

San Carlos Eaton Hills 4-H

ISSUE SEVEN <http://www.sancarlos4h.org>
March 2013

**Next General Meeting:
March 19, 2013 at 7:00 PM
Clifford School**

Club Officers

President: Kate Lyn Sutherland

Vice President: Summer Weaver

Treasurer: Maeve Keegan

Secretary: Anya Knoth

Corresponding Secretary: Isabella Paragas

Historian: Nik Grimsby

Sergeant-at-Arms: Justin Weaver

Photographer: Dina Ferguson

Membership: Sebrienne Ferguson

Jr. Farm Boss: Jess Taylor

Steering Committee

Bruce & Maeve Knoth –
Community Leaders 654-4975

Lisa Ceragioli

Julie Figliozzi Wong
Farm Manager

Kurt Hallamasek

Gretta Keegan

James Meeks

Lisa Montalvo

Cyndi Nolasco

Aida Paragas

Ellen Scheetz

Melissa Stewart

Heather Sutherland

Aaron Swarhout

Vera Warrick

Lisa Weaver

Bill Sharratt – Registrar –
224-1943

Katherine Schembri –

Projects Coordinator - 365-2331

Eric Grimsby — Farm Boss —
591-2212

Robert Lewit – Webmaster at
robert.lewit@gmail.com

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

President's Message

Hello 4-H'ers,

It's March and spring is in the air! This means that soon our club farm will be bursting with new animals! Animals will be arriving at the farm starting on March 16th, so stop on by and say hello. Also be sure to wear green this month, not just for St Patrick Day, but to show pride for 4-H in this centennial year. I hope you all have a marvelous March!

Kate Lyn Sutherland

At this month's meeting:

**Wear green and
Bake cookies to bring for judging!**

Plus: Bring Glassware!

UPCOMING DATES & EVENTS

March 18	7PM County Council
March 19	7PM March General Meeting
March 21	Scholarship I Due
March 23	Favorite Foods Day
March 30	NC Sectional Day, UC Davis
April 9	Steering Committee Meeting (place TBD)
April 14	Animal Check-In
April 16	April General Meeting
April 22	Earth Day
May 5	County Fashion Revue and Craft Expo
May 21	May & June General Meetings

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 the San Carlos' Hometown Days celebration, and we want this year to continue on our tradition! Express your 4-H centennial pride and plan on participating in at least one of three ways:

Saturday, May 18, 9:45 AM - PARADE FLOAT.
Arrive at 8AM to decorate the FLOAT!

Saturday and Sunday, May 18-19, our club will host **two** booths:
DIME TOSS BOOTH and the INFORMATION BOOTH.

Plan to sign up for either the DIME TOSS or the INFORMATION BOOTH. It is fun to participate and interact with the community. There will be sign-up sheets at our next club meetings. Participation counts towards community service!

~ Maeve and Bruce Knoth

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.

~ Dime Toss Committee

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

Farm Clean-Up

Thanks to everyone who was able to come and work hard at the Farm Clean-Up on March 2. The day started around 9am with everyone getting a breakfast of bagels, coffee, and orange juice out of the bed of Eric Grimsby's truck. After everyone had eaten and said hello to the other 4-H'ers they would be working with, we got to work cleaning up the farm. Some people worked on cutting the weeds that had started to grow in front of the lamb pen, others moved pieces of the new bee shed out of the show ring and up the hill, while others raked up leaves and sticks from the upper pasture. I want to thank everyone who helped clean up the farm because without your help the farm wouldn't be ready for us to start moving in animals on March 16th! That weekend six lambs and two pigs will

be moving into the farm so I invite everyone to come take a tour of our cleaned up farm and look at all of our new animals. Stop by during feeding, between 5:45 and 6:30, any night of the week!

Thanks!

Jesse Taylor, Jr. Farm Boss

Volunteer at Favorite Foods Day ~ March 23, 2013

SM/SF 4-H Favorite Foods Day

Saturday, March 23, 2013, 11:30 am-3:30 pm.

Community Activities Building, 1400 Roosevelt Ave., RWC

Set Up: 11am-11:30 am

11:30 am-12 pm - Registration & Judges Orientation

Clean Up: 3:30 pm-4 pm.

Online Registration: Due Mon. March 18, 2013

Click on this Link: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=10308>

4-H Summer Camp is July 28 ~ August 2, 2013

San Mateo County 4-H holds a summer camp at Jones Gulch for one week each summer. This year, camp is held July 28 through August 2, 2013. 4-H camp is a resident camp for members ages 9 and up.

For more information, and to register, go to: <http://ucanr.org/sites/smsf4h/SummerCamp/>

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

Let's have 100% club participation this year!

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, May 21, 2013, 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!

State Fashion Revue

State Fashion Revue is May 25 as part of State Field Day at UC Davis. Information is online at <http://www.ca4h.org/Programs/Events/SFD/SFR/>. Recently posted documents include Guide for Judges, Rubric Scorecards and Information Forms. Adults interested in volunteering as Judges or Room Monitors may register at <http://ucanr.edu/sfr2013judges>. We hope all counties are actively engaged in the SFR service projects: Drawstring bags, A Zoo of Hugs (softy animals), and Little Dresses & Shorts for Africa. See the flyers on the website for details. SFR is still accepting monetary donations to sponsor garment bag awards, as well as small items for welcome bags; contact Lorita Sutton at loritas@sbcglobal.net. Counties, please let Jillian Milam Barden know the names of your qualifying members to jmmilambarden@ucanr.edu. Registration of youth participants opens April 1 to May 12. Contact Sue Moore, Registrar with questions about categories, qualifying or entering, 2moores@mlode.com.

4-H My Plate Challenge at 2013 State Field Day

In 2011 the U.S. Department of Agriculture (USDA) unveiled the federal government's new food icon, My Plate, to serve as a reminder to help consumers make healthier food choices. 4-H is challenging YOU to show how you're making YOUR plate My Plate. We invite you to submit a photograph illustrating how you're creating healthy meals using My Plate as a guide. 4-H members do not need to pre-qualify at a county event. More details about this contest can be found at: http://www.ca4h.org/Programs/Events/SFD/4H_MyPlate_Challenge/

Special Recognition at 2013 State Presentation Day

A special recognition pin will be awarded for youth who participate in State Presentation Day and focus their presentations on healthy living. This year's focus area is physical activity. Potential topics may include muscle strengthening, heart rate importance, workout wear, Zumba, activity log, exercise trends, fitness apps, stretching, benefits of exercise, fun ways to workout, 'exergaming', recreational sports, types of activity, making time for fitness, safe places in your community to be active, and more. For details visit: http://www.ca4h.org/Programs/Events/SFD/PD/Recognition_Opportunities/

Reports from Members

Beginning 4-H



We had a wonderful time at beginning 4-H. We read a story about St. Patrick's Day. After we read a story we made a four leaf clover, a snake out of a sock and fish out of a sock, too. To finish off we had some water and cookies.

From, Quincy

4-H Computer Programming

In the Computer Programming project, we have been learning the basics of writing and debugging a C++ program in order for it to run and produce the desired results. We started out by writing the infamous "Hello, World" program and learned how to send output to the console. We also learned about input, arithmetic operations, and building functions. At our last session, we wrote a program that converts temperatures in degrees Celsius to degrees Fahrenheit. I have also taken what I

learned in the project and written a couple of games on my own. I find this project very interesting because I aspire to study Software Engineering in college and I hope our club continues to offer this project next year.

~ Sebrianne Ferguson

Computer Programming Project

In the Computer Programming project, we learn how to make computer programs in the C and C++ languages. Every week, we learn something new in programming and apply that to our programs.

Here is a sample of code:

```
#include<iostream>
int main ()
{
    cout << "Hello 4-H!";
    return 0;
}
```

This is a very basic program that will make the computer say "Hello 4-H". In the last meeting, we made a program that makes the user input a Fahrenheit temperature and the computer converts it into a centigrade temperature and back again. This project is very fun and I can't wait until next meeting.

~ Adam Weaver

Computer Programming Project Report

I signed up for the computer programming class because I wanted to learn more about programming. We are learning a programming language called C++ (see plus plus). It is the language that many computer programs and games are written in. In almost every program we run into an error, so there's always something to fix. You have to make sure that nothing is misspelled, because even that could be an error. Even missing a "." is a big error. We started with basic techniques like making the computer print out words, and then we went deeper into it. We made the programs have loops and integers, and eventually made a simple game. The computer would have a number (between 1 and what the user input), and then the user would try to guess the number. It would say if it was smaller or larger than what the user guessed. After you guessed the number correctly it would say how many guesses it took for you to guess the number. It took around 20 guesses to guess a number between one and a million. We all thought it would take more guesses. We practiced in an application called an IDE (Integrated Development Environment), which would show us what happened when we ran our code. I can use these techniques in other future programs.

~ Cale Hallamasek

Pacific Poultry Breeders Association Show

When I walked in to the Pacific Poultry Breeders Association Show, better known as the Stockton Poultry Show, I was surprised to see so many birds. I saw several buildings as well as a pavilion with chickens that were for sale. There was a constant sound of loud birds. One building was filled with geese and ducks while two other buildings had lots of chickens. The buildings were quite large and probably had enough room to hold hundreds of chickens. When you walk into one of the buildings, there were cages straight ahead of you. To your left, was a little store selling supplies. To your right, was a booth with people who would give you information. In front of the booth, were 4 rows of cages where chickens would be placed in once that had won many awards. Later, those chickens would either be auctioned off, or taken home. To the far left of the building, was a raffle section and to the right of that, was a food section. On the back of the building, were shops lining the walls, trying to sell you bird related items. There were also some people who were selling chicks in front of one of the rows of cages. Everywhere I looked, there were rows and rows of cages that had chickens in them. The chickens were separated in rows by breed. For example, frizzles, with their

soft and crazy looking feathers would be in one row while the next row would be filled with fluffy and cute silkies. Sometimes there would be two or even three rows of one breed. One of the buildings in the Poultry Show was filled with 4-Hers that were showing their unique chickens to judges. I watched the 4-Hers for a while and compared their way of showing their chickens to mine. I thought that the younger 4-Hers had more enthusiasm with their bright smiles and hope to win than the older 4-Hers, who were very serious looking with stern faces and a straight forward way of speaking when talking to the judge. All of the 4-H members were dressed neatly with their white pants and shirts, green 4-H scarf or tie, and color matched shoes and belts. The 4-Hers held their chickens in one hand, looked at the judge when he looked at them, and answered the judge's questions clearly and easily. Before I went around the show to look at the chickens again, I stopped for a while at the pavilion of chickens being sold. I walked around and found a few that I was interested in. I eliminated some choices by price. While some chickens were sold for 10 or 5 dollars, others were sold from 50 to 150 dollars! I also eliminated choices by breed, condition, and gender. One chicken that I liked was a breed that was known for shyness and brooding. Another that I liked was a rooster and I needed a hen since I already have 2 protective roosters at home. I found one that was pretty but had missing feathers and was splattered with mud. Finally, I narrowed my choices down to 2 chickens, both females, and both known for their friendly and sweet disposition. The first one I bought was a bantam old English Sussex. This chicken is black and white speckled and I named her Blanca. Next, I found a cute little bird that was a little shy but still very sweet. She was a Bantam Spangled old English, who I call Roja. Then, I decided that I was done with buying chickens and I was ready to take one final look around the buildings, then head for home. Overall I had a great time and I really enjoyed this new experience. I highly recommend going to the Stockton Poultry Show if you like chickens and want to see many varieties exhibited in one place. I hope to see a few 4-Hers from my club there next year!

-Emma Loaiza

Community Service Meeting

This month, for our community service meeting we went to go serve dinner at a homeless shelter. We decided to go to the homeless shelter that we went to a couple years ago, in order to continue to help one organization. We got there and started to set up the dinner, which had been donated from the Google café. We learned that every night they have dinner from various companies' cafes leftover lunches. We served about 20 or 30 homeless people living at the shelter. The clients at the shelter were extremely grateful for our help, and were super nice to us. After dinner we helped clean up and wash dishes. The trip was a really fun way to help people in our community. We are going to continue volunteering there once a month for the next few months and hope to develop a relationship with this organization.

~ Anya Knoth

4H Backpacking

This is my first year I signed up for the backpacking project. The backpacking project has been a very educational and positive experience for me. After two meetings, I have already learned many things such as how to start a fire with a flint and how to turn on a portable stove. We have learned about some of the mountains we may want to take on as we become more experienced. I learned that if you climb a mountain too fast you can get sick. Hiking clothes are best when they are not cotton; they will absorb the sweat but will not dry fast enough, so you will get cold. The things I learn during the meetings will be helpful for our overnight hiking trip in April. I always look forward to the meetings because we learn new things about how to survive out in the wilderness. The project leaders, Laura and John are both very knowledgeable and I'm glad that I chose to do this project and hope to do it again next year. If you like hiking and the outdoors this project is definitely for you.

~ Janai Vliegen

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.

News from the County Newsletter

America's Farmers Mom of the Year Contest

National 4-H Council is pleased to spread the word of an opportunity to honor a favorite farm mom. Beginning February 28, 2013 and continuing through **April 23, 2013**, Monsanto is offering farm moms across the nation the opportunity to win up to \$10,000 through its annual America's Farmers Mom of the Year Contest. Visit www.AmericasFarmers.com to nominate your favorite farm mom by sharing a brief essay explaining how she contributes to her family, farm, community and the agricultural industry. Entries are due by **April 23, 2013**. Panels of judges from American Agri-Women and Monsanto will select five regional winners. Each winner will receive a \$5,000 prize. Profiles of the regional winners will be posted to www.AmericasFarmers.com, where online voting will determine the national winner, to be announced on Mother's Day. The national winner will receive an additional \$5,000. There has been at least one 4-H farm mom as one of the five regional finalists each year since the contest originated.

You can help continue this great recognition! For terms and conditions, and more information about the contest, visit www.AmericasFarmers.com.

Obtain more 4-H information online at the following websites:

The official 4-H page on Facebook: <http://www.facebook.com/4-h>

4-H National Council Facebook Page: <http://www.facebook.com/pages/National-4-H-Council/68068137048>

San Mateo County 4-H Facebook Page: <https://www.facebook.com/pages/San-MateoSan-Francisco-County-4-H/75534689930>

Next newsletter deadline: April 10, 2013

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