, grade eggs three different ways, judge chicken patties and fried chicken pieces, take a written exam, and justify their placings with both written and oral reasons. It takes about 3 hours to do the contest. Standout contestants receive recognition for individual sub-categories, as well as team highpoint. The San Mateo County team consisted of Peri Wong and Summer Weaver, along with Ari Lindsay of Canada and Sarah Stice of Pacifica.

In sub-categories, Peri Wong scored third in judging chicken patties, a pretty good score considering chicken patties aren't even part of 4-H judging contests!

Soundly outscored in 2011 by both Merced County 4-H and San Carlos Eaton Hills 4-H, Grace-Davis FFA studied hard and returned in 2012 with a powerhouse team that dominated the contest, and took home both overall and FFA highpoint with a score of 1978. Second place went to Nevada Union FFA with a score of 1844, closely followed by San

Mateo County 4-H with 1825. The **Eggcellent** news is that the San Mateo County team won highpoint **4-H**, qualifying the team to represent California at the National Poultry & Egg Conference in Louisville, Kentucky this fall.  
Congratulations to all member of the San Mateo County 4H Poultry Judging team!

## **Lamp Project**

The Lamb Project met on a Saturday morning at my house to build a portable lamb crate. It was designed to fit inside the bed of any pick-up truck. My Dad had ordered the supplies for the crate and together we all built it. He cut the galvanized pipe into the correct size of the frame. We took turns using a tool that threaded the ends of the pipe, and then we constructed it, using tees and elbows. Once the frame was finished, we wrapped all sides with steel fencing, but left the floor open. We even added a little door to the crate, so the lambs could get in and out. By using steel, rather than wood, the crate is lighter and can be carried by two people, and it will last for many, many years to come.

My Dad ultimately decided to donate the entire cost of the materials and supplies to our Club. We thank him for his time and for his generosity!

-Kathryn Stewart

P.S. The Lamb Project is looking for some indoor/outdoor carpeting to put under the crate; it will keep the lambs from slipping on the bed of the pick-up during transport. If anyone was looking to toss old carpeting, we would appreciate receiving it. Thank you.

## **Beginning Shooting Sports**

Beginning Shooting Sports is really fun because you get to shoot air rifles. In shooting sports you learn three positions kneeling, standing, prone, and prone supported. In standing you hold the gun up with your hand which is hard because the gun is heavy. So when you shoot the target your gun might wiggle a little, and your follow through is bad. In kneeling you sit on one knee and hold the gun up with your hands and a sling. The sling helps you keep the gun up. Like in standing the gun will wiggle when you fire it messing up your follow through. In prone you have a sling to help you keep the gun up while you are on your stomach. But this time the gun does no wiggle when you fire it. So your follow through is better. In prone supported you have stand to put the gun on so you don't have sling. You are still on your stomach like in prone, but in prone supported you have a stand so your follow through is much better than prone, standing, or kneeling.

Holman Torno

## **Engineering/Robotics Project**

In the recent Robotics Project, we studied the wave lengths of electricity produced from LED (Light Emitting Diode) lights. We put an LED light into a circuit board and plugged that into a computer and programmed it to flash in a pattern.

Devon Paragas

## **Archery Project**

During our last archery meeting I was shooting my arrow and the bow string snapped back on my arm and I got a cut on my arm with a bruise that got black really quick. I was wearing an armguard at the time but I got cut past the armguard area because the



armguard I had slipped and I didn't notice. I got a bandage over my cut, put on my long-sleeve jacket and then continued practicing shooting arrows. Mr. Wong asked me to do my demonstration at next months' archery meeting about wearing armguards.

Elyssa Lucas

### **Wireless Engineering**

In the Wireless engineering project we have learned many things. We have learned about radio waves between 2 objects, remote control, acceleration, frequencies' and safety. My favorite class was when we learned about remote control and acceleration. To show us acceleration our project leaders used a pinewood derby car and attached an accelerator and raced it down a track. While the car raced down the track, the accelerator sent radio waves to a computer. The computer showed us how fast the car was going and the acceleration of the car. Later we attached the accelerator to a remote controlled car and we saw the difference between the two cars. That was my favorite meeting but I am sure to have more fun meetings ahead.

Lance Torno

### **Woodworking Project**

Our Woodworking Project visited Woodcraft store in San Carlos. We got to see lots of different types of wood from all over the world, different stains, and large saws. You can make shelves, bowls, and even pens! Last Sunday, the Woodworking Project made a board game called "Eight Men in a Raft" or "Frog & Toad". The board itself was made of redwood. It took the whole time to make the board. We used many tools like a saw, a clamp, a scraper, a drill, and many others.

by Devon and Francesca Paragas

### **Backpacking Project Prepares for Overnight Adventure**

The six members of the 4-H Backpacking Project – Jesse Taylor, Sofia Demers, Anna Spalletta, Ryan Heitel, Sydney Cohn, and Alyssa Montalvo – have been working hard to get ready for our big overnight trip to Castle Rock State Park on March 24-25. During the past three meetings we learned how to boil water on a camp stove, pitch a tent, select nutritious trail food, find an eco-friendly campsite, keep food bear-proof, dispose of waste, filter water, pack lightly, follow wilderness rules, read a topographic map, and practice "leave no trace" principles. Jesse did a special demo on how to start a fire with a knife and flint, and we made tinder out of cotton balls and Vaseline. Now we are ready to lace up our hiking boots, shoulder our packs and test our skills in the backcountry. Look for a full account of our big adventure in the April newsletter.

Laura Deck & John Schuck (project co-leaders)

## **Upcoming County Events Calendar**

### **MARCH**

19 County Council meeting, 7 pm, Fox School

19 Favorite Foods Day entries due to the County office

- 22 Scholarship I transcripts and recommendations dues by 5 pm in the County office
- 23 Scholarship I application and record books due by 5 pm in the County office
- 23-25 CA Camping Conference, YMCA Camp ,Boulder Creek, CA  
<http://www.ca4h.org/Programs/Camps/Conference>
- 23-25 4-H Shooting Sports - Archery, YMCA Camp Campbell, Boulder Creek CA,  
<http://www.ca4h.org/Programs/Camps/Conference>
- 23-25 Horse Symposium, Herndon, VA, <http://www.ca4h.org/files/133133.pdf>
- 24 2012 Youth Horse Fair, Mariposa County Fairgrounds, Strathearn Livestock Pavillion,  
horseluvr1998@gmail.com
- 24 Favorite Foods Day, Sandpiper Community Center
- 24-29 National 4-H Conference
- 25 Belmont & Burlingame San Mateo 4-H Clubs Barlas Boers field trip for Lamb & Goat  
projects, cindy\_oldham@yahoo.com
- 26 Colusa County FFA Livestock Skill-a-Thon registrations due
- 31 Colusa County FFA Livestock Skill-a-Thon, [aaelitegenetics@hotmail.com](mailto:aaelitegenetics@hotmail.com)
- 31 4-H State Ambassador applications due, <http://www.ca4h.org/Projects/Leadership/SA/>
- 31 4-H Day at Nationals, sponsored by the AKC

#### **APRIL**

- 2 State Field Day - educational exhibit registrations due,  
[www.ca4h.org/Programs/Events/SFD](http://www.ca4h.org/Programs/Events/SFD)
- 14-15 4-H Shooting Sports - Rifle, Rankin Field Range, Tulare, CA, [jaborba@ucdavis.edu](mailto:jaborba@ucdavis.edu)
- 16 Life Skills and Hobbies meeting, Fox School, Belmont
- 20 Range Camp registrations due,  
<http://www.rangelands.org/casrm/HTML/rangecamps.html>
- 21 Bark for life,  
[http://relay.acsevents.org/site/TR/RelayForLife/RFLFY12CA?pg=informational&fr\\_id=36791&type=fr\\_informational&sid=161255](http://relay.acsevents.org/site/TR/RelayForLife/RFLFY12CA?pg=informational&fr_id=36791&type=fr_informational&sid=161255)
- 22 Earth Day
- 28 4H2O WOW Seminar - San Mateo County Event Center, 9-4
- 28-29 Shooting Sports Leaders' meeting, Oakdale Sportsman's club,  
[jaborba@ucdavis.edu](mailto:jaborba@ucdavis.edu)
- 28-29 USA Science & Engineering Festival, <http://www.usasciencefestival.org/satellite-eventdirectory>
- 30 Higher education scholarship applications due,  
<http://www.ca4h.org/Resources/Members/Scholarships/>

#### **MAY**

- 5 Fashion Revue,
- 21 County Council Meeting, Fox School, 7 pm

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

San Mateo County Highlights Website:

### **Highlights are available online!**

Follow the simple steps listed below to receive an electronic copy.

**STEP 1:** Go to the county 4-H web address:

<http://www.cesanmateo.ucdavis.edu/>

**STEP 2:** on the navigation area click on "newsletters"

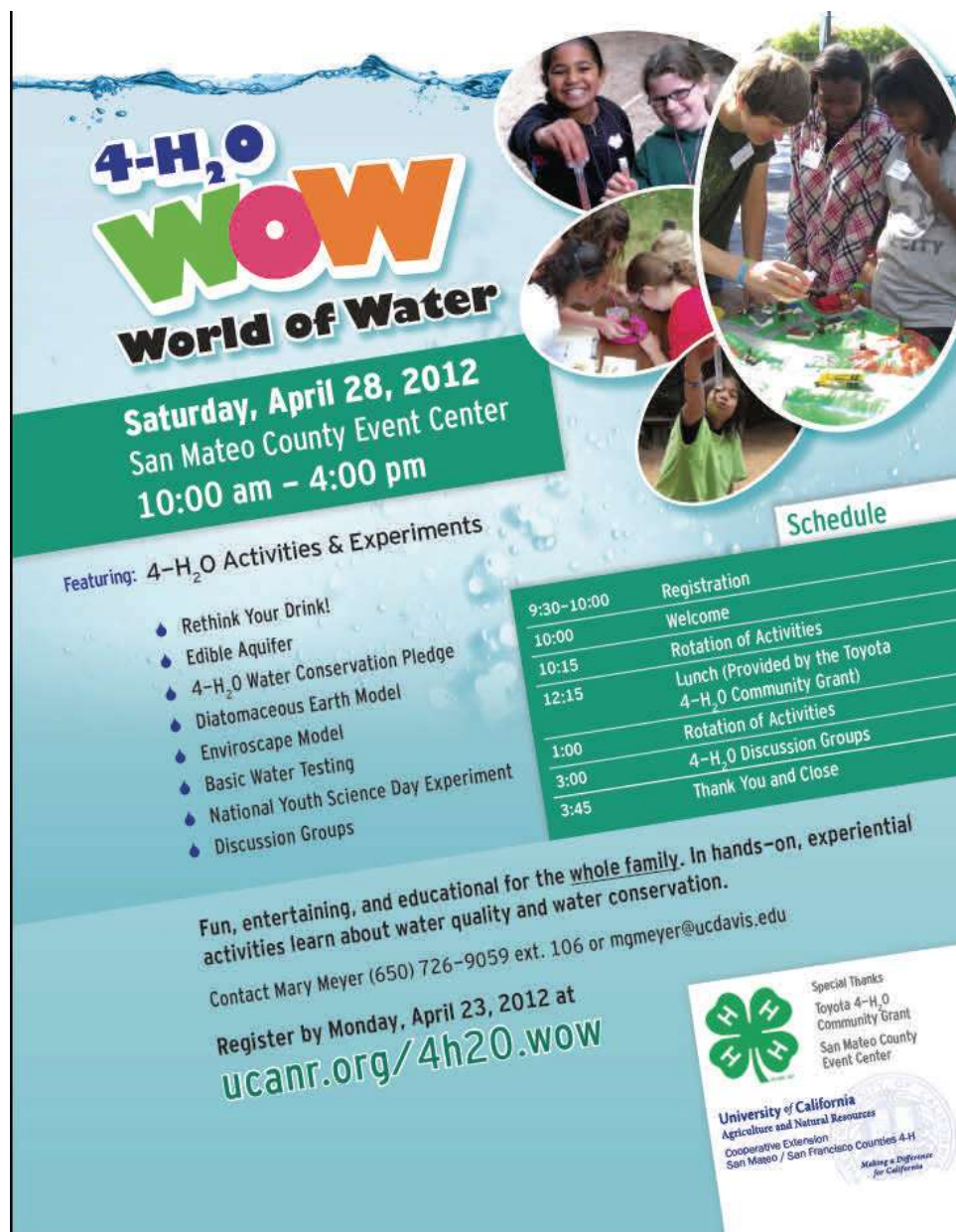
**STEP 3:** On this page you should see, "4-H Highlights" - click on this option

**STEP 4:** "Subscribe to Newsletter - receive e-mail when this newsletter is updated", enter email address in the box under this heading.

Your subscription will start with the next newsletter. For those without an Internet connection please contact Wendy Rotchstein at 650-726-9059 X 101.

## Next newsletter deadline: April 10, 2012

Email articles to Shelle McGee-Lucas at [straycatgt@comcast.net](mailto:straycatgt@comcast.net) or call 650-508-8392 for address to drop off articles. Thank you.



The poster features a blue background with water splashes at the top. The title "4-H<sub>2</sub>O WOW World of Water" is prominently displayed in colorful, bubbly fonts. Below the title, the event details are listed: "Saturday, April 28, 2012", "San Mateo County Event Center", and "10:00 am - 4:00 pm". A list of activities includes "Rethink Your Drink!", "Edible Aquifer", "4-H<sub>2</sub>O Water Conservation Pledge", "Diatomaceous Earth Model", "Enviroscape Model", "Basic Water Testing", "National Youth Science Day Experiment", and "Discussion Groups". A circular collage of photos shows children engaged in various water-related activities. A "Schedule" table is provided, and contact information for Mary Meyer is included. The bottom of the poster features logos for the University of California and special thanks to Toyota and the San Mateo County Event Center.

**4-H<sub>2</sub>O WOW**  
**World of Water**

**Saturday, April 28, 2012**  
**San Mateo County Event Center**  
**10:00 am - 4:00 pm**

Featuring: 4-H<sub>2</sub>O Activities & Experiments

- ◆ Rethink Your Drink!
- ◆ Edible Aquifer
- ◆ 4-H<sub>2</sub>O Water Conservation Pledge
- ◆ Diatomaceous Earth Model
- ◆ Enviroscape Model
- ◆ Basic Water Testing
- ◆ National Youth Science Day Experiment
- ◆ Discussion Groups

Schedule	
9:30-10:00	Registration
10:00	Welcome
10:15	Rotation of Activities
12:15	Lunch (Provided by the Toyota 4-H <sub>2</sub> O Community Grant)
1:00	Rotation of Activities
3:00	4-H <sub>2</sub> O Discussion Groups
3:45	Thank You and Close

Fun, entertaining, and educational for the **whole family**. In hands-on, experiential activities learn about water quality and water conservation.

Contact Mary Meyer (650) 726-9059 ext. 106 or [mgmeyer@ucdavis.edu](mailto:mgmeyer@ucdavis.edu)

Register by Monday, April 23, 2012 at  
[ucanr.org/4h20.wow](http://ucanr.org/4h20.wow)

Special Thanks:  
Toyota 4-H<sub>2</sub>O Community Grant  
San Mateo County Event Center

University of California  
Agriculture and Natural Resources  
Cooperative Extension  
San Mateo / San Francisco Counties 4-H  
Making a Difference for California