SAN CARLOS EATON HILLS 4-H

http://sancarlos4h.org | Next Meeting Apr 16 @ Clifford School

Upcoming Club Events

General Meeting Tuesday April 16, 7pm Clifford School MUR

Farm to Fair Meeting Tuesday April 23, 7pm Clifford School Library

Farm Open House April 27th 2:00-5:00 SCEH Farm

General Meeting Tuesday May 14, 7pm Clifford School MUR

Hometown Weekend Saturday/Sunday May 18-19 Burton Park

President's Message

Dear 4H'ers,

It's that time of the year! Every year, at the April Meeting, we play a club wide game of capture the flag. Make sure to wear appropriate shoes for running around and having fun on the blacktop. We'll do our best to keep the meeting to a minimum to make sure you have the most time to play. It's always super fun, so make sure not to miss it!

This month is also a good month to think about entering items for fair. While it may be too late to enter animals, I'm sure many of you have made masterpieces in your other projects or at home. Entering them in fair is the perfect way to get some feedback on your crafts and see what other people have been working on. It's a lot of fun, and I would highly recommend it.

Best,

Maya Donovan

APRIL THEME: Bring glassware for the dime toss booth!





Double Meeting in May

The night of May 14 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.

Cookie Judging Results - Drum Roll Please!

Best Cookie: Noah Schembri

Top Judges:

1st place: Hayley Houston 2nd Place Tie: Ian Gower 2nd Place Tie: Gabby Lou





Wondering What Next Year's Projects Might Be?

Are you (or your kids) enjoying this year's projects? Would you/they like to see some other projects offered? Or maybe bring back projects we've had in the past? At the April meeting, parents will have a chance to discuss projects for next year. Now is the time to start thinking about what projects you may want to see added or a project that you would like to lead.

Hometown Days is Coming up, May 18th & 19th!

Participate in the Parade!

Come one, come all! Let's show our 4-H spirit! Plan on coming to Central Middle School at 8:30 a.m. on Saturday, May 20, to decorate our float for the parade. Stay to walk in the parade at 10:00 a.m. Wear your 4-H gear & bring signs showing what 4-H is all about!

4-H Information Booth:

On Saturday and Sunday our club will have a 4-H Information Booth. This is where families come to learn about 4-H from our San Carlos Eaton Hills 4-Hers. We will be sending out a sign up sheet at the meeting an an electronic one via email. Please contact Kathleen Houston, cykat95@yahoo.com or Caroline Spinali: cm2spinali@earthlink.net if any questions.

Dime Toss Booth - Fundraiser for our club!

Kim Machado is organizing the Dime Toss Booth with the help of Kristiann Garrett, who has been storing our glassware all year. Volunteers are needed for all shifts! Please bring your calendar to the April meeting so you can sign up for your favorite time slots. And gather your CLEAN glasses, plates, cups, vases - anything that will hold a dime! Feel free to ask your grandparents, aunts, uncles, neighbors, etc. for their contributions as well. Bring as much glassware as you can to the April meeting. If you can't bring them to the April meeting, contact Kristiann Garrett at kristiann.garrett@gmail.com to arrange drop off time and location.

Life Skills Festival Saturday, May 4th

4-H Arts & Craft Expo Categories

The San Mateo County 4-H Craft Expo consists of five different categories. Members may enter in one or more categories, and the item must be related to a 4-H project. You may enter no more than 6 entries per category (except for Photography which has a limit of 2). Like the County Fair, you may drop off items, or have a representative drop off the items for you. You do not have to stay, but items MUST BE PICKED up by the end of the event. Items must have been made since the beginning of this 4-H year (July 1, 2018). EVERY ITEM MUST BE REGISTERED SEPARATELY. Deadline Monday, April 26, 2019 by 5:00 pm. Click here to register! <u>https://ucanr.edu/survey/survey.cfm?surveynumber=27080</u>

Festival/Craft Expo Schedule

9:00am – Check-in and drop off of items
9:30am – Training for Arts and Crafts Expo evaluators
10:00am – Evaluation begins
10am – 12:00 – Games, Activities (including Leathercraft!) & Workshops & Junior Judging
10am – 12:00 - Participate in our Community Service Projects: Pet Play Toys (click here for more info) and Hats for the Homeless.
12:00 – Food Tasting
12:30 pm – Fashion Show

1:00pm – Awards Ceremony

Arts & Craft Expo Categories

 Needlework Category Example projects: • Knitted accessories – scarves, purses • Embroidered accessories • Sewn accessories – purses, scarves, stuffed animals, pillows • Quilts
 Hobby Crafts Category Example projects: • Jewelry making, beading • Leathercrafts • Paper crafts • Woodworking • Duct Tape Creations (non-fashion) • Ceramics

 Project Display Boards Category: Posters should be up to 22" x 28", boards should be up to 36" x 48".
 Sorry no Audio/Visual displays. Posters should illustrate a single theme or idea and should include some indication of learning experience by exhibitor.
 Photography Category All entries must be mounted, matted, or framed. Photographs must be mounted on photo mat boards or framed WITHOUT glass. Photo size cannot exceed 8" x 10". LIMIT: 2 photo entries per person. 5. Visual Arts Category Example projects: • Paintings • Drawings • Etchings

All works must be mounted or framed, no loose works on paper. Maximum size: 2'x 2'.



Click here for flyer.

Call for Pen Pride Prizes - Can You Help?

Pen Pride (Peninsula Pride) is a county-wide fundraiser where 4-H youth raise and train a market animal which is then exhibited at the San Mateo County Fair. The goal of this project is to give youth the opportunity to experience the responsibility of raising a large animal for the consumer market as a group "learn by doing" activity. In addition, the Pen Pride project serves as a community outreach fundraiser for San Mateo County 4-H educational programs (e.g., Presentation Day, Life Skills Festival, Animal Field Day, leadership conferences, service learning activities, youth and adult training, and more).

We need your help finding great prizes that will motivate fair attendees to purchase tickets. Do you have access to event tickets? Know someone that can get a tour of the Tesla factory? How about someone that can get a performance driving experience on the Sonoma Raceway? Please think about what connections you have and share your ideas with a club leader or with our Pen Pride club organizer, Rachel Prouty Simpson. All prizes must be in-hand by May 18th.

Note: to simplify prize distribution, gift cards are preferred over gift baskets or larger items.

San Mateo County Fair: What Are You Showing?

Don't be shy! The San Mateo County Fair is for every 4-Her! Whether you are showing an animal you raised on the farm or a project you made in the woodworking project, every 4-Her has something they can submit for judging at the Fair! Check out the Fair premium book and see what strikes your fancy at www.sanmateocountyfair.com. The Fair runs Saturday, June 8 through Sunday June 16. Let's have 100 percent club participation!

Cake Booth at Fair

Each year our club is responsible for staffing the County Fair cake booth for one day and for supplying delicious cakes to be sold that day. This year our day is Sunday, June 16. This is a great opportunity for 4-Hers who are

not showing an animal, or even those who are, to get involved with the fair and it's always

a fun time. Look for a sign-up sheet for baking

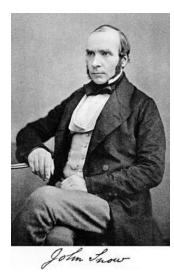
cakes and working the booth. The cake booth coordinator is Kash Donovan (<u>ktdonovan@hotmail.com</u>).



Monthly Health Tips

March - What is the Most Life - Saving Medical Invention?

Andrew Konrad Gould, Healthy Living Officer



Normally I use this article to try and help people be healthy, but this article is dedicated differently, to help us appreciate the simple things in life that seem tiny, but in fact save lives. Germ Theory is the basis of modern western medicine. The discovery of germs led to a new understanding of disease, an understanding that disease is not the wrath of any god, but is instead the result of tiny microorganisms that we can't see. Germ Theory led to an explosion of medical advancements, such as antibiotics, vaccines, and in recent years as antibiotics become obsolete, bacteriophage therapy. While these inventions have saved millions, none of them have saved more than a simple piece of infrastructure in the modern cities: sewers. The invention of the modern toilet and sewers has been ranked as the best medical invention of the past 150 years. One example that demonstrates this more than anything is London, England in the 1860s. The Thames River was the dumping site of the sewage of London, and still is today. It smelled so wretched that it became

known as "the Great Stink." Cholera was a disease that ravaged London, and in one of the most famous outbreaks in history, a medical doctor named John Snow demonstrated that a contaminated well on Broad Street used by the local residents was the source of an outbreak that was killing people of all ages. He spent the days of the outbreak interviewing the ill and the medical doctors who treated them, and he helped lay the groundwork of Germ Theory, which is no surprise because he founded the Epidemiological Society of London. Soon after, a new sewer began to be built in London, and all across Europe as well. It was a huge cost to construct, but with the acceptance of Germ Theory and the fading out of the Miasma Theory (which states that stenches cause disease), they were built anyway. This growing movement was called the Sanitation Movement. How many people get cholera, typhoid fever, or typhus in the United States or the rest of the western world? The answer is: very few. So be grateful that this piece of infrastructure is now essential to modern cities.

Mandatory Farm Clean-up Sunday April 20th 10-12PM

Taking an animal to Fair? You must attend our spring farm clean-up on Sunday, April 20th from 10-12pm.

Please bring gloves, any weeding tools, extra shovels and/or rakes. Please clean them before and after using them on the farm. Wear sunscreen, old closed-toe shoes and long pants- NO SHORTS! Please bring water and a snack.

Farm Open House

Its time to show your 4-H pride at our 4th annual open house at the San Carlos Eaton Hills 4-H Farm. Wear your favorite 4-H t-shirt, hat, sweatshirt or 4-H Green outfit to tour the farm! You'll meet our junior farm bosses, dedicated farm youth and market animals including hogs, lambs, goats, turkeys!

Saturday April 27 2:00-5:00 PM SCEH 4-H Farm 99 Oak Creek Lane, San Carlos



Farm to Fair Meeting April 23

Are you bringing an animal to the County Fair? If so, come to the MANDATORY Farm to Fair meeting on Tuesday, April 23 at 7 p.m. at the Clifford Library. This meeting will help our club get organized for the busy days at the Fair. If you have any questions, please contact Maria Smith (maria.smithsmith@gmail.com).

Community Detectives

Please join the Community Detectives in a drive to collect donations for Life Moves. LifeMoves is an organization that helps people without homes to get back on their feet and find permanent housing. Here is their website:

https://lifemoves.org/

The volunteer coordinator told us what is most needed at this time. The following is what we will collect:

- 1. Gift cards (Target, Walmart, Amazon, Visa)
- 2. Bath Towels (new or gently used)
- 3. Twin and full sheets (new or gently used)
- 4. Blankets (new or gently used)
- 5. NEW: Full size shampoo, conditioner and soap (not individual shampoo and conditioners)

Please bring your donations to the final meeting on Tuesday, May 14th at 7pm. Someone will be holding a sign saying Collection for LifeMoves, and you can drop off your donations with them! If you have any questions, you can email Stacy Wenzel at stacyswenzel@gmail.com.

Community Clean-Up - 11 May 2019

Come one, come all! Calling all 4-H members and families! Come out and help us beautify San Carlos! The Industrial Arts Business Association is hosting a cleanup day in the Industrial Arts District on Saturday, May 11. This is a great way to get community service hours for your record book, do something meaningful for our hometown and enjoy a beautiful day with our fellow 4-H families.

Date: Saturday, 11 May 2019 Time: 9:00 am - 11:00 am Where: Front entrance of Devil's Canyon Brewery @ 935 Washington Street Attire: Wear your 4-H t-shirt or sweatshirt!

Check-in between 9:00 am - 9:15 am with either Linh Chan or Kristiann Garrett the morning of.

Sign up at: Industrial Arts District - Community Clean Up

Trash collection supplies will be available and be given out on a first come first served basis. You may consider bringing your own gardening gloves.

Questions, please contact linh_chan@yahoo.com or kristiann.garrett@gmail.com.

Record Book Drop-In Workshop

Can't seem to make time to fill out your Record Book?

Pencil in this Drop-in Record Book Workshop.

Thursday, June 20 7-8:30pm

This workshop is an open forum for kids (and parents) to drop-in to have some focused time to work on their 4-H record books.

-If you're an expert it, gives you a set time to GET IT DONE

-If you're new to record books, it gives you someone to answer questions as you go

If you are coming:

-Bring a laptop if possible

-Bring a calendar with dates of YOUR 4-H events attended

-Plan ahead and sketch out what you did at each project meeting

Record book online resources can be found here:

http://4h.ucanr.edu/Resources/Member_Resources/RecordBook/About_4-H_Record_Books/

Online Record Book is here: https://4horb.ucanr.edu/login.cfm

**Know your 4HOnline password before you arrive!

San Mateo County 4-H Camp 2018

The dates for San Mateo County 4-H Camp 2019 are Sunday, July 14, 2019 - Friday, July 19, 2019. Registration for strictly 4-H members will be on Saturday, April 6 - Sunday, April 14, 2019. That will only be open for 4-H members. Starting Monday April 15, 2019 is when registration starts for the general public. 4-H members can register from that range as well, but we want to give them priority to first register. So they have a whole week dedicated to them before registration opens up to the general public. Registration fills up extremely quickly, so if parents are able to put a deposit down it can help ensure a spot at camp.

If your children are interested in attending San Mateo County 4-H Camp please respond via this link: <u>https://goo.gl/forms/EetucWhmGLbHtRFJ3</u>. This link is to a google form so that I can email the parent the registration packet via email. Current 4-H members only please.

Our youth staff are going to try their absolute hardest to make it out to club general meetings to inform your club about the exciting week at San Mateo County 4-H Camp. --Allan Bruce

Write a Newsletter Article!

Share what you have been doing in your 4-H activities and projects! Here are some ideas to help you get started.

1.) Take some pics during your project meeting, or ask if your JTL or project leader have taken any that they can send them to you. Then write a few lines about what you did at the meeting.

2.) You can write an article on your phone while on your way home from the project. Then add a picture and send it off.

3.) Here are a few suggestions to help get you started:

My favorite part of this project is...., Interestingly, I learned.....today in the project, I can't wait to enter my project......in the county fair because......

And remember, it doesn't have to be long, you can send them anytime (you don't have to wait for the monthly reminder), and it's fun to see your article in the newsletter! Send your articles and photos to <u>sue.gower@icloud.com</u>.

Member Reports

Cookie Judging

At the cookie judging meeting I tasted 3 kinds of cookies. They were all yummy. My favorite was lemon curd filled sandwich cookies! I wish I could've tried more of them. Thank you—to everybody who brought cookies! --Gabby Lou



Cooking with science

At the latest S.T.E.M. meeting we made bread and macaroons with science. To make the macaroons we separated egg yolk from egg whites. Next we whipped up the egg whites and sugar in a mixing bowl. When the egg whites and sugar first went into the bowl, it seemed like there was barely anything in it. But then when we whipped it the meringues got airy, which made it more of a correct sizing batter. Then we added gel food dye into our mixture. We did this because we didn't want to use food coloring because food coloring is a liquid and I don't want our meringues getting soupy. Then we added flour and more sugar. Once it was the right consistency we added the batter into a Piping Bag



and piped out for our macaron shells. The flavor of the frosting we used for the center was strawberry buttercream. The macaroons were tasty, and the shells were circles since we used piping bags.

Though the bread was very delicious it took a very long time to make. First we had to let the yeast grow in 3/4 cups of water. Then we had to mix the ingredients for the bread in a mixer with a dough hook. After we mixed the dough together we had to let the dough rise for an hour so it would be very fluffy and it would double in size. Once it had rose we transferred the dough into the bread tins to go in the oven. The bread got twice as tall as the baking tin. This made it so the if we cut the top part of the bread off we would still have a nice regular sized loaf of bread below. At the end of the meeting everyone got to take home part of a loaf of bread and 4+ macaroons. The meeting was really fun and I learned a lot. -- Millie Garrett

Horse Project



In this meeting we discussed horse breeds and the different jobs horses have done throughout history. An interesting statistic that our project leader Jennifer told us was that 90% of equines (such as horses, donkeys, and mules) are working animals (meaning farm work, pulling things and labor such as carrying loads on their backs). This means that only 10% of equines are recreational animals, such as animals that are used for riding, parades or horse shows.

Then we walked around Webb Ranch and learned about the many different breeds of horses. Some of the breeds we saw include Gypsy Vanners, Thoroughbreds, Quarter Horses, a Percheron, a Freisian, and an Appaloosa. It was really fun because I got to pet a lot of horses. I realized that there are so many variations of color: Smokey Bay, Liver Chestnut, Dusky Palominos, Flea Bitten Grays, and more. My favorite horse that I met was a liver chestnut color. She was so soft and sweet. To practice our knowledge of horse colors, breeds, and conformation, we did an exercise about designing a perfect horse for ourselves. I imagined a horse that was a silver buckskin Akhal Teke horse. I learned a lot and it was a great meeting! --Clara Hause Stephenson

"Lunch and Learn" at Farmer's Buisness Network

On Tuesday, April 2nd, Asher Becker and I ran a "lunch and learn" for the employees of Farmer's Business Network (FBN). FBN is an agriculture tech company based in San Carlos that has supported our club in the past. We talked about the history of 4-H and our farm. They were very interested in our animals and what we do on the farm. We were also able to tell them about the fair. Last year they donated an iPad for our Pen Pride booth and they funded a new fence at the farm. The fence has kept the animals safe so they don't get hurt at the farm. --Peyton Steitz



This month Peyton Steitz and I went to the Farmers

Business Network to give them a presentation. I talked about the history of 4H and about what the Farm Engineering Project is going to do on the farm. Peyton spoke about the San Carlos Farm and thanked the Farmers Business Network for helping us pay for a new fence on the farm. It was a great experience! --Asher Becker

Community Detectives

A couple of weeks ago, my project, Community Detectives, weeded invasive plant species from Arguello Park. The number one species we weeded was french broom. A lot of people see this around, and you might think that it's pretty, but this beautiful plant has a dark side. For one, it is poisonous to horses, and two, for anyone else who eats it, will cause staggering and paralysis. French broom also grows in large quantities, and sometimes, it will grow for so long that the french broom becomes a tree. If you ever see a hillside dotted with plants that have pretty little yellow flowers, check again before you give some to your mother. The other invasive species in that park that we talked about weeding was the Italian thistle. We did not weed this plant but we talked about how, as we're weeding, if you see any of this, you should pull it out. We did about a

15 foot by 25 foot slot. For the people in last years group, great job! No french broom grew back where you weeded. Overall, it was very satisfying to see all that we had done, ensuring that next year, in that area, no french broom would come back. --Megan Campbell





Turkey Project



Because of the Newcastle virus, chickens are not allowed at the fair this year. I joined the turkey project to help raise them. They are really adorable. I like picking them up. Even shoveling poop can be fun. The turkeys are so curious, they love to peck at my boots. Thank you to Julie for letting me join this project. --Noah Meeks

Presentation Day

At presentation day at CSM, I did a demonstration on how to use snapchat for adults. Because I received a gold on my presentation, I got to go to Cal Poly to present that same presentation. It was a really fun experience and I learned a lot about public speaking which is something I'm not super comfortable doing. I got to educate people about something that I knew a lot about and they didn't, which was a new and interesting experience. I also won a gold at Cal Poly, so I have the opportunity to present at Davis in June, which I'm looking forward to! --Samantha Campbell



Area Presentation Day in Antioch



Area presentation day occurred in two locations for this area this year, and one was on the outskirts of Antioch. There are many activities at area presentation day, including a horticultural contest, an interview contest, lunch (I don't know if that counts >:D), and of course presentations and speeches. Some were based on 4-H topics, such as raising rabbits, and some were not, such as a speech about Global Warming. In the end, after an exhausting day (including sleeping in the car on the way), I finally received a gold medal, and returned home satisfied. I will be representing San Mateo County at State Presentation Day, and I won't let my club in my county down. --Andrew Konrad Gould, Presenter for County Level for Four Years, Presenter for Area Level for Two Years, Presenter for State Level for One Year (Going to be Two in May)

Pig Project

On March 30th all the farm animals went to the pre-fair check-in. I brought my pig named Phil, she got an ear tag to identify her at fair. We put all the pigs in a trailer and drove them to the fairgrounds. To get them into the trailer we used pig walker and lots of people. We put some hay down in the trailer so they would not slip on the metal. When we got to the fairgrounds, Glenn put the ear tags in and said we are good to go. Then we went back to the farm. The pigs seemed to like the trailer ride because they slept the whole time there and back. --Roen Thuener



Lamb Project



A few weekends ago the 4-H farm members and I attended pre-fair animal check-in. Animal check-in is when all of our fair animals get ear tagged and checked by the veterinarian for any medical abnormalities to prepare for fair. This year the ear tags the animals received are high tech containing a microchip with each animals identification number and will help streamline the harvesting process! To get to the pre-fair check-in, which takes place at the San Mateo County Fairgrounds, my lamb rode in a trailer with all the other lambs and my goat got a comfortable ride in the back of our truck. There are only two months left until fair, I can't wait! --Quincy Thuener

Working with Young Children in New 4-H Club in San Mateo Park



During the spring break, I got the opportunity to refine my skills with working with young children turn to teach them about rabbits. The morning started off by reading *The Forgotten Rabbit,* a book about a rabbit who is purchased for Easter and is quickly abandoned. Then I asked the children some simple questions, and I explained that rabbits were the third most abandoned pets in the United States, and that it's important to love and care for rabbits if you get one. Then we saw a video about common rabbit myths. Other activities soon followed, such as petting my rabbit

Isabelle, and making rabbits out of towels, plastic eyes, cotton balls, pipe cleaner strips, and lavender bags. While we were packing up, I entertained the children with a game of sneaky statues and "Bunny Hop Towards Me," in which I asked a simple question, and if the child said the answer correctly, they got to hop forward. If they answered the question incorrectly, they had to take a step back. Once the child had moved three hops forward, they would get a high

five. This experience I hope was enjoyable for the children and helped me practice working with young children. --Andrew Konrad Gould, JTL of Rabbit Project and Rabbit Socialization Project

County Calendar Events

Animal Field Day	4/27/2019
Life Skills Festival and Field Day	5/4/2019
SMC 4-H County Council Meeting	5/20/2019
San Mateo County Fair	6/8-16/2019
San Mateo County 4-H Summer Camp "Camp Safari"	7/14-7/19/2019

For a complete list of events, visit the <u>4-H County Web site</u> calendar page.

Do you want to learn about 4-H at the county level?

Check out the San Mateo County 4-H website at https://ucanr.edu/sites/smsf4h/.

Next newsletter deadline: Friday May 3, 2019

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



Club Officers	Steering Committee	Registrar	Webmaster Robert Lewit
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