
SAN CARLOS EATON HILLS 4-H

<http://sancarlos4h.org> | Next Meeting November 15 @ Clifford School

Upcoming Club Events

General Meeting

Tuesday, November 15
Clifford School MUR

General Meeting

Tuesday, December 13
Clifford School MUR

Holiday Caroling

Tuesday, December 6
Carlmont Gardens Nursing Home

General Meeting

Tuesday, January 17
Clifford School MUR

Pre-Fair Families Meeting

Tuesday, January 24
Clifford School Library

Record Book 101

Tuesday, January 31
Clifford School Library

General Meeting

Tuesday, February 14
Clifford School MUR

President's Message

Hello 4-H'ers,

I hope you are having a lovely November!

This month our club will be hosting our annual toy drive, so please bring a toy to support the children at the St. Francis Center. I hope we can all contribute and help bring a little joy to the lives of these children.

Also, at our November meeting several of our projects will share what they have started working on this year, so be prepared to practice your public speaking skills. Plus, we'll be taking the club photograph, so don't forget to smile!

Best,

Sebrienne Ferguson

NOVEMBER THEME: Bring a toy!

Toy/Gift Drive at the November Meeting

Our club is collecting toys for St. Francis Center in Redwood City. St. Francis Center provides a variety of services for very poor families. In December, the center's "Christmas Store" gives their client families an opportunity to select one or two toys for each child in the family. Often these are the only toys a child receives all year.

Please bring a new unwrapped present for a young child or teen to the November meeting. Some items the St. Francis Center would especially like are:

For younger children:

- Trucks
- Dolls
- Art projects
- Toy pets (dogs and horses)
- Games

For teens and tweens:

- Hair clips and ties
- Blow dryers, curling irons, hair straighteners
- Jewelry or watches
- Cologne
- Scarves
- Sporting attire: caps, t-shirts and sweatshirts (No red or blue, please)



For all the kids:

- Sporting goods of all kinds
- Indoor soccer equipment
- Volleyballs
- Basketballs
- Jump ropes
- Yoga mats
- Pull-up bars
- Whiffle balls and bats

Thank you for giving generously to make this holiday special for many needy families!

Say "Cheese"!

At the November meeting we will be taking a group photograph of all club members. The photo will be posted on the club web site. We also use this photo in thank you notes to our supporters. Don't miss this meeting! Come prepared to smile!

Tri-Tip Dinner a success!

The annual Lions Club Tri-Tip dinner was a tremendous success! A special thank you to Katherine Schembri and Sue Gower for organizing and leading the team of 4-H youth members and adults.



Everyone had lots of fun and the dinner ran smoothly -- the guests all got their dinners while still hot and all seemed to enjoy meeting our youth members! What a wonderful opportunity for not only the youth members to learn some basic life skills on serving etiquette and food preparation, but also to be able to network with potential buyers for those with market animal projects.



Thank you again Katherine and Sue!
Job well done!



County 4-H Awards Ceremony

The annual San Mateo/San Francisco County 4-H Awards Ceremony will take place on Monday, November 28 at 6:30 p.m. at Fox School in Belmont, followed by the County Council meeting. Everyone is welcome to attend. Light snacks will be served.

All primary members and members who have earned stars for the 2015-2016 program year will be recognized. Adult volunteers with 5, 10, 15, 20, 25, 30 and 35 years will also be honored.

Several 4-Hers from the San Carlos Eaton Hills club will be recognized for their special achievements including: Bronze Star winners Andrew Gould and Anthony Musch, and Silver Star recipients Anthony Musch and Anna Smith.

In addition, Elise Wacha will receive an award for her archery shoot. The 2016 Statewide Postal Archery Match took place in the Spring. 4-Hers shot at 10 yards, 20 yards, and 30 yards for juniors. Intermediates shot at 20 yards, 30 yards and 40 yards. Seniors shot at 30 yards and 40 yards. Sixty three participants took place in the Intermediate Match at 20 yards and Elise Wacha took second place. She received a pin. The participants in the Intermediate Match were McKinley Desbrisay, Sam Fine, and Elise Wacha.

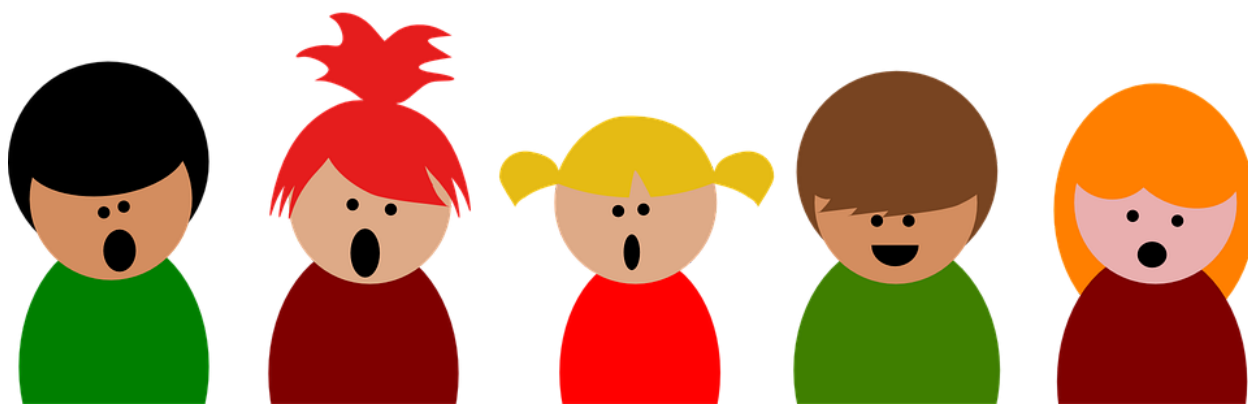
Congratulations to everyone!

Holiday Caroling

It's time to put on your Santa and elf hats, enrobe yourself in garlands, and head over to Carlmont Gardens for caroling to the residents. Please assemble in the lobby. Singing will begin after the residents have had their dinner. Lyric sheets will be provided. Local celebrity guitarist Jim Stevens will be accompanying our singing.

When: Tuesday, December 6, 6 p.m.

Where: Carlmont Gardens, 2140 Carlmont Drive, Belmont



Make a Holiday Card at the November Meeting

At the November general meeting we will be making holiday greeting cards to give to the residents of the Carlmont Gardens Skilled Nursing Facility and Convalescent Home. Every club member is encouraged to contribute!

Member Reports

Computer Programming

At computer programming we talked about computer programming, what programming is, and some of the important parts of coding. After that, we learned a little bit about how scratch worked, and then we all got to try and make our own scratch projects. When we were all done making our projects, we could show them to the rest of the group. It was a lot of fun.

--Gus Enthoven



Farm Clean Up

In October many 4-H members helped clean up the 4-H Farm in Eaton Hills. We helped build a retaining wall behind the new goat pen. My big bro, Asher, carried about 800 pounds of cement mix to the cement mixer! Logs and other debris were hauled away, the "Knoth Knoll" planting area was spruced up and new compost was added in from our own

compost area. (Did you know that our compost won a ribbon at the County Fair?) There will be more ways to help out at the farm in the future so watch for information in emails and our newsletter. Farm clean up days are really fun and everyone, young and old, is included in the work...even if you can't carry 80 pound bags of cement! --Alex Becker



At our first unofficial Market Poultry Meeting, we cleaned up the farm. The goat barn was torn down, and so we cut it up into pieces and carried it to a dumpster. It was very fun but challenging to try and figure out how to get some of the sheets of metal wider than the path we had down to the dumpster. After we finished that, some of the moms and kids there planted trees out front, while the others lugged 80-pound bags of concrete up to the top of the farm. We had a cement mixer up there, and we filled in one of the hollow walls of the future goat barn with concrete. There were a few jobs that people were doing. Some were dumping dry concrete into the mixer, a few were spraying water into the mixer, one person was turning the mixer on and off, some people were shoveling wet concrete into the wall, and finally, some were either poking the concrete to settle it, or hitting the wall with a hammer to do the same thing. I can't wait to see how the goat barn looks when it's finished! --Samantha Campbell

Hands Across The Generations

At this month's meeting, we made beaded key chains with the seniors. We also got to meet our new project members and learn about the disabilities seniors may have. I'm excited for our next meeting! --Taylor Meeks

Healthy Salad Recipe

As the Healthy Living Officer for our club I am supposed to share healthy recipes with the people in the club. Because Thanksgiving is coming up soon I decided to share a recipe that you could serve with the turkey and stuffing.

In my family we eat a lot of salad and we have figured out a generic salad recipe. It is very simple and can be easily modified.

For this Salad:

- Choose One Type of Lettuce
 - Spring Mix
 - Romaine
 - Arugula
 - Spinach
 - or mix
- Choose One Fruit
 - Apples
 - Pears
 - Persimmons
 - Beets
 - Strawberries
 - Etc.
- Choose One Nut
 - Toasted pecans
 - Walnuts
 - Pistachios
 - Etc.
- ~Optional~ Choose One Dried Fruit
 - Cranberries
 - Blueberries
 - Cherries
 - Etc.
- Choose One Cheese
 - Parmesan
 - Goat
 - Feta
 - Blue
 - Gorgonzola
 - Etc.
- Dressing: White Balsamic Vinegar, Walnut Oil (or other oil: Olive Oil, Pecan Oil, Pumpkin Seed Oil, etc.) Salt, Pepper



Mix all ingredients in a bowl. For dressing put equal parts oil and vinegar in a jar. Add salt and pepper. Shake well to combine. Pour dressing over salad and enjoy!

Some of our favorite combinations are:

- Apple, Pecan, and Parmesan
- Persimmon, Pistachio, and Goat Cheese
- Strawberry, Walnut, and Feta
- Beet, Pecan, and Goat Cheese
- Pear, Pecan, and Blue Cheese

--Alexandra Gische



Lions Club Dinner

This month I volunteered to help at the annual Lions Club Tri-Tip dinner. My serving partner was Quincy Thuener. At the start of dinner, I was responsible for serving the butter and Quincy served the rolls. We served the main dinner to two tables. At the end of dinner, I helped serve desserts and coffee. I had so much fun and got to speak with so many people. I might even have a potential buyer for my lamb! I plan to help again next year! --Tia Chan



On Saturday the 5th I volunteered at the Lion's Club tri-tip dinner. We served the Lion's Club members and their guests. I saw Bruce and Maeve, and also some of my neighbors. For appetizers we had bread and salad. For dinner, we had tri-tip, corn and beans. And then for dessert each table got a platter of cookies and pastries. My favorite part about volunteering was meeting new people and getting to help out. I would recommend it to any 4-Her that wants to help. --Peyton Steitz

Saturday, November, 5 was the Lions Club Tri-tip Dinner. As always, 4-H provided waiters and food prep people to help out at this event. This year, I helped, along with Quincy, Millie, Adele, Ian, Devon, Tia, Alex, Anna, Emma, Alexander, Adrian and Logan. Some of the tasks we were asked to do were to stir the beans, cook the corn, cut the butter, toss the salad (in the bowl not the trash), make coffee and drool over the tantalizing aroma of the tri-tip. Everything went out in rounds. First, the rolls, then the salad, then the main course of tri-tip, corn and beans, and finally dessert and coffee. Serving the coffee with Alex was the most fun because the cart had all the coffee trimmings and it kind of felt like we were flight attendants. Before the raffle and live auction, one of the Lions invited us to come up to the front and introduce ourselves and say which projects we were in. Afterwards we put away the tables and swept. We were done earlier than usual and it was a lot of fun. This is the second year I have volunteered at this event and I would definitely recommend helping out in January 2017 at the Lions Club Crab Feed and at next year's Tri-tip dinner. --Nora Schembri



The Lions Club Dinner was on November 5. Some 4-Hers went to help out. We passed out the food and helped with the live auction. I had a very nice table and I got a potential buyer for my goat! After we served the food, there was a live auction and ticket pull. I helped out by pulling the tickets. At the end of the night we got to eat some pizza and the extra desserts. --Quincy Thuener

Presentation Day

Please mark your calendars for Saturday, February 11, 2017. It's PRESENTATION DAY. Presentation Day is a county wide 4-H annual event. It is a fun way to present something you're learning about in one of your 4-H projects. And, it's a good idea to begin thinking about that now. Here's what the County 4-H website says about it:

Think about demonstrating something you've learned related to a 4-H project or a skill or talent that you have. A presentation is simply sharing your knowledge of a topic with others. The idea is to develop your public speaking skills so that you feel comfortable

talking or performing in front of people. Get started now. Your project leaders can help in selecting and preparing your presentation. You can also check out the new Presentation Day Manual for more information <http://www.ca4h.org/files/2193.pdf>.

There are many ways to get involved with Presentation Day. If you don't want to present or demonstrate something, there are a lot of other fun things you can do such as: being a Junior Judge, a room host, a runner, participate in a skit with a group, perform a talent such as dancing or signing, or you can just go to see other people present. If you would like to develop your presenting skills, it's not too late to join the Presentation Project lead by Loraine Heitel (Ryan's mom) or Mrs. Smith (Anna's mom).



Presentation Day is a really fun event that you won't want to miss. The whole family can come and you can invite friends as well! Again, please mark your calendars for February 11, 2017.

--Asher Becker, Club Historian



Plenty of Projects

I really like 4-H because it's fun and you get to do a lot of things. You can do different animal projects but if you don't like animals or you are allergic to animals you can go into a different project. SET was a project I liked because you can do cool things like the egg drop. We made a fortress to protect the egg then we dropped it off the balcony at the library. I am looking forward to the market goat and market chicken projects this year. Two weeks ago I helped at the farm. The dads demolished the goat barn so we took the wood down to the dumpster. A new goat barn will be built. I think the goat project will be fun this year. --Roen

Thuener

County Calendar Events

Awards Ceremony	11/28/2016
Presentation Day	2/11/2017
Life Skills Day	TBD
San Mateo County Field Day	4/16/2017
4-H Summer Camp	7/16-7/21/2017

For a complete list of events, visit the [4-H County Web site](#) calendar page.

Do you want to learn about 4-H at the county level?

Check out *Highlights*, the San Mateo County 4-H monthly online newsletter. You can download and view the newsletter [here](#) or you can subscribe to receive the newsletter in your email every month:

- 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.

Next newsletter deadline: Monday, December 5, 2016

Email newsletter articles and photos to jamievorzimmer@gmail.com. Thank you!



Club Officers President: Sebrienne Ferguson Vice President: Ryan Heitel Secretary: Quincy Thuener Corresponding Secretary: Elise Wacha Treasurer: Nathalie Farkas Sergeant At Arms: Sofia Demers Jr. Farm Boss: Anna Smith & Emma Loaiza Healthy Living Officer: Alexandra Gische Membership: Maya Donovan Historian: Asher Becker Photographer: Alice Demers Community Leaders Linda Wacha 650.245.0318 Katherine Schembri 650.365.2331 Maria Smith 650.867.9773	Steering Committee Anne Allen Keith Farkas Jason Gische Kim Gische Rita Gould Donna Howe Kim Machado Cristina Meeks Jeanine Musch Aida Paragas Katherine Schembri Maria Smith Erica Thuener	Registrar Jason Gische jgische@yahoo.com Projects Coordinator Beth Enthoven 650.207.3735 Farm Boss Hanno Nehrenheim hannon@centriconn.com Farm Manager Jeanine Musch 650.592.9701	Webmaster Robert Lewit robert.lewit@gmail.com Newsletter Editor Jamie Vorzimmer jamievorzimmer@gmail.com
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