

San Carlos Eaton Hills 4-H San Carlos Eaton Hills 4-H

ISSUE FIVE <http://www.sancarlos4h.org>
January 2014

Next General Meeting:
January 21 at 7PM, Clifford School, Redwood City

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Co-Presidents: Maeve Keegan and
Jesse Taylor

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Secretary: Sarah Sutherland

Corresponding Secretary: Sebrianne
Ferguson

Membership: Nicole Nielsen

Jr. Farm Boss: Daphne Schwartz

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Lisa Ceragioli
Jason Gisch
Kurt Hallamasek
Gretta Keegan
ShelleMcGee Lucas'
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Aida Paragas
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Heather Sutherland
Linda Wacha
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President's Message

Hey 4-H 'ers!

I'm especially excited to write the newsletter this month because I get to announce that the January general meeting will be Pizza and Bingo Night! You should bring money so you can buy lots of pizza and bingo cards, which will each be \$1. It's pretty obvious why pizza is great but bingo is also a ton of fun because you can win all kinds of great prizes (a couple years ago I won a Hershey's Chocolate Kiss that weighed a pound!)

This year we have an extra treat because dessert will be sold by the community service project to raise money for the victims of the Philippines hurricane. To sum it up, this meeting will have food, prizes, and a way to help a charity. What more could you want?

*Sincerely,
Jesse*



UPCOMING DATES

Jan 21	7pm January General Meeting
Jan 27	7 pm County Council at Fox School, Belmont
Jan 28	7pm Record Book 101 Meeting
Feb 8	County Presentation Day, College of San Mateo
Feb 11	February General Meeting (Special Date!)
March 1	Sectional Presentation Day

Pizza and Bingo Comes to January!

Make way for dramatic changes! Our annual Pizza and Bingo meeting will happen this month, January. Bring an appetite a fun prize. \$1 buys a slice of pizza and a bingo card. Additional bingo cards are \$1.00 each. The club will provide drinks. Please consider bringing a small prize to add to our prize table. Prizes should cost less than \$5.00 each.

February Meeting – Special Date

Because some schools have a February vacation week, we have change the February meeting from the usual 3rd Tuesday. Please mark your calendar for Tuesday, February 11 for the 2014 February General Meeting. This will be out annual potluck meeting. Watch your e-mail for further details.

Record Books Demystified

Are you new to 4-H? Have you ever turned in a record book? Do you know what a record book is? Maybe you turned in a primary record book but turned 9 this year and need to move on to a new set of forms? If any of these apply to you, please come to “Record Books 101” on **Tuesday, January 28** at 7 pm in the Clifford School library. This meeting is intended to be an introduction to record books. We will go over some of the basics and give you ideas on how to keep track of information that you will need for the book. This meeting is for members and/or parents. (If your member is quite young, a parent might want to come and take the information home).

~ Bruce and Maeve Knoth

Attend Presentation Day

County Presentation Day is a great opportunity to get your feet wet with county 4H events, meet kids from other clubs and practice your public speaking. 4H members of all ages can contribute. Maybe you just want to watch presentations and be a junior judge (earn record book credit!). Maybe you want to learn about giving presentations next year. Maybe you are going to present. Maybe you want to enter the interview contest. There are opportunities for you. Please read the information below and follow the links to sign up.

4-H County Presentation Day -

When: Saturday, February 8, 2014, Participant check in time is 12 noon Where: College of San Mateo Sign-up:

Register:

- Presenter: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11768>
- Adult Volunteer: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11769>
- Room Hosts & Runners: <http://ucce.ucdavis.edu/survey/survey.cfm?surveynumber=11770>

NEW! Interview Contest Manual: <http://www.sb4h.org/files/162126.pdf>

Job Descriptions: <http://4h.ucanr.edu/files/135975.pdf> (only look at job descriptions) Please sign up when registering for presentation day and bring a resume and cover letter to your interview. Please contact Maeve Keegan at mackeeagan@gmail.com with any questions.

Gold Medal winners will be eligible to present at the North Central Sectional Presentation Day on March 29th at UC Davis. Medalists from Sectional Presentation Day will be eligible to present at the State Presentation Day, also at UC Davis, held during the State Field Day on May 31, 2014.



Donate to Dime Toss

Happy New Year! Maybe as part of your New Year's resolution, you've resolved to clean out some cupboards and shelves in your home and/or office. If you do, please save your old glasses, plates, vases and any other vessels that could be used in our Dime Toss Booth at Hometown Days in May. Please box up your clean items and bring them with you to our January meeting. We'd love to take them off your hands!

Thank you,
~The Dime Toss Committee



January Bake Sale

Hello! The community service project will be having a bake sale at the January meeting to raise money to support the Philippine relief fund through the Red Cross. Bring as much money as you can to donate- there will be delicious cookies, brownies and more to reward your generosity. Thank you so much!

~The Community Service Project members

Member Reports

At this month's meeting we heard back from Family Connections and the food bank. The food bank said that they would be happy to have us help. Family Connections said that they want us to do a father/daughter project. Also, we made posters for our bake sale. The bake sale will be at the February meeting to raise money for the Philippines. Hope you enjoy the sweet treats!

-Taylor Meeks, Community Service Project

A fellow art student from Carlmont High School, Paola, came in to talk to the members about how to build an original character as well as another way to draw body proportions. She interacted with the group by having them brainstorm ideas for developing the character's looks, such as her clothes and hair style. Afterward, she went over each idea and discussed what would and would not work for this particular character. Then the group voted on what idea would work the best. After the group's original character was completed, the members practiced creating their own character. Paola also explained how to properly draw a human body using geometric shapes and breaking the whole body into 7 pieces to create the correct proportions. Our project looks forward to having more guest artists at future meetings!

-Isabella Paragas, Manga Art

On Saturday, January 4 we met at the library. We met bunnies and guinea pigs. I learned that rabbits can get sores on their feet. I also learned that guinea pigs can't eat cabbage but they eat lettuce. We were able to pet some of the animals. One of my favorite rabbits was Simba. He had a mane all over his body.

-Roman Messina, Beginning 4-H

I learned how to make frames for a bee hive. We began by inserting metal eyelets into the pre-drilled holes and nailing the frame together. Then we threaded wire through the holes in four lines. Then we added a sheet of preformed wax unto the wires and buried the wire into the wax with a special tool. This gives the bees a head start on making honey combs. One colony collapsed last fall and we will be adding a new colony in the spring.

-Andrew Gould, Beekeeping Project



At this month's hand sewing project meeting we made coffee mug cozies. We sewed different kinds of buttons on our cozies making our own design. We practiced tying off and threading needles. They turned out looking good.

-Bode McCaughey, Hand-sewing project



On Sunday, January 12, the Backpacking project held its first meeting. In preparation for the April trip, where the members will be backpacking to a campsite to sleep over-night, the prospective backpackers learned the "10 Essentials" needed when you go backpacking. Things like extra clothing and food, and also a knife and a flashlight, can prove to be vital in case of an emergency. There was an overview of the "Limits of the Human Body;" the time the body could withstand freezing cold waters, or deal without food, water, or shelter. The members also experimented with different ways to start a fire and to see which was the most effective. Some ways involved using typical foods, such as Fritos and cashews, and others ways used interesting pieces of household products, such as dryer lint, egg cartons, and dental floss. The members eagerly await a time when they can use their very own fire starters to build a bon fire.

-Isabella Paragas, Backpacking

Last meeting we made (and ate) a lot of treats! We made a trifle, buche de noel and lots of dipped strawberries and cookies. We also coated thick leaves in chocolate. When they dried, we peeled the chocolate off and the chocolate had a perfect imprint of the leaf! It looked really cool. Then we ate that too. It was a very cozy, sugary and overall fun meeting. :)

- Halle, Beginning Cooking



SciEnTech Project News

by Devon Paragas, Andrew Gould, Lance Torno, Holman Torno, and Spencer Garrido

As a Junior Teen Leader (JTL) for the SET project, it has been a fun learning experience. So far I have led several games while transitioning from different activities. One favorite is called Indian Chief. We form a circle, one person is sent outside the room, another person is chosen to be the chief within the circle (the chief leads the group in a series of movements that everyone has to follow). The person sent outside will come back in the center of the circle and will try to guess who the chief is (the person leading the different movements of the group) and he/she has only 3 guesses.

One of my favorite challenges was the egg drop. We were given straws, pipe cleaners, paper clips, rubber bands, and tape. Our challenge was to use any of these materials to create a structure that can protect an egg from a 3 foot, 6 foot or 20 foot drop. We worked in groups of 2 members. Leo Rossi and I built one that survived the 20 foot drop. --Devon

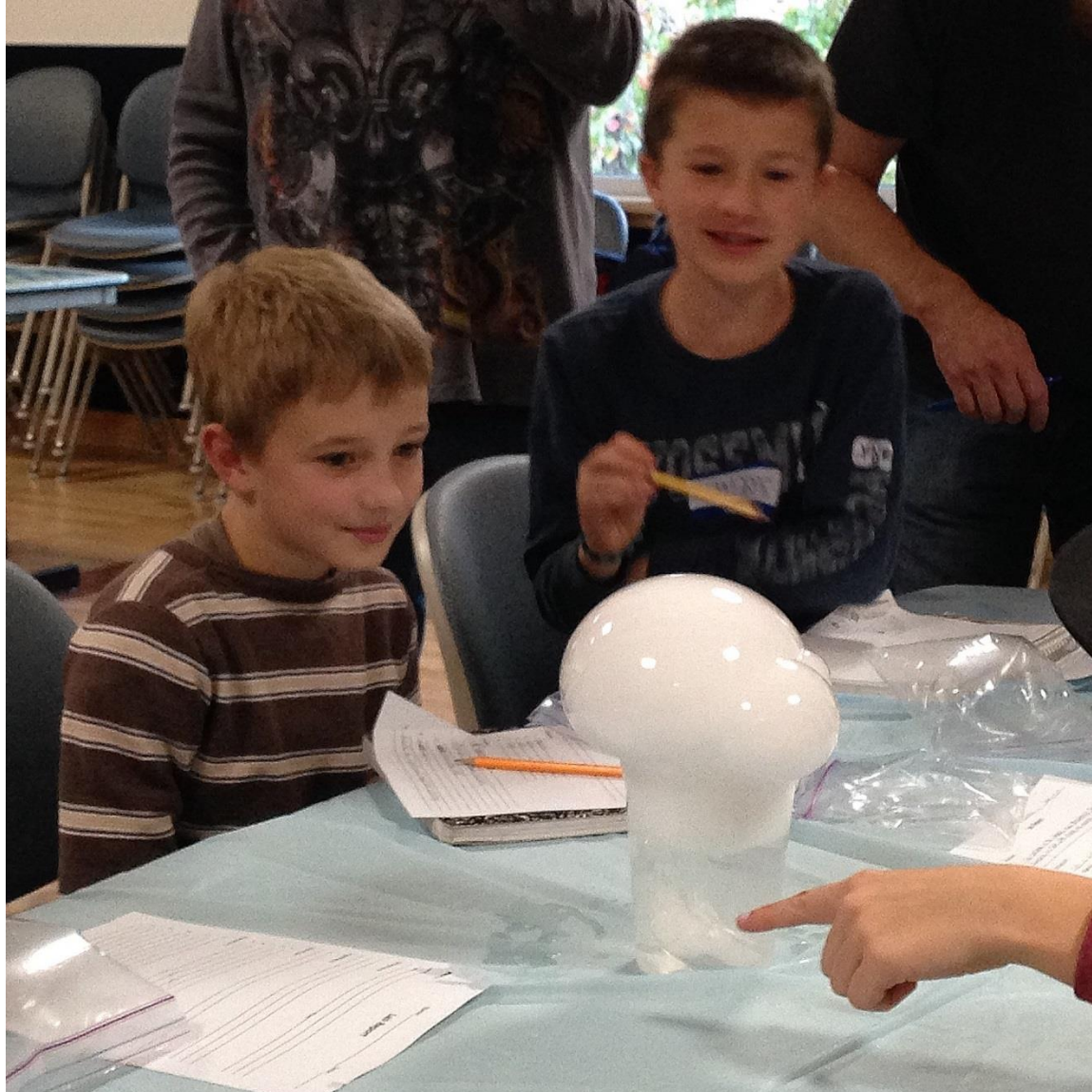


I collected the DNA of a strawberry using simple materials (water, salt, rubbing alcohol, dish soap and a strawberry) found around the house. I was surprised at how easy it is to do this experiment. It was really exciting to see the chemical reaction bubbling and unwinding the strawberry's DNA. I learned that all living things have DNA in their cells that allows them to become what they become. --Andrew

Strawberry DNA Extraction Lab-- The lab that was my favorite was the lab when we extracted DNA from strawberries. DNA means Deoxyribonucleic Acid. It was my favorite because it was cool to see the DNA come out of the mashed strawberry. Even though I had done this lab before at school it was still cool to do it because the DNA was very interesting to observe. The DNA

was like a string of white bubbles floating to the top of the vial it was concealed in. for these reasons the Strawberry DNA extraction lab was my favorite. --Lance

My favorite activity in SET was the dry ice activity. I liked it because I got to have ice cream made from dry ice the flavor was vanilla. The ice cream tasted good and they served it with chocolate sauce. But the only problem was it was hard trying to tell the difference between dry ice and a chunk of ice cream, but we were able to so no one was hurt eating ice cream. --Holman



At one of our meetings for SET we tried to build a park. During this activity there were teams and each team had a different part of a park. These included things like plumbing, placement of fields for sports and gardens. Some things I learned were that there are many different jobs for building a park and that these different jobs should work together because at the end of our session, our park had important details which were being crossed over and blocked out. --Spencer



Carlmont Gardens Caroling

UPCOMING COUNTY EVENTS

Want to Find Out About 4-H at the County Level?

You can subscribe to *Highlights*, the San Mateo County 4-H monthly online newsletter. To do this:

Go to www.cesanmateo.ucdavis.edu/
Click on "4-H Youth Development Program".
In the little purple box, click on "4-H Highlights".
Submit your email address in the box.

[Download and view the newsletter here.](#)

HTML Link: <http://ucanr.org/sites/smsf4h/?newsitem=44281>

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Next newsletter deadline: Wednesday, February 5, 2014

Email newsletter articles to Christine Barginier cmbargan@comcast.net

