
SAN CARLOS EATON HILLS 4-H

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

Upcoming Club Events

General Meeting

Tuesday, November 14, 7pm
Clifford School MUR

Holiday Caroling

Wednesday December 6, 6pm
Carlmont Gardens Nursing Home

General Meeting

Tuesday, December 12, 7pm
Clifford School MUR

General Meeting

Tuesday, January 16, 7pm
Clifford School MUR

Record Book 101

Tuesday, January 30
Clifford School Library

General Meeting

Tuesday, February 13, 7pm
Clifford School MUR

President's Message

Greetings 4-Hers -

Can You smell the turkey? Thanksgiving is on the way and we've planned some great activities in 4H this month. The theme of the month is "giving", and in the spirit of giving we will have our annual canned food drive and toy drive. Everyone is encouraged to bring to the meeting canned foods and an gift to donate to the Saint Francis Center. The toys must be unwrapped and in their original packaging (or at least it can't look like you took them out and played with them, even if you did). The food should be in cans or boxes. It should also taste good and there should be a lot of it. Hopefully our donations will bring cheer to those less fortunate in our community.

Starting this meeting we will start calling up members to report on what they have been doing in their projects. It is a good chance to practice public speaking and to hear about what goes on in everyone else's project. Be sure to come up when your project is called.

Happy Thanksgiving, Your President,

Ryan

NOVEMBER THEME: Bring a toy and food!



Gift and Food Drive at the November Meeting

At the November meeting our club is collecting gifts and food items for St. Francis Center in Redwood City. This center provides a variety of services for families in need. We are collecting gifts for the center's "Christmas Store." This store gives their client families an opportunity to select one or two toys for each child in the family. For many children these are the only gifts they receive over the holidays. We are also collecting non-perishable food items that the center will distribute to families during the holiday time. See the list below for items that are most needed.

Gifts (tween/teen gifts needed most) :

- hair straighteners
- blow dryers
- make up kits
- sweatshirts (not red or blue)
- technology items (headphones, etc)



Food items:

- baby food and formula
- cooking oil and ketchup
- cake mix and frosting
- jelly
- fun snacks

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

Tri-Tip Dinner a success!



The annual Lions Club Tri-Tip dinner was a tremendous success due to our amazing 4H youth and adult volunteers! We had a full house for the dinner that evening. A total of 23 tables with at least 6 to 8 guests per table. Our 4-Hers stepped up and served every guest with grace, efficiency and politeness! Teamwork definitely played a significant role in making the dinner a smashing success! Special thank you to our youth volunteers, Maya Donovan, Anna Smith, Elisa Wacha, Pablo Pinilla, Samantha Campbell, Quincy Thuener, Jayden Houston, Hayley Houston, Tia Chan, Sophia Vattuone, Peyton Steitz, Millie Garrett, Roen Thuener, and Zerach Chan! Also a shout out to the parent volunteers, Kelly Steitz, Catherine Campbell, Kristiann Garrett and Linh Chan. If you'd like to join in this fun, please consider signing up to help with the annual Lion's Club Crab Feed in January! --Linh Chan



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!

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: Wednesday, 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!

From Our Historian

For more than 95 years, National 4-H Congress has been a premiere nation-wide opportunity for 4-H members across America. Originally held in Chicago, the event is now held in the “Capitol of the South,” Atlanta, Georgia during the Thanksgiving break.

National 4-H Congress is a five-day event that engages high school aged 4-H members in leadership, citizenship, global awareness, and inclusion. Participants not only have the opportunity to participate in state-of-the-art educational workshops and hear from world-renowned speakers, they also have the opportunity to network with other 4-H members from across the United States.

Delegates to National 4-H Congress are selected through their respective state 4-H Programs. Each state determines the number of youth that can attend and selection process. Some states utilize National 4-H Congress as a honors/reward experience, whereas some select their delegation through an application process. Are you interested in attending? If so, check with your local Extension Office to see how your state selects their delegation.--Linnea Weaver

Member Reports

Knitting Project



In the 2017-18 knitting project, beginners learned how to use the knit stitch. The project leader let us look through some of her books on knitting.. After that, we all knitted our projects. Everyone worked very hard, and we all got a lot of work done!
--Gabby Lou

New Member Breakfast and Tri Tip Dinner

On Saturday in the morning, the JTLs all came to Mahaney hall for the new member breakfast, which was super fun (as always). A bunch of JTLs also came again that night to help serve and cook for the Lion's Club Tri Tip dinner. That was a lot of fun, because the Lion's Club members are always super nice, and you get to meet a bunch of potential buyers for your animals if you have them. --Samantha Campbell

New Member Breakfast



November 4, 2017 was our annual new members breakfast. As a JTL, I got to be a part of this fun tradition. When I first arrived to Mahaney Hall I was immediately put to work. My first job was to crack 48 eggs! Since I was cracking so many eggs, I started to practice my one handed egg cracking skills as well as cracking two eggs at one time. Once I was done cracking the eggs, I whisked them all up. Alex G., Alex B. and Mr. Gische and I cook the eggs. We cooked about 1/4 of the eggs when the smoke alarm obnoxiously started to ring. The kitchen was filled to the brim with smoke from the stove and pans. Alex G. quickly

opened the back door of the kitchen while Mrs. Thuener closed the front door of the kitchen. The parents set up 3 fans in the kitchen so the smoke could escape the stuffy room. Nothing was burning, it was just the smoke and steam from the cooking that made the fire alarm sound. Me and the rest of the JTLs kept preparing the food as the smoke slowly cleared and before we knew it, the buffet line was full of new members. We had pancakes, bagels, string cheese, chicken apple sausage, watermelon and grapes all set up in time for the wave of new members. After the new members and JTLs were filled with food, the members learned the 4H pledge and

had a mummy contest. The mummy contest was a fun way to get new members working with others including the JTLs. --Tia Chan

This past month, the JTLs and new members got together to have a breakfast. At this breakfast, we played games, learned each other's names, and went over the 4H pledge. I had a really fun time at this event and I hope that whoever did go had just as much fun! --Taylor Meeks

Lions Club Tri Tip Dinner



On November 4th, I volunteered at the Lion's Club Tri-tip Dinner. I tossed salads, prepared bread rolls, and rolled food out on carts, as well as served people. At the end of the dinner, we served cookies arranged on plates and coffee. Volunteering for the Tri-tip Dinner was fun! --Sophia Vattuone

On November 4th I attended the Lions Club tri-tip dinner. At the tri-tip dinner we helped prepare appetizers such as bread and salad, we plated food, we served food and helped clear the tables. My favorite part about it was meeting the members and talking about what 4-H is and what projects I'm involved in. When we were there, we had a partner and a row of tables the we would serve. We also helped their tables when they didn't get their food yet. 18 volunteers showed up and we had 23 tables to serve. For dinner the Lion's Club members had tri-tip, beans and pasta salad. We also gave each table a plate of 8 cookies for everyone to share. We were there for around 2 hours helping the Lions Club. The tri-tip dinner is one of the biggest meeting the Lions Club has and I was glad I was able to be there. --Peyton Steitz



This month I volunteered to help at the annual Lions Club Tri-Tip dinner. My serving partner was Roen. Before the dinner started, I helped prepare salads and cut tomatoes, green onions, and celery. At the start of dinner Roen and I served the salads to our table. Next we served the main course to all the tables, since we were so many people. Towards the end of dinner, each 4H member got to introduce themselves and talk about projects we were working on. After we introduced ourselves we helped serve desserts and coffee. I had so much fun and got to speak

with so many people. This was my second year volunteering at this event, and I would definitely recommend helping out at next year's Tri-Tip dinner! --Tia Chan

On November 4, 2017 I volunteered to help serve at the Lions Club Tri-Tip dinner. The first thing I did was to cut the celery for the salad. Then when more people came to help, we started to prepare the salad. At six twenty we paired up with an older 4Her that has already done this before. Quincy was my partner. After everyone was paired up we started to serve the salad. My partner and I served the 1st row then we went back to the kitchen to prepare the dinner buns. Roen and I were responsible for making sure each table got a bread basket while the older 4H volunteers served the entrees. Roen and I checked on all the tables to ask if they wanted more bread and salad.



I saw some people that I met before, like my teacher from my old school and some new people. At the end we served the dessert and then all the 4-H volunteers got to tell all the dinner people about what project we are in, our name and what we were raising this year. This was so much fun and was hard work. --Zerach Chan

Beginning Cooking

Friday November, 3rd 2017 I had my first 4-H Beginning Cooking meeting. We talked about cooking materials and how we use them safely. After, we went over safety rules on how to use sharp objects such as, knives, graters, and other things like that. My favorite part of the meeting was when we did a guessing game where we said what we think the kitchen item is. One of the items was a pasta roller that my brother, Noah, brought. At the meeting we also cut some carrots and ate them, then we ate some apples and apple sauce. I had a great time at the meeting. Cooking Rocks! -- Sarah Schembri

On Friday, We had our first beginning cooking meeting. We had a white board and all the kids contributed kitchen safety rules. We got to know each other's favorite foods and then we played a game. There were a lot of kitchen tools on the table with cards underneath them. The undersides of the cards had the name of the item on it and each of the kids guessed what they thought it was. Then we revealed the item, told them what it was and what it is used for. We had everything from pasta rollers to whisks. Then, we taught them how to peel and cut a carrot after going over safety and how to use knives and peelers. All of us got to eat the whole carrots, the cut ones and some cleaned carrot peelings. Also we got to try apples and applesauce to see a specific food in different forms. We were also able to come up with over 30 different salad toppings as a group!!! Overall it was fun and engaging. :) --Noah Schembri

Maker Camp

There is always something new and exciting to discover at Maker Camp. At the October Meeting on October 22nd we had three activities. In the first activity we used two black and white photo portraits and depth to create an optical illusion that our self portrait's eyes could follow the viewer around the room. How did we do this? We used two identical black and white prints of a photo portrait. One was on card stock and the other was on thick paper. We cut out the eyes of the card stock photo and then glued some sheets of paper in between that photo and the other portrait that was glued to the back. We cut out a rectangular squares into the plain white sheets of paper so that the eyes would line up with the top photo missing the eyes. Having the eyes placed deeper than the rest of the portrait creates an optical illusion that the eyes follow you around the room. Lastly, I mounted the photo into a shadow box. The second experiment left a big impression on me. It was a taste morphing experiment with sugarberries, a berry that is grown in Ghana, Africa to enhance flavor. All of us except the control mom placed a sugarberry pill on our tongues and waited for it to dissolve. After the control mom tasted the lemon water verifying that it was sour, we tried the lemon water. We all thought that we were tasting lemonade, it was so delicious. Pure lemon juice was even sweeter. The more acidic a food item, the more sweet you perceived it to be. There was also vinegar and candy to sample. The candy tasted different, but it still tasted like candy. Lastly, in the third experiment we made scary sound effects with balloons and metal washers and nuts.

--Andrew Gould



Intermediate Cooking

On Sunday November 5th intermediate cooking had their first meeting. We made pumpkin butter, pumpkin seeds and pumpkin muffins. We also learned about the different types of pumpkin. We compared two different types of pumpkin and had a taste test to see which type of pumpkin people liked more. the first meeting was a big success and everyone had a great time cooking great food. --Adele Enthoven

S.T.E.M.

On October 29th I went to the S.T.E.M. project meeting. We made pennies and other coins turn different colors, such as gold and silver. To turn the pennies into silver we put them into a pot of water, with moss zinc and Zinc Sulfate. Then we heated the water and they turned a silver color. To turn it into a gold color, we took a silver penny and heated it over a flame. It was really cool watching the coins turn different colors. I think I will try this again at



home. I had a great time, I am looking forward to future meetings. --Millie Garrett

Lamb Project

On October 26, 2017 was the first lamb meeting for this year. We each made goals and we also learned what it really means to be in the project, like the time that goes into raising a lamb. When the meeting ended and all the people left my mom and the project leader talked about the next meeting and what it's going to be about. The next meeting was about disease and how to cure them. I am very excited to be in the lamb project. --Zerach Chan



Volunteer Leader Training

Late last month, I attended a leadership training. The training was for youth leaders project leaders and other adult volunteers. I signed up to help with registration check-in. I got to greet each volunteer, help get them checked in and handed the adult project leaders an information packet. At 9:30 a.m Bruce Knoth from the county, walked the whole group through an icebreaker game. After the game the youth leaders went to a separate building for the youth leadership training while the adult leaders had their training session in the main building. The youth leaders all received a folder filled with all kinds of information such as icebreaker activities, how to engage youth ideas, how to run meetings and much more. We learned about

the general meeting order, age appropriate activities, and youth conferences we should attend. After the hour long workshop we all got a chance snacks and socialize with other youth from other clubs in the county. Our next workshop was for youths and adults. We watched a presentation about youth engagement and participation. We split into different groups and were all given a handout with different scenarios. We had to identify where on the Roger Hart's Ladder of Participation the youth was in each of the scenarios. This workshop was super helpful to me on becoming a good leader. This was my first time attending the workshop but I would definitely recommend attending the workshop especially for new leaders. --Tia Chan



County Calendar Events

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 4, 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 Spinale 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>
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