

# SAN CARLOS EATON HILLS 4-H

<http://sancarlos4h.org> | Next Meeting October 16 @ Clifford School

## Upcoming Club Events

### Annual Registration Deadline

Monday, October 31

### General Meeting

Tuesday, October 16, 7pm  
Clifford School MJr

### Lions Club Tri-Tip Dinner

Saturday, November 3, 6pm  
Mahany Hall

### So You Want to Show at Fair

Tuesday, November 6, 6-7pm  
Clifford Library

### General Meeting

Tuesday, November 13, 7pm  
Clifford School MUR

### Holiday Caroling

Wednesday December 5,  
Carlmont Gardens Nursing Home

### General Meeting

Tuesday, December 11, 7pm  
Clifford School MUR

## President's Message

Hello, 4-H'ers!

On top of all the fun October things, like carving pumpkins and trick-or-treating, we at 4-H have our own October tradition: the project fair. At the project fair, you'll get an opportunity to look at all of the amazing and interesting projects our club offers and be able to sign up for all the ones you want to be a part of. There's everything from chickens to knitting to archery. Just make sure to wait until the meeting is adjourned to check them out when representatives of the projects are there to talk to you.

Remember to come to the meeting in orange and black, or in your Halloween costume for the theme of the month! --Maya Donovan

## OCTOBER THEME:

Wear your costume or black and orange!



## Registration Deadline October 31

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 OCTOBER 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 enrolled in a project in our club this year. Got questions? Contact our registrar Missy Damon at [melissajanedamon@gmail.com](mailto:melissajanedamon@gmail.com).



## County 4-H Volunteer Training & Networking Event

**Date:** Saturday, October 27, 9am – 12noon

**Location:** Messiah Lutheran Church, 1835 Valota Road, Redwood City

### Who Should Attend:

- All Middle and High School Youth in Leadership or interested in leadership skills
- First & Second Year Project Leaders and anyone interested in project leadership
- Community Leaders and anyone interested in becoming a community leader
- All 4-H Adults wanting to meet county peers while participating in practical workshops!

### Why You Should Attend:

- Share experiences and learn from other clubs through lively, fun roundtable discussions. Topics chosen by participants could include: How to create effective project meetings for large age ranges and mixes of project experience, what to do with a rowdy bunch, and how to make new people feel welcome. Propose a topic at the workshop!
- You will meet and share with fellow 4Her's from around the county
- You will develop leadership skills that will help youth & adults collaborate

**LiveScan available starting at noon, \$25 to \$35 cash only please.** You do not have to attend the workshop to have the LiveScan completed!

Adult fingerprinting instructions: <http://ucanr.edu/sites/smsf4h/files/264916.pdf>

Adult Fingerprinting Form: <http://ucanr.edu/sites/smsf4h/files/252251.pdf>

### REGISTER HERE:

Click here for more information and to register:

<https://ucanr.edu/survey/survey.cfm?surveynumber=25683>

## So You Want to Show at Fair

If you are thinking of showing an animal at fair, you must attend this mandatory meeting. Tuesday November 6th, 6-7pm in the Clifford Library (right before the JTL meeting).

## 19th Annual San Carlos Lions Club Tri-Tip Round-Up Dinner



The annual Lions Club Tri Tip dinner will take place on Saturday, November 3. Please come and help us continue this great tradition of serving the Lions members. They are wonderful supporters of our club and this is one way we can give back. Volunteering counts toward community service hours for record books.

This event is appropriate for volunteers ages 10 and up. We will need some adult help as well. Go [here](#) to sign up:

<https://www.signupgenius.com/go/20f0a4dacaf2f4-4hservers2>

For questions, contact Catherine Campbell at [cathlcampbell@yahoo.com](mailto:cathlcampbell@yahoo.com) or 650-766-4508.

## Ready to pick your projects?

Thanks to the volunteers who have enthusiastically offered to lead our projects for the 2018-2019 4-H year. This year's project list is below. Please check it out in advance of next Tuesday's Project Fair at the general meeting. Some projects will have enrollment limits based on space or other factors. Members will be asked to prioritize their project sign-ups so that members who select something as a first choice will be sure to get it. There will be plenty of time during the project fair to learn more about the projects and talk to project leaders.

If you would like more detail, such as project meeting dates (if they are available) to make sure you or your child/children will be able to attend projects that you sign up for, please check out the Projects List that was sent out to the Yahoo Groups Sancarlos4H.

New members should consider signing up for just one or two projects as you get to know 4-H and what level of involvement is best for your family.

Project leaders will contact members after the General Meeting about enrollment in specific projects.

## 2017-2018 Project List:

- Advanced STEM
- Archery, Intermediate
- Backpacking
- Beekeeping
- Beginning 4-H
- Cavies/Guinea Pigs
- Community Detectives
- Cooking, Beginning



- Cooking, Intermediate
- Crochet, Critters
- Dogs
- Equine (County Wide Project)
- Farm Sculpture
- First Aid
- Goats, Market and Dairy
- Hands Across the Generations
- JTL's (Leadership)



- Lamb, Market
- Leathercraft
- Pen Pride
- Photography
- Poultry, Market
- Poultry, Show
- Product Design
- Rabbit Husbandry
- Rabbit Socialization
- Science, Engineering and Technology (SET)
- Steer, Market
- Swine/Pig
- Turkeys
- Weaving
- Woodworking



## County Wide Projects Offered (locations vary around the peninsula)

### Record Book Project

Age: Junior members or older (9 yrs old and up)

Host Club: Redwood City/Canada

Contact: Nicole Lynch/Kaitlynn Lynch (kaitlynnn.4h@gmail.com)

Description: This Record Book project will teach youth how to use Online Record Book (ORB), how/what to enter in their record book and what section to enter it in. It will also allow youth to have a designated work time to complete their record book throughout the year and promote the completion of record books.



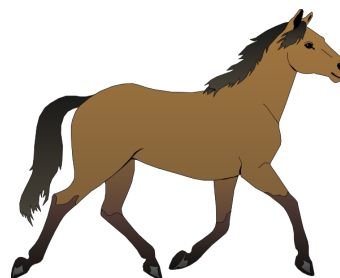
## Equine Project

Age: two groups: 9 – 11 and 12 & up; Max 12 youths per group

Host Club: Menlo Park

Contact: Jennifer Ott (jottcameron@yahoo.com)

Description: This project is intended to educate the equine community. There will be a focus on ethology, welfare and scientific observation and potential hands-on activities for grooming/husbandry, leading, obstacles if it suits the group. The outcome of this project is to create a scientific poster on topic of group's choosing to be presented at County Fair. The older group may also have individual or team short oral presentation about equine science topic presented at SMCHA June horse show.



## Advanced STEM Project

Age: Grades 7th – 12<sup>th</sup>

Host Club: San Carlos/Eaton Hills

Contact: Aida Paragas/Anna Quinlan  
(aidaparagas@hotmail.com)

Description: Ever heard of liquid nitrogen? Well, that's what Advanced STEM's first meeting is all about! We're going to learn about why liquid nitrogen is so cold and then get to see some in action by making ice cream. Any 4-Her in San Mateo County that's in grades 7-12 and interested in learning about science and technology can join the project.

There will be 4 total meetings and they will each be 2 1/2 hours to 3 hours. Other potential topics include dissections, the chemistry of cooking (with macarons and marshmallows!), and visiting a science laboratory.



## Computer Science First Project

Age: Grades 4th – 8<sup>th</sup>

Host Club: Belmont

Contact: Paul Friedrichs/ Mallika Agrawal (pfriedrichs@gmail.com)

Description: Computer Science (CS) First Project: 4-H and Google are coming together for a first-of-its-kind computer science (CS) collaboration that will teach kids both technical skills like coding, and essential skills students will need in the future like, teamwork and resilience. The CS First Project isn't just about programming computers, it's about helping youth learn skills they'll need to approach problems in a fundamentally different way across every discipline from business to engineering to the arts.

## 4-H Million Trees Project

Age: Senior Members (13 -18 yrs old)

Host Club: Pacifica

Contact: Tom Webber (4hmilliontrees@gmail.com)

Description: The 4-H Million Trees Project gives youth an opportunity to learn about conservation as they have fun planting trees and doing their part in the climate crisis. Meetings/planting events scheduling for this service-learning project will depend on the rains and the access to planting sites.

## Bizworld! Entrepreneurship for Youth!



Age: Grade 3<sup>rd</sup> to 8th

Host Club: Burlingame/San Mateo

Contact: Joan Chipser (joanchipser@sbcglobal.net)

Description: The curriculum geared for the 3rd thru 8th grade is open to all members. This project will teach children the basics of entrepreneurship, business, and finance in a hands-on manner. This project gives children the opportunity to learn first-hand how to start and operate their own business. Working in teams, kids start, fund, and run their own company in the friendship bracelet industry. The teams will sell their products at the combined

Favorite Foods Day/Fashion Review/Crafts Expo/SET event to be held next Spring.

## Quilting Project

Age: 9 yrs old and up; max 8 youths

Host Club: Belmont

Contact: Evelyn Klein (eeklein@pacbell.net)

Description: Learn how to sew a quilt. New members will be working on one quilt where continuing members will work on other quilts. You could enter your finished quilt at the San Mateo County Craft Expo and/or San Mateo County Fair youth exhibit. Cost of quilt is \$60.00 up.



## Habitat Restoration Project

The 4H team will learn about native plants and habitat restoration, through a series of activities held at local Pacifica bluffs and parkland, partnering with the Pacifica Beach Coalition habitat restoration.

The project goal is to maintain, increase and sustain native plant biodiversity, and to stabilize hillside slopes. Having a thriving native plant community provides shelter and food for wildlife.

**Meeting dates:** (alternate dates to be arranged as needed)

Sunday, October 14th, 2018 from 10-12 noon at Rockaway Switchbacks.

Sunday, October 28th, 2018 from 10-12 noon at Pedro Point Headlands nursery area.

Sunday, November 18th, 2018 from 10-12 noon at Rockaway Switchbacks.

**Rain Cancels.** If weather is uncertain for scheduled activity date, please contact Freidel, as rain will cancel. Rained-out dates will be re-scheduled.

**Age requirements:** Open to all ages. All kids under 8 must be accompanied by a participating adult.

## From Our Historian - History of 4-H

4-H was founded in 1908 by a man named A.B. Graham in Clark County, Ohio.

The first certified club (the predecessor of 4-H) was called the Tomato Club also known as "The Corn Growing Club". Jessie Field Shambaugh made the clover pin with a 4 on each leaf. In 1912 this club/organization became known as 4-H. Today there are over 90,000 4-H clubs in the United States. --Roman Messina

## 4-H Store

4-H merchandise will be available at most general meetings this year. Items for sale include t-shirts, achievement ribbons (for pins), record book covers, and caps, collars, and ties required for showing at fair.

We accept cash or checks made out to SCEH (San Carlos Eaton Hills) 4-H.

Contact Catherine Campbell at (650) 766-4508 with any questions.

## 4-H Member Achievement Ribbon

Add each project pin to your 4-H Member Achievement Ribbon and wear it at club meetings and recognition ceremonies. Mix in additional pins for offices you hold, awards you win, and years of membership so this display ribbon becomes a visual representation of your 4-H experiences. The Member Achievement Ribbon is a 31" polyester ribbon with faux leather.



## From our Healthy Living Officer - Monthly Health Tips and Recipes

### October - Are Low-Fat Foods Healthy?

by Andrew Konrad Gould

Ancel Keys, a scientist who used cherry-picking to get data suggesting increased fat intake was associated with Heart Disease and Obesity. John Yudkin, another scientist suggested the cause was sugar, as he saw a correlation between sugar intake and Heart Disease and Obesity. He suggested that the liver would store excess sugar as fat. Due to lobbying, in the 1960s fat was "determined" to be the cause. The problem is, while saturated fat can be bad in large quantities for our hearts and bodies, sugar is even worse. Low-fat foods contain more sugar to improve flavour lost by using little fat. It's like someone told you: "Cookies are bad for you, try smoking instead." In addition, "fat" is a broad term, and certain fats can be important nutrients, while others can cause damage. Unfortunately, the USDA recommends a low-fat diet due to lobbying, and that hasn't changed. Also, milk is loaded with sugar and saturated fat, but when fat is removed, other parts of the milk, like sugar, become more prominent. As a result, low-fat milk will contain more sugar even if no sugar is added. So no, low-fat foods are not usually healthy for you.

## Member Reports

### Installation of Officers

At our first General Meeting of the year, we had the installation of all the new officers. I got to participate in this for the first time. I am the new Sergeant at Arms. This means that I will help lead the pledges, keep order in the meetings, and buy the candy for the theme participants and for birthdays. I am both excited and a little nervous to help out with this great club. --Alex Becker



### Lamb Project



For the past three weeks a couple of the kids from the farm, specifically the lamb project, have been driving up to Livermore to visit steer at Lou's farm. It was a really great experience, because I got to learn a lot about how much effort goes into raising cattle and preparing them for show. One of the steer was shown as a calf, and so he was more well-behaved than some of the other ones who hadn't been worked very much.

Walking the steer was a lot more difficult than it looks, and sometimes it can take two people, one to pull on the harness, and another to twist the tail if the steer is being extra stubborn. It was important to wear gloves, because the rope really hurt if you didn't.

Another thing I learned meeting the steer is that they slobber and sneeze a lot. One of them was resting their head on my arm, and when they moved it, my sleeve was soaked with steer spit. It was not pleasant, but I'm really glad I have the opportunity to go up to Livermore, because I hope to raise a steer in

the future and all the experience I can get is greatly appreciated. --Samantha Campbell



## Junior Livestock Clinic

On October 6th I went to the Junior Livestock Clinic in Modesto. While I was there, I learned many new things that will make me more successful throughout this 4-H season. At the clinic, I was able to select either sheep, cattle, hogs, or goats to learn more about. You could also switch what animal you learned about throughout different parts of the presentation. They focused on animal selection, nutrition, fitting and showmanship. Experts came from around the country to teach the participants.

One of the things we did was look at four different lambs and judge which order they would be placed in if they were competing. The expert then went over with us which lambs he would choose and why. Overall the day was very informational. I'm even going to use some of the techniques they thought us for growing shag on the lambs legs. I'm looking forward to going next year! --Peyton Steitz



This past Saturday (October 6) I attended the Associated Feed Livestock Camp in Modesto. They had 4 different species to learn about. Lamb, steer, swine, and goat. I

learned about lamb selection from Tyson Rule. Tyson Rule is a lamb breeder in Iowa. He produces some of the best lambs in the nation. It was really nice to hear/see his thought about picking out lambs. I learned a lot about better ways to feed, select an animal, and to grow shag. I didn't know that if you feed on an incline, it washes out the loin. I also learned that you want the body type to be more like a middle line backer in football. Not too skinny/lean like a track and field runner. Not too buff/fat like a body builder. I would recommend this camp to anyone who is interested in raising large livestock. It is an opportunity to learn from people who are very successful in the industry and are from other states. --Tia Chan

This past weekend I went to a livestock training seminar at the Modesto Junior College. A bunch of livestock breeders from all around the country came and talked about lambs, goats, pigs and steer. They went over feed, showmanship, and grooming of your show animal. I watched most of the goat training and learned a lot! If you are interested in learning more about feeding, showing and fitting your 4-H project animal, I recommend attending this event next year. Here is a photo of an example of how a show goat should be setup. --Quincy Thuener





This past weekend (10.6.18) I went to an informational camp in Modesto. This camp was called the “Associated Feed Livestock Camp”. I visited this camp to learn a bit more about lambs, pigs, and more. There were four different animals that you could learn about. They were lambs, pigs, cattle, and goats. First I learn how select and evaluate a pig then what to look for when judging them. The judge that talked about what to look for when pick out a pig is that balance was the most important thing to look for. He said do not go for

lots of muscle in a small pig because it may not grow the way you want it to. After pigs I moved over to the lamb station and learned that we can give lambs something call prebiotics. This is food for the little bugs that live in the stomachs of the lamb and can be fed to lambs every day.  
--Zerach Chan

### Lions Club Mahaney Hall Fundraiser

On Saturday, September 22nd, Millie, Noah, Wyatt, Maggie and I had the pleasure of serving at the Lion’s Club fundraiser to renovate Mahaney Hall, where we have the New Member Breakfast. Over 180 guests attended and ate copious amounts of pasta, bread, caesar salad and cookies, and whom were served by a couple adults and the 5 of us. When we arrived to help, Maggie and I mixed the salads together with all the trimmings while Noah and Wyatt ladled garlic butter on the bread. Next, Millie joined in with us to make pasta trays and combine the salad with the Caesar dressing after which we placed all the food on carts to take out to the guests. All of us worked hard to serve all the attendees and resupply tables with food, utensils and napkins. Towards the end, we all sorted the cookies and desserts onto plates and served everyone. Scott Marsters of the Lion’s Club gave us recognition for our service which was very nice and then we helped with kitchen clean up. In all, it was very fun to work with other members of our club and serve all the people that came out to help raise money with the Lion’s Club. --Noah Schembri



On Saturday afternoon, I volunteered at the Lions Club fundraiser. The fundraiser was a public dinner and raffle, that the money went towards funding Mahany hall to make future fundraisers and events go (even) more smoothly. We made salad, toasted garlic bread, sauced pasta, and put together plates of cookies. We learned how cook things quickly (since we were serving to many) but still make them nice. We also gained communication skills by talking to new people, while we were serving them. It was fun spending part of my weekend doing community service with 4-H. Next time you should volunteer too! - Millie Garrett

## County Calendar Events

[Countywide Volunteer Training](#)

10/27/2018

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, November 2, 2018**

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



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<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 & Ashley Vaccarella Co-Jr. Farm Bosses: Asher Becker & Quicy Thuener Healthy Living Officer: Andrew Gould Membership Secretary: Tia Chan	<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	<b>Registrar</b> Missy Damon <a href="mailto:melissajanedamon@gmail.com">melissajanedamon@gmail.com</a> <b>Projects Coordinator</b> Beth Enthoven 650.207.3735 <b>Farm Boss</b> Andy Campbell	<b>Webmaster</b> Robert Lewit <a href="mailto:robert.lewit@gmail.com">robert.lewit@gmail.com</a> <b>Newsletter Editor</b> Sue Gower <a href="mailto:sue.gower@icloud.com">sue.gower@icloud.com</a>
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<p>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>Erica Thuener</p>	<p><b>Farm Manager</b> Erica Thuener <a href="mailto:ethuener@gmail.com">ethuener@gmail.com</a></p>	
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