
SAN CARLOS EATON HILLS 4-H

<http://sancarlos4h.org> | Next Meeting September 19 @ Clifford School

Upcoming Club Events

General Meeting

Tuesday, September 19
Clifford School MUR

New Parents Meeting

Monday, September 25
Clifford School Library

Returning Parents Meeting

Tuesday, September 26
Clifford School Library

Project Leaders Meeting

Tuesday, October 10
Clifford School Library

General Meeting

Tuesday, October 17
Clifford School MUR

General Meeting

Tuesday, November 14
Clifford School MUR

General Meeting

Tuesday, December 12
Clifford School MUR

President's Message

Welcome 4-Hers -

Hello, I'm Ryan Heitel, your president and glorious leader for the next year of 4-H. I hope to make this one of the best years we have had in the club, full of new projects, lots of learning, and lots of fun with friends. Oh Yeah, and Fair. 4-H has been a big part of my life for the last 9 years, and I hope it will be a big part of your life, too.

We are lucky to have a really big club, which is great except that it can make meetings challenging. We are lucky this year in that we have a new sound system, which should help. Just a friendly reminder to parents - 4-H is one of the few organizations that is kid led, so make sure to sit in the back and let the kids sit in the chairs up front. Oh yeah, and as a side note, just because you are in the back, doesn't mean we can't hear you.

I hope that this will be a great year, and remember to wear green and white for the first meeting.

SEPTEMBER THEME: Wear Green and White!



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Returning Parents Meeting Sept. 26

Welcome back to another great 4-H year! 4-H cannot exist without parent participation. Our members have requested some exciting, new projects that require parent support in order to happen. *We need new, enthusiastic leaders and assistants!* Please attend this meeting to learn what our club is planning and how you can contribute to a fun and meaningful 4-H year.

Returning parents, do you have a child who *might* raise an animal on our farm this spring? If so, you must come to this meeting. Once we go over general business of the year, we will dismiss those parents not involved with farm animals, and hold a special planning meeting regarding farm animals.

New Parents Information Meeting Sept. 25

Do you know of any families who are interested in learning more about 4-H? Invite the potential 4-Hers and their parents to attend our Club's General Meeting on September 19, and invite their parents to attend the New Parents Information Meeting on September 25 at the Clifford School Library. This meeting (*for parents*

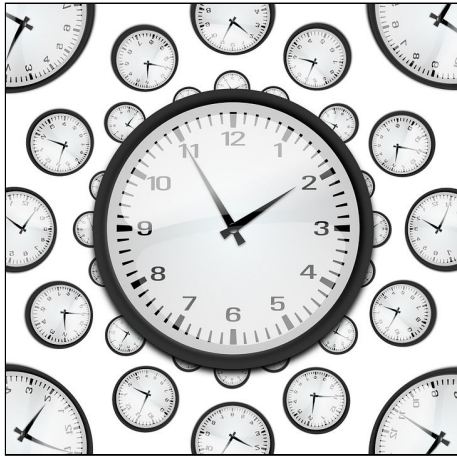


only, please) will inform them about our Club's programs and activities, and we will try to answer all their questions about 4-H. For more information, call Linda Wacha at (650) 245-0318.

FOLLOW YOUR PATH!

*You have to do your own growing no matter how tall
your grandfather was. --Abraham Lincoln*

It's Time to Register Again



Returning youth members and adult leaders *must* re-register for 4-H *immediately*. Fees for youth members will be \$70.00 per child, with no fee for adult leaders. Please bring your fees (check or cash only) to the SEPTEMBER GENERAL MEETING so we can complete this task immediately. Please note that health forms are now online, so if you have completed them online you do not need to bring a copy to the meeting. We encourage all 4-H parents to register as volunteers. Registered adult volunteers receive liability protection for all 4-H sponsored events (such as driving for field trips and visiting the farm).

The 4-H fee covers State and County dues, insurance for 4-H members at 4-H events, and insurance and fees for parent volunteers. Once these expenses have been

covered, the rest is used by our club to pay for food and supplies for meetings and special events.

You can learn more about our budget at the October general meeting when the club members approve the budget for the coming year. All returning members must be fully registered and paid by October 31, 2017, to be considered "in good standing" for the 2018 San Mateo County Fair. Got questions? Contact our registrar Jason Gische at jgische@yahoo.com.

This Year's Projects

Many thanks go to the parent volunteers who have enthusiastically offered to lead projects for the 2017-2018 year. If you would like to lead or co-lead a project this year, please promptly contact Beth Enthoven at beth@enthoven.org or at (650) 207-3735.

4-H Members: Please think about the projects you are interested in. Sign-ups will be at the Project Fair after our General Meeting on Tuesday, October 17.

Why should you volunteer?

"We could never accomplish all that we have accomplished and we will never achieve all that we dream without you! What you do matters, how you do it matters!!! Hence, what we do in life, echoes in eternity!" --*Fellow 4-H member on why 4-H matters!*

Officer statement for Co-Sergeant at Arms

4-H is an amazing community that allows people to make friends in a constructive learning environment. By taking on the position of Co-Sergeant at Arms I hope to help 4-Hers enhance their experience as much as possible. I wish luck to both new and old 4-Hers as they head into this school year.--David Chabra

SMC 4-H Volunteer Workshop

Save October 21st, 2017 for our annual 4-H Volunteer workshop.

Oct 21st, 9 - Noon, Messiah Lutheran Church. 1835 Valota Rd in Redwood City

This event will emphasize 4-H practice. How to work with youth and conversely, how youth can work with adults. We'll have forums for project leaders (new and returning), for community leaders, and for the entire 4-H community. (We will have Live Scan there as well, a bit earlier than last year).

We're encouraging all middle- and high-schoolers to come. This event counts for significant leadership credit in record books, so be there!

Former San Carlos Eaton Hills 4-H Member Awarded 4-H Diamond Clover Award



Laurel Nelson (SCEH 2008-2016) was awarded the California 4-H Diamond Clover Award this past July. This award is the highest achievement for which a 4-Her can be recognized. To qualify for this recognition, a 4-Her must meet numerous requirements in the areas of leadership, public speaking, civics and community service at County, State and National levels. Laurel is the second SCEH member to achieve this coveted honor. Kate Lyn Sutherland (SCEH 2006-2014) received the award in 2014. Way to go SCEH!

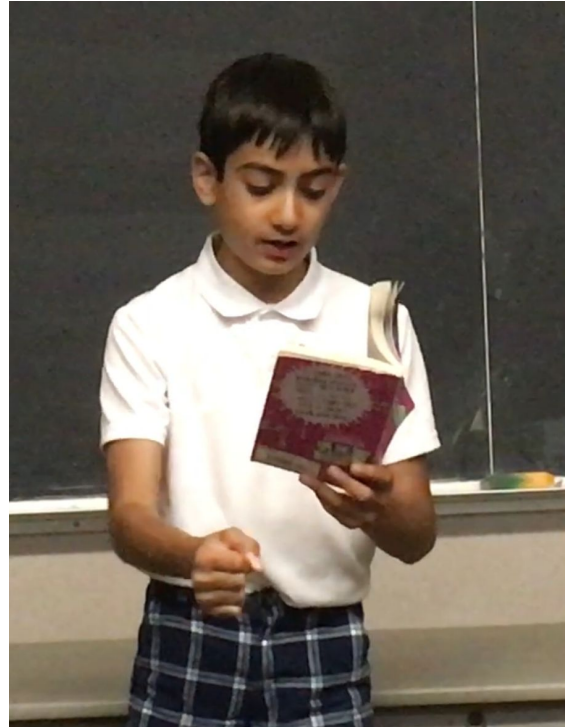
Laurel (left), Kate-Lyn (right)

Member Reports

State Field day

On May 27, 2017, at UC Davis, 4-H had the annual state Field Day. There were 300 participants competing in the State Presentation competition. I was doing an interpretive reading of my favorite passage from Roald Dahl's "**The Witches**". I was in a group of 15 kids, and I listened to their readings. They were all very good, but the girl who presented the book "Water Ship Down" was especially intriguing, because I think she picked a very interesting part and emphasized it very well. The entire thing took about one hour. Afterward we got a bite to eat and drove the two hour drive home. A couple of weeks later I got my result. It turned out it was a blue ribbon. When my score sheets arrived, however, I looked at my scores to check the amount of points I got, and it turned out the lowest I had was 28/30! My mom let the county representatives know that the scores had been added incorrectly. A few weeks after that I got my actual result, which was a gold! I was very ! Good thing we checked :-)

--Kian Badiei



San Mateo County Fair



At the fair I showed my dog Coco. She is super fun to work with! The fair was so fun. I might do dogs next year!

--Noah Meeks



This year I entered woodworking projects in the fair. I won first place for my plant holder and second for my plane and toolbox. I enjoyed doing the woodworking project with my grandfather as the leader. And I loved seeing all the woodworking projects entered in the fair by our 4-H'ers! Great work! --Taylor Meeks

4-H Around Town

Rabbit Socialization



Saturday, September 2nd I was working a shift with Aaron Larson and his mother Tina. Normally, I have a favorite rabbit at the shelter that needs more TLC than the others. Velvet is a Rex REW (albino) rabbit with very sore hocks (heels). She has been feeling stressed since leaving the foster home without her babies, who are still in foster care. She has been thumping a lot, which has been hurting her back feet. I noticed her feet were sore two weeks ago, and since then she has been receiving medical attention. I help to boost her mood and help her trust humans. In this photo Velvet is climbing around my back and getting to know me. We had four 4H volunteers in total that morning so all the bunnies got plenty of attention. We have had a full house of rabbits at the two SPCA shelters this summer, but many have been adopted recently through the Clear Out the Shelters Event on August 19th and shortly thereafter. --Andrew Gould

San Carlos Car Show



On Saturday, 9 Sep, I went to the San Carlos car show. There was a little petting area for us to share our chickens. Tia, my sister, and I brought two chickens, Cloves a Dominique and Cinnamon a Golden Laced Wyandotte. We told people about 4-H and how it's not only animal projects but there are other projects like learning first aid or sewing. This was a cool experience because I got to speak with people, both adults and kids about chickens. I can't wait to do it again next year.--Zerach Chan

Last weekend I went to the San Carlos Car Show to help run a chicken booth with some fellow 4-Hers, Quincy, Peyton, and Millie. I brought 2 chickens, Cinnamon a Golden Laced Wyandotte and Cloves a Dominique. We educated the public about chickens, eggs and 4-H. We told them that 4-H is not just about raising animals, instead, it offers other options like sewing, cooking, SET, first aid and other subjects. We also told them about the difference of bantam chickens and standard chickens. We had an egg raffle, 3 fresh eggs and 6 store bought eggs. After we raffled off the eggs, we packed up our items and got to explore the car show. There were SO many cars! There were sparkly VW bugs, cars from the 1990s and big trucks. It was super cool to see all the cars that we don't normally see on the roads. The car show was so much fun and I can't wait to do it again next year!!!!--Tia Chan



Summer Activities

Cooking



This summer I learned how to fry eggs! I really like eggs for a tasty and nutritious snack and breakfast. First I go out to my back yard to collect eggs from my chickens. Then I spray cooking oil on the pan, and wait for the pan to warm up. After that, I crack the egg on the counter and then put it in the pan. After that I press down on the egg with the spatula to make it cook faster and break the yoke. After a little while I flip it over and push down on it some more, grab a plate, put on some salt and then serve it! You should learn to fry eggs too, it's fun and easy.--Roen Thuener

Work Experience

This summer, one of the most exciting things I did was intern at a veterinary clinic. Starting at the end of July, I worked full time until the end of August, right before I started school. The experience was incredibly interesting and I got to learn all about different kinds of vaccines, illnesses, injuries, animals, and procedures. My time at the clinic was spent cleaning surgical instruments, making surgery packs, helping set up and examine X-rays, observing and helping with exams, restraining animals while they were vaccinated, making vaccinations, helping with emergencies, and observing surgeries.

I took this opportunity to intern at a veterinary clinic to explore my interest in animals and a possible future career as a Veterinarian, and I loved it. The atmosphere at the clinic was very lighthearted and fun, with 70s music constantly playing in the back room, debates over last night's episode of Game of Thrones, and playful banter between the staff. The staff was incredibly nice and welcoming to me, especially the clinic's owner, who went out of his way to teach me anything I wanted to know (and some things I didn't want to know) and involve me in his exams, and even offered me an amazing job at one of his clinics. Overall, I loved being able to work with domestic animals, which proved to be an interesting change from livestock animals with 4-H.--Emma Loaiza

More Fun with Chickens



Hi there! Our names are Peyton, Tia, and Quincy. We call ourselves the 3 Chicks. We started a project this summer, raising showmanship ready bantam chickens for purchase. What are bantam chickens? They are smaller chickens, about $\frac{1}{3}$ the size of a standard sized chicken (2 lbs vs 6 - 8 lbs). We train the chickens on a daily basis by going through the steps of showmanship so that the chickens are easy to handle. These chickens will be ready if you want to take them to the San Mateo County Fair.

What is poultry showmanship? Poultry showmanship is a youth competition where youth get to demonstrate their knowledge about poultry and how well they handle their chicken in front of a judge. Bantam chickens are easier to show because of their size. This year we are raising Silver Sebrights, Porcelain d'Uccles, and Black Tailed Buff Japanese bantams. These are all bantam breeds.

If you are interested in buying one of our birds please contact us at thethreechicks17@gmail.com. For more information, please check out our website at bit.ly/the3chicks. To keep up with the chicks go to our instagram account, [the_three_chicks_2017](https://www.instagram.com/the_three_chicks_2017).

4-H Camp

This past summer, I attended the San Mateo County 4-H Camp for the fourth year in a row. Being an in-coming ninth grader, I was promotable this year (meaning that I could apply to become a leader of the camp the next year). I decided to apply and was promoted. Going to camp is such an amazing experience. The bonds that I have made with the friends I have met there are so strong that camp is like a second family we all get to have for one week a year. 4-H Camp also has many opportunities to put yourself out-there and grow as a leader and a person. I am so excited to help run the camp next year and I hope to see a bunch of new campers there as well.--Elise Wacha

County Calendar Events

<u>County Council Meeting</u>	9/25/2017
<u>National 4-H Week</u>	10/1-7/2017
<u>4-H National Youth Science Day</u>	10/4/2017
<u>Livestock Quiz Bowl</u>	10/14/2017
<u>4-H Mindfulness Retreat</u>	11/3-5/2017
<u>National 4-H Conference - Application</u>	11/5/2017
<u>National 4-H Conference</u>	4/7-14/2018

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

Want to Find Out 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, October 9, 2017

Email newsletter articles and photos to sue.gower@icloud.com. Thank you!

<p>Club Officers President: Ryan Heitel Vice President: May Donovan Secretary: Elise Wacha Corresponding Secretary: Will Demers Treasurer: Samantha Campbell Co-Sergeant At Arms: David Chabra & Asher Becker Co-Jr. Farm Boss: Anna Smith & Emma Loaiza Healthy Living Officer: Membership: Quincy Thuener Historian: Linnea Weaver Co-Recreation Leader: Noah Schembri & Ashley Vaccarella Photographer: Pablo Pinilla</p> <p>Community Leaders Katherine Schembri 650.365.2331 Linda Wacha 650.245.0318 Maria Smith 650.867.9773</p>	<p>Steering Committee Maureen Becker Anand Chabra Michelle Chabra Mag Cumbow Lisa Demers Kash Donovan Beth Enthoven Jason Gische Kim Gische Rita Gould Sue Gower Anna LeCuyer Pam Leffler Kate Pfaff Katherine Schembri Kristi Silvernail Maria Smith Caroline Spinali Erica Thuener Lauren Velasco Linda Wacha Shelley Zulman</p>	<p>Registrar Jason Gische jgische@yahoo.com</p> <p>Projects Coordinator Beth Enthoven 650.207.3735</p> <p>Farm Boss Hanno Nehrenheim hannon@centriconn.com</p> <p>Farm Manager Erica Thuener ethuener@gmail.com</p>	<p>Webmaster Robert Lewit robert.lewit@gmail.com</p> <p>Newsletter Editor Sue Gower sue.gower@icloud.com</p>

