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# SAN CARLOS EATON HILLS 4-H

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<http://sancarlos4h.org> | Next Meeting February 14 @ Clifford School

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## Upcoming Club Events

### General Meeting & Potluck

Tuesday, February 14  
Potluck 6:30 p.m., Meeting 7 p.m.  
Clifford School MUR

### Steering Committee Meeting

Tuesday, March 14, 7 p.m.  
Clifford School Library

### General Meeting

Tuesday, March 21, 7 p.m.  
Clifford School MUR

### General Meeting

Tuesday, April 18, 7 p.m.  
Clifford School MUR

### Farm-to-Fair Meeting

Tuesday, April 25, 7 p.m.  
Clifford School Library

### General Meeting

Tuesday, May 16, 7 p.m.  
Clifford School MUR

### Hometown Days

Saturday, May 20 - Sunday, May 21  
Burton Park

### San Mateo County Fair

June 10-18

## President's Message

Happy February 4-Hers!

This month we will continue the tradition of holding a club-wide potluck at our general meeting. Come early to enjoy freshly baked lasagna, garlic bread, salads, and desserts with your fellow 4-Hers. As usual, bring your own plates and eating utensils, because they will not be provided in an effort to reduce the amount of plastic and waste produced.

Sincerely,

President Ferguson

### FEBRUARY THEME:

**Bring reusable, washable utensils and plates!**



## Potluck Dinner at the February Meeting

The February meeting is our annual potluck dinner. Dinner starts at 6:30, before the general meeting. All parents and kids are welcome.

Let's show our love for the planet by making it a zero-trash dinner! Please bring your own reusable plates, cups, silverware, and napkins.



For the potluck, the Junior Teen Leaders will bring lasagna. There will be meat and vegetarian options.

The rest of the club brings the rest of the meal. If your FIRST name starts with:

- A-G, bring a salad,
- H-M, bring a dessert, and
- N-Z, bring a bread.
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Also, please also bring serving utensils labeled with your name as needed for your contributions.

Upon arrival at the meeting, be prepared to indicate if your dish contains any common allergens such as nuts.

If you are gluten free or have other dietary restrictions, please contact Kim Gische at [kgische@gmail.com](mailto:kgische@gmail.com) no later than 5pm on Sunday, February 12, to ensure we have options for all.

## Steering Committee

Please join your 4-H leadership team on March 14 at 7 p.m. for a planning meeting. We especially need all who are organizing aspects of Hometown Days to be present. The meeting will be held at Clifford School in the library. All club adults are welcome and encouraged to attend.

## Double Meeting in May

The night of May 16 we will hold two club meetings back to back. Mark your calendar now. This way we will complete 10 club meetings before the County Fair begins in early June. If you need 80 percent attendance because you plan on showing an animal at the Fair, be sure to attend the May meeting.



## The Fair is coming!

Believe it or not the San Mateo County Fair is just around the corner! Our club will be hosting the all 4-H potluck and barbecue on the first Saturday of Fair, 10 June. All members are encouraged to participate, even if they are not showing at Fair. It is a great way to experience the fair atmosphere and share a meal with 4-H friends.

Please consider contributing items, funds or your time to help us continue this amazing tradition by signing up! Please go to the link below on SignUpGenius to sign up! OR look for Linh Chan at the general meetings to sign up. [www.SignUpGenius.com/go/10C0C4FAFAE22AAFD0-fair1](http://www.SignUpGenius.com/go/10C0C4FAFAE22AAFD0-fair1)



## Help with SPCA donation drive

4-Her Andrew Gould is doing a donation drive in April for the SPCA animals. Here is a partial list of items needed, which focuses on dogs, cats and small mammals such as rabbits, guinea pigs and mice. Busy Bunny products are really the best and safest products for rabbits. They can be found in stores and online at <https://busybunny.com>.

The link for the complete donation list for pets and wildlife is at: <https://phs-sPCA.org/donate/wishlist.html>. Please bring donations to the April general meeting or drop items off at the Gould house at 1316 Cordilleras Ave, San Carlos.

For all the animals:

- Towels (used or new)
- Blankets (used or new - unstuffed!)
- Paper towels
- Newspapers
- Heating pads (without auto shut-off)
- New small squirt bottles

For the dogs:

- Dog Treats: [Charlee Bears](#) and [Natural Balance Rolls](#)
- Harnesses (preferably "Sensation" or "Easy Walk" harnesses)
- New or clean collars and leashes (size small needed most)

- Kongs (all sizes, especially Extreme and/or X-Large Kongs)
- Kuranda dog beds: visit [www.kuranda.com/donate/5708](http://www.kuranda.com/donate/5708)
- Virtually Indestructible Best Ball for Dogs (any size)
- Pill pockets
- [Large Monkey Fist Rope Tug by Mammoth](#)
- Hot dogs (low sodium preferred)
- Canned gravy-type food
- Aroma Therapy Scents (Rose, Sandalwood, Sweet Orange, Vanilla, Ylang Ylang, Marjoram and Lavender)
- Nylabone chews (medium/large-breed size)
- Creamy peanut butter (unopened)
- Rope toys
- Kong brand stuffed dog toys

For the cats:

- Fancy Feast or Friskies cat food (for tempting finicky eaters)
- Canned tuna
- Unscented clay cat litter
- Stretch & Scratch pads ([www.stretchandscratch.com](http://www.stretchandscratch.com))
- Ping-pong balls
- Pipe cleaners
- Feather toys
- Cardboard cat scratchers
- Cat treats and Greenies
- Catnip
- Long cat wands
- Cat puzzle toys
- Cat beds
- Unscented baby wipes for our kittens
- Large shoeboxes (without lids) for the cats to sleep in
- Laser pointers



For the small animals:

- Untreated wicker items for our rabbits to chew on (baskets, balls, knick-knacks, etc.)
- Wooden houses and tunnels for our rabbits to hide in and chew on
- Super Pet Large Comfort Exercise Wheel (8.5" diameter)
- "Silent Spinner" Exercise Wheels (6.5" and 12" diameters)
- [Rattle roller](#) Busy Bunny Products
- [Deluxe Hopper Hideway](#)
- [Cottontail cottage](#)
- [Mats & Rings Value Pack](#)

Items we **cannot** use (Please do **not** leave these items with us; disposal fees can be expensive.):

- Opened or expired food
- Medical supplies (human or animal)
  - i.e. Medications (including Advantage), syringes, bags of fluids, gauze, etc.
- Used ink/toner cartridges
- Old cell phones
- Pillows

- Sheets and pillowcases
- Comforter (any stuffed blankets)
- Electric blankets
- Cushions
- Carpet/Carpet Remnants
- Small boxes
- Shredded paper
- Empty toilet paper or paper towel rolls

Thank you for your support!

## Member Reports

### CAL Conference

I attended the CAL Conference on January 27-29. I was a cabin leader and a workshop presenter. It was a great experience and I made a bunch of new friends as well as reconnecting with old ones from years past. Even though I didn't get to attend all the workshops, I still learned a bunch about leadership and hope to go again next year. --*Elise Wacha*



### Dog Project

Last weekend my Mom and I went to the dog show for my dog project. It was awesome! I saw a bunch of different dogs, my favorite one was the corgi. If you like dogs I think you should check out what kind of dog is right for your family. --*Noah Meeks*

### Goat Project

This past weekend I visited the goat barn, which is being built at the 4-H farm. We planned where the area for the food management, feeders and waterers will be. We also thought of where the gates should be and what gates we will use. The goats will be coming to the farm on March 5<sup>th</sup>. Three of us will be raising goats this year and I am super excited! --*Roan Thuener*



At the recent goat meeting we talked about the breeds of goats and the goat associations. We learned what ABGA stands for; American Boer Goat Association. We also planned the date we are getting the goats, March 5<sup>th</sup> and discussed fair. The last weekend in January we visited the goat barn at the farm. It is half built so far and we were able to give ideas on how to complete it for the most efficient use. We discussed placement for the food and water bins, cool spots for the goats to play on and a great pathway up to the field. I can't wait to see how the goat barn turns out and I am super excited for fair! --Quincy Thuener



Me and my goat Phil last year in front of the old goat barn.

### Hands Across the Generations January Meeting

This past meeting we went back to the Elms after a holiday break and got to see some familiar faces. We made valentines day signs for their doors to help them decorate their apartment. We used felt place mats to make the sign, and hearts and patterns to finish off any look they would like! --Taylor Meeks



### Intermediate Archery

We had our 4<sup>th</sup> Intermediate Archery Project meeting at Palomo Archery Mountain View. We have been working on our posture and our anchor point. We have also been working on shooting at different distances. Mr. Wacha pinned up playing cards to use as targets. Two of us hit cards! We did a similar game with balloons – some of which were filled with baby powder! Last meeting we shot outdoors at Kings Mountain Range and we will do that again next

month. It has been good shooting both indoors and outdoors and to learn different things from both. --Alex Becker

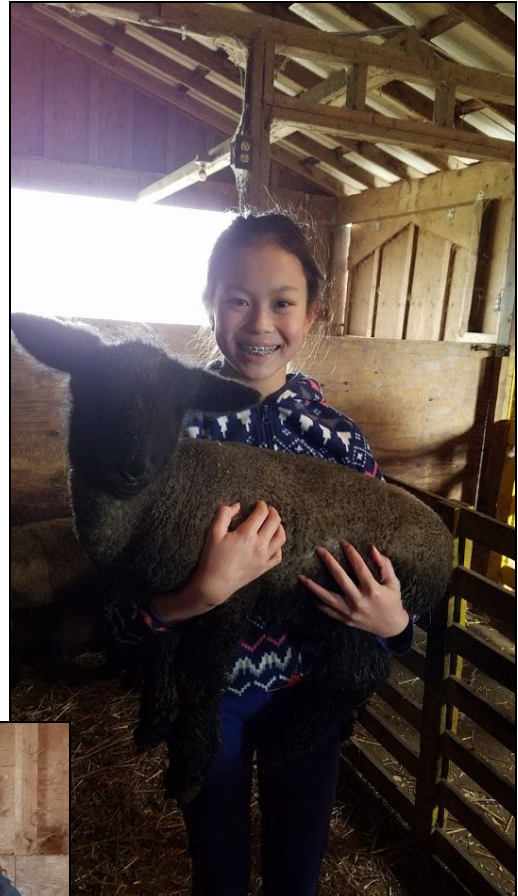
## Intermediate Cooking Project

In our February meeting, everyone brought in different ingredients. What we ended up with were coconut milk, tea, oranges, berries, peppermint sticks, and Nilla wafers. With them we made a green tea custard with a fruit compote and a peppermint meringue. The meringue was very fluffy and the custard was very creamy. They were both very tasty. --Kelsie Garay

## Lamb Project

On January 14, I went to a local breeder in Santa Rosa with my lamb project. We got to see, vaccinate, and castrate baby lambs. They were so CUTE! We also got to feel and look for good meat and body structure. We also got to learn how to trim the hooves. This was an amazing experience and if I had the choice to do it again next year I definitely would. --Tia Chan

The last lamb project meeting, held in January, was super fun. Along with kids from the Canada club, the lab project members and I went out to Pete's lamb farm to get experience working with the baby lambs. We got to castrate, vaccinate, clip hooves, and dock tails. It was an incredible experience and not one that I think many people get to have. I am so excited to get the lambs and know we are all going to have an amazing time. --Elise Wacha





## Lions Club Crab Feed

On 28 Jan, I participated in the Lions Club Crab Feed. I got to serve tables and meet new people. I also got to serve the community which is a great and amazing thing to do especially for the Lions Club. It's a good experience to have. --*Tia Chan*

In January I attended the Lions Club crab feed. At the crab feed we got to help serve the Lions Club members. We went around and cleared tables. We also had carts that we got to use to help carry food and garbage. My favorite part was going around and serving the tables because everyone was very appreciative of our work. I also saw some people I knew that were there. This event was a lot of fun and I would highly recommend all of the Lions Club dinners. --*Peyton Steitz*



## Presentation Day

We held a Dress Rehearsal for Presentation Day. As a project, we have learned about the different types of speeches that can be given at Presentation Day. We have been working on using good eye contact and body language, projecting our voices and being clear communicators. I will be giving an Illustrated Talk at Presentation Day and performed this talk for our Dress Rehearsal. Other members did a Demonstration Speech, an Educational Speech, or a mock interview. Our project leader and JTL judged us and we were all able to give each other feedback. This will be helpful when we deliver our speeches on Presentation Day. Mrs. Heitel has been a great Project leader and her son, Ryan is our JTL. I highly recommend 4-Hers consider this project next year. --*Asher Becker*



## The Rabbit Husbandry Project

Rabbit Husbandry is a fun project where 4-H'ers learn how to take care of pet rabbits.

We play fun and educational games to learn about rabbit care, and leaders and JTLs make presentations about rabbits (e.g. rabbit diet, housing, etc.). Also, there are crafts, some of which can be given to your rabbit or guinea pig.

You can also learn how to handle rabbits (pick them up, give them treats, and so on).

Rabbits are present at every meeting, and sometimes we get to have them on our laps.

Rabbit Husbandry is open to all ages, though it is most popular with younger kids (5-10 years).

You do not need to own a rabbit nor have prior rabbit experience to enjoy and learn from this project.

I hope you give it a try! --Aaron Larson



## Turkey Project

At the last turkey project meeting, we were all busy preparing for the arrival of the turkeys. We have a meeting planned to go to the farm and make sure that everything is ready for when they arrive. We are all very excited and well prepared to figure out our way to make this project the best it can be. I am looking forward to a great year at the farm and fair. --Elise Wacha

## County Calendar Events

<a href="#">Presentation Day</a>	2/11/2017
Life Skills Festival	4/15/2017
<a href="#">San Mateo County Field Day</a>	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/](http://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, March 6, 2017**

Email newsletter articles and photos to [jamievorzimmer@gmail.com](mailto:jamievorzimmer@gmail.com). Thank you!



<b>Club Officers</b> President: Sebrianne 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  <b>Community Leaders</b> Linda Wacha 650.245.0318 Katherine Schembri 650.365.2331 Maria Smith 650.867.9773	<b>Steering Committee</b> 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	<b>Registrar</b> Jason Gische <a href="mailto:jgische@yahoo.com">jgische@yahoo.com</a>  <b>Projects Coordinator</b> Beth Enthoven 650.207.3735  <b>Farm Boss</b> Hanno Nehrenheim <a href="mailto:hannon@centriconn.com">hannon@centriconn.com</a>  <b>Farm Manager</b> Jeanine Musch 650.592.9701	<b>Webmaster</b> Robert Lewit <a href="mailto:robert.lewit@gmail.com">robert.lewit@gmail.com</a>  <b>Newsletter Editor</b> Jamie Vorzimmer <a href="mailto:jamievorzimmer@gmail.com">jamievorzimmer@gmail.com</a>
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