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# SAN CARLOS EATON HILLS 4-H

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<http://sancarlos4h.org> | Next Meeting September 18 @ Clifford School

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## Upcoming Club Events

### General Meeting

Tuesday, September 18, 7pm  
Clifford School MUR

### Mahaney Hall Fundraiser

Saturday, September 22

### New Parents Meeting

Monday, September 24, 7pm  
Clifford School Library

### Returning Parents Meeting

Tuesday, September 25, 7pm  
Clifford School Library

### Project Leader Meeting

Tuesday, October 9, 7pm  
Clifford School Library

### General Meeting

Tuesday, October 16, 7 pm  
Clifford School MUR

### So You Want to Show at Fair

Tuesday November 6, 6-7pm

### General Meeting

Tuesday, November 13, 7pm  
Clifford School MUR

## President's Message

Hello 4-Hers!

Welcome to the San Carlos Eaton Hills 4H Club! My name is Maya and I am going to be your president for this year. I'm very excited to have another awesome year at 4H with you all, and I hope you're excited as well.

The 4-H Newsletter is a great way to be informed about everything that goes on in the club. I encourage you to read it every month for updates on state-, county-, and club-wide events, as well as updates about what our members are working on in their project.

The September meeting is coming up soon and I hope to see you all there! Just a quick note to the parents: 4-H prides itself on being led by youth members, so make sure to let the kids sit up front so they can stay involved and meet new people.

I'm looking forward to having a great year with all of you!

Maya Donovan

**SEPTEMBER THEME: Wear Green and White!**



## Returning Parents Meeting Sept. 25



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.

## New Parents Information Meeting Sept. 24

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 18, and invite their parents to attend the New Parents Information Meeting on September 24 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 Katherine Schembri at 650-766-2586



## 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 \$85.00 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.

All returning members must be fully registered and paid by October 31, 2018, to be considered "in good standing" for the 2019 San Mateo County Fair. Got questions? Contact our registrar Missy Damon at [melissajanedamon@gmail.com](mailto:melissajanedamon@gmail.com).

## **Mahaney Hall Bingo & Past Dinner Fundraiser, Sat. Sept. 22nd**

As you may know, our club uses Mahaney Hall for our annual New Member Breakfast and we have used it in the past for other events as well. The Lions Club of San Carlos is organizing this fundraiser and our SCEH 4-H will be helping out with serving dinner. If you are 10 years old or older and would like to serve at the fundraiser and earn community service hours, please click the following link: <https://www.signupgenius.com/go/5080548a4af229-mahaney> If you would like to attend the event, see [flyer](#). Feel free to contact Katherine Schembri if any questions at 650-766-2586 or [kathandnora@aol.com](mailto:kathandnora@aol.com)

### **This Year's Projects**

Parents, would you like to get involved in leading a 4H project? We have several open projects, so read on if you might be interested.

1. Open roles include leader and co-leader for the following projects: Archery, Shooting Sports, Sewing, Woodworking, Demonstrations.
2. Adult leader for Farm Sculpture project. You would be working with a teen leader who has lots of great ideas and energy. This project needs an adult to help supervise and coordinate.
3. Co-leader for Community Detectives project. You would be working with an experienced leader. This co-leader would be in charge of helping Arguello Park's native plants by coordinating the invasive species removal. It's a great role for someone who cares about the environment and our neighborhood parks.
4. If you have an idea for another project you might want to lead, feel free to reach out and talk to project coordinator Beth Enthoven.

If you might be interested in leading or co-leading project this year, please email or call project coordinator, Beth Enthoven, at [beth@enthoven.org](mailto:beth@enthoven.org) or 650-207-3735. Our club is amazing because of our fabulous volunteers, so thank you for considering!

### **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!*

*FOLLOW YOUR PATH!*

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

## SMC 4-H Volunteer Workshop

Save the date for our annual County 4-H Adult Project Leader & Junior/Teen Leader workshop, Saturday, October 27th from 9:00 am - 12 Noon. More information to follow.

## From our Healthy Living Officer

### Monthly Health Tips and Recipes September - 5 Reasons to Limit Sugar Andrew Konrad Gould, Healthy Living Officer

Reasons to limit refined sugar:

- Reduced risk of cancer.
- Reduced risk of heart disease.
- Reduced risk of obesity.
- Reduced risk of diabetes.
- Reduced risk of dental diseases and cavities.

How to avoid sugar:

- Read food labels (if it ends in “ose” it’s a type of sugar)
- Avoid low-fat that contain added sugar.
- Give up sugar for a some time and eat healthy foods (it kills bacteria in the gut that digest sugar, and grows bacteria that digest healthy food, and you will crave less sugar over time).

## Member Reports

### San Carlos Car Show

On Saturday, September 8, I helped run the 4-H information booth at the San Carlos Car Show. I got there in the morning and helped set up the table and 4-H banner. I brought some of my chickens I use for showmanship since they are the most friendly. One of my favorite parts of the day was setting up because our booth was next to a balloon place. The person, Noah, that ran the balloon booth made a chicken for us to display at our booth. I named it Fred! Overall, it was a fun day meeting new people and sharing my chickens and 4-H with the public. --Zerach Chan





Last Saturday, September 8, I went to the San Carlos Car Show to help out at the 4-H information booth some fellow 4-Hers, Zerach and Peyton. I brought 2 chickens, Charlie a Partridge Wyandotte and Blu a Black Tailed Buff Japanese. We educated the public about chickens and 4-H. We told them that 4-H is not just about raising animals, instead, it offers other options like sewing, cooking, first aid, SET, and other subjects. We also told them about the difference of

bantam chickens and standard chickens. After our shift was done, 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 would definitely recommend this event to another member. I know I will be returning next year!!!! --Tia Chan

## State Presentation Day



Attending State Presentation Day in June was a wonderful opportunity to meet other 4-Hers from near and from far away corners of the state. There was so much going on there such as the food contest, a fashion revue, junior judging, exhibits on flowers, bees, robotics etc. On June 2, 2018 I competed at the state level on the UC Davis Campus giving my presentation on the Glimli Glider for a third time. The Glimli Glider incident was an emergency landing on a WWII era landing strip successfully

performed by the pilots of Air Canada flight 143, Captain Pearson and First Officer Quintal. I received a gold for my medal for my presentation, and a second gold for scoring well on the entomology test. I was very happy to represent San Mateo County, and I am hoping that next year there will be more people from San Mateo or the greater Bay Area Coastal 4-H organizations attending. We also saw former 4-H San Carlos/Eaton Hills graduate Maeve, who is working on her master's degree there. It's a great way to make new friends and see some old ones as well. Come on out and try some new activities! You just never know when you'll uncover a hidden talent. --Andrew Gould

## JTL Project

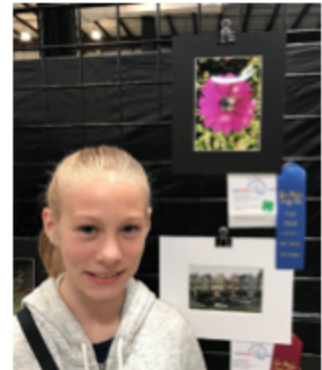
This month at the JTL meeting we met each other and played a couple of getting to know you games. We then discussed the upcoming meeting and how to make it more enjoyable for everybody. Looking forward to seeing all the 4H'ers at the general meeting! --Taylor Meeks

## San Mateo County Fair



4-H Club member Gabby Lou won 1st, 2nd and 3rd place ribbons for knitted, crocheted, woven and clay entries. She made most of them in 4-H Knitting and Weaving Projects. --Gabby Lou

In the San Mateo County Fair, I entered three photographs. One was of my guinea pig (domestic animal, color), another was of a flower (floral, color), and the third one was of a park (landscape, color). I won first place for one picture, and second place for the other two pictures. I really liked getting feedback on my pictures so I could improve the pictures I enter next year. --Sophia Vattuone



## County Calendar Events

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/](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, October 8, 2018**

Email newsletter articles and photos to [sue.gower@icloud.com](mailto:sue.gower@icloud.com). Thank you!

<p><b>Club Officers</b>  President: Maya Donovan  Vice President: Samantha Campbell  Membership Secretary: Tia Chan  Corresponding Secretary: Taylor Meeks  Treasurer: Aaron Larson  Co-Sergeant At Arms: Alex Becker &amp; Ashley Vaccarella  Co-Jr. Farm Bosses: Asher Becker &amp; Quicy Thuener  Healthy Living Officer: Andrew Gould  Membership Secretary: Tia Chan  Historian: Roman Messina  Co-Recreation Leaders: Pablo Pinilla &amp; Hayley Houston  Club Reporter: Sophia Vattuone</p> <p><b>Community Leaders</b>  Katherine Schembri <a href="mailto:Kathandnora@aol.com">Kathandnora@aol.com</a>  650.365.2331  Jason Gische <a href="mailto:jgische@yahoo.com">jgische@yahoo.com</a>  650.218.8247  Maria Smith <a href="mailto:maria.smithsmith@gmail.com">maria.smithsmith@gmail.com</a>  650.867.9773</p>	<p><b>Steering Committee</b>  Catherine Campbell  Missy Damon  Stacy Cooper Dent  Beth Enthoven  Jason Gische  Rita Gould  Sue Gower  Sarah Kelsey  Pam Leffler  Katherine Schembri  Maria Smith  Erica Thuener</p>	<p><b>Registrar</b>  Missy Damon  <a href="mailto:melissajanedamon@gmail.com">melissajanedamon@gmail.com</a></p> <p><b>Projects Coordinator</b>  Beth Enthoven  650.207.3735</p> <p><b>Farm Boss</b>  Andy Campbell</p> <p><b>Farm Manager</b>  Erica Thuener  <a href="mailto:ethuener@gmail.com">ethuener@gmail.com</a></p>	<p><b>Webmaster</b>  Robert Lewit  <a href="mailto:robert.lewit@gmail.com">robert.lewit@gmail.com</a></p> <p><b>Newsletter Editor</b>  Sue Gower  <a href="mailto:sue.gower@icloud.com">sue.gower@icloud.com</a></p>
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