

SAN CARLOS EATON HILLS 4-H

<http://sancarlos4h.org> | Next Meeting September 17 @ Clifford School

Upcoming Club Events

General Meeting

Tuesday, September 17, 7pm
Clifford School MUR

New Parents Meeting

Monday, September 23, 7pm
Clifford School Library

Returning Parents Meeting

Tuesday, September 24, 7pm
Clifford School Library

Lions Club Mahaney Hall Fundraiser

Saturday, September 28th

Project Leader Meeting

Tuesday, October 8, 7pm
Clifford School Library

General Meeting

Tuesday, October 15, 7 pm
Clifford School MUR

So You Want to Show at Fair

Tuesday November 5, 6-7pm

General Meeting

Tuesday, November 19, 7pm
Clifford School MUR

President's Message

Hello 4-H'ers!

Welcome to the San Carlos-Eaton Hills 4-H club! My name is Samantha Campbell and I'm so unbelievably excited to be your club president for the 2019/20 year! 4-H has been such a huge part of my life for so long and I'm so excited to share this year full of new projects and learning experiences with you all.

As a part of the Leadership project this year, I can promise that we have a lot of things in store for this year, and that this year will bring so many new additions and changes!

The 4-H newsletter is a great way of receiving information about past and upcoming meetings. Every month you can get info about state, county, and club-wide events and read articles by 4-H youth about project meetings.

September 17th is our first general meeting, and I just have a quick reminder for parents: something that makes 4-H special is the fact that it's an organization run by youth for youth, so make sure to let your kids sit up front and step to the back so they can have a chance to meet others and socialize.

I am so excited to see where this year will take us, and I'll see you all at our first meeting!

Kids, make sure to wear green and white or your 4-H shirts if you have one!

Samantha Campbell

SEPTEMBER THEME: Wear Green and White!



New Parents Information Meeting Monday, Sept. 23 7pm

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 17, and invite their parents to attend the New Parents Information Meeting on September 23 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, contact Beth Enthoven, New Member Liaison, at beth@enthoven.org



Returning Parents Meeting Tuesday Sept. 24, 7pm



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 at the Clifford Library to learn what our club is planning and how you can contribute to a fun and meaningful 4-H year.

It's Time to Register Again

We'd like all returning families (youth members and adult volunteers) to register as soon as possible, ideally NOW, before the first meeting of the year, so we can get through this hectic stage of the year as smoothly as possible.

See Missy's email dated 9/8 for a detailed document for registering, in case you need it.

The short description:

1. Complete online registration [here](#):
2. Medical forms are now all filled out online as part of registration.
3. Below the Member/Volunteer list is a section for Member Reports. For each person, select the report Member – Health Form to download a copy of the filled out medical form. We're going to track these electronically, so rather than printing out this medical form, email the form to the registrar at MelissaJaneDamon@gmail.com.



4. Write a check for \$90 per child (one check total per family) to "San Carlos/Eaton Hills 4-H Club" - please use that exact text because it makes it easier for the bank.
5. I will then confirm receipt of your check and your electronic medical form along with your completed online enrollment and convert your youth member status from "pending" to "active".

To send me your check,

either mail or drop off at my home address:

Melissa Damon
208 Timothy Dr
San Carlos, CA 94070

Or, bring to the first general meeting, Tuesday September 17th

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, 2019, to be considered "in good standing" for the 2020 San Mateo County Fair. Got questions? Contact our registrar Missy Damon at melissajanedamon@gmail.com.

Mahaney Hall Bingo & Pasta Dinner Fundraiser, Sat. Sept. 28th

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 [here](#) for the sign up or look for the email that was sent with the sign up link, or contact Catherine Campbell at cathlcampbell@yahoo.com or (650) 766-4508.

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*

From our Healthy Living Officer (Monthly Health Tips and Medical Miracles)

September - The Success of the Antibiotic and the Future of Antibacterial Treatment

Andrew Konrad Gould, Healthy Living Officer

Before the invention of the antibiotic, many people got sick and doctors couldn't help them. In fact, before the beginning of the 20th century in the rise of Germ Theory as the cause of human disease, treatments may have actually made patients worse. But then the real game changer came. Antibiotics, as modern and complex as they seem, are nothing new. In the ancient world, such as in Egypt and Greece, molds and plant material were used to treat bacterial infections. In the 1880s, Paul Ehrlich, a German chemist, noticed that dyes could colour bacteria, and hypothesized that a certain chemical could kill certain types of bacteria, and after much experimentation, he discovered the antibiotic arsphenamine in 1907. He partnered with Alfred Bertheim and together they made many more discoveries of other antibiotics. In 1910, Ehrlich and Sahachirō Hata were attempting to find a cure for Syphilis. The 606th compound that they tested indeed killed Syphilis bacteria. The drug class, arsenic-based drugs, that the drug is in was first researched in 1907 by Ehrlich and Bertheim. The drug itself was discovered and marketed in 1910. The specific drug was discovered by Ehrlich and Hata. In 1932 or 1933, prontosil was discovered by a team led by Gerhard Domagk, which is "The first sulfonamide and the first systemically active antibacterial drug," according to Wikipedia. The groundbreaking antibiotic penicillin was discovered by Scottish chemist Alexander Fleming in 1928, when he accidentally left out a petri dish filled with bacteria. When he returned to his lab he discovered that much of the bacteria had been killed by a mold called penicillium. Fleming often receives credit for discovering the modern antibiotic, which may be deserved considering that penicillin is still a very common antibiotic. Today, antibiotics are used to treat a wide variety of infections in the Western World, however they are starting to become ineffective due to evolution. Bacteria develop resistance against antibiotics by random chance, and survive due to their advantage. The good news is, in Eastern Europe, a different treatment is used on bacteria, called bacteriophage therapy. In fact, Eastern European medicine never became reliant on antibiotics, they continued to study bacteriophages while the Western World began to use antibiotics. Bacteriophages are viruses that kill a certain groups of bacteria, and they're much better at fighting resistant strains because they evolve just as the bacteria evolve. And what's great about bacteriophages is unlike antibiotics, which destroy many bacteria including useful ones in the gut, bacteriophages only target the ones that are harmful. This is because the bacteriophages are adapted to only target and kill certain types and families of bacteria. Now, due to bacteria developing resistance to antibiotics, the Western World is beginning to do its own research on bacteriophages. So for the time being, despite the setbacks of bacterial resistance, the scoreboard looks like this: humans one, bacteria zero.

Candidate Statement

Correspondence Secretary

Hi! My name is Sophia Vattuone. I'm a freshman at Sequoia High School and this is my 6th year in 4H. In the past I've been in the Leadership project as well as been a JTL, and this year I'm running for the position of Correspondence Secretary. I'd be a great Correspondence Secretary because I love to write, and have written many articles for our club's newsletter. My writing has even been published in my middle school school's literacy journal. I enjoy sending thank-you cards and am good at note-taking. Also, I'm very organized and efficient. Please vote for me for Correspondence Secretary. Thank you!

Volunteer Helpers on the Farm

On June 24th we had volunteers from Google come to the farm. We had them spruce up the farm with a new paint job on our barns that looks amazing and will help keep the wood waterproof and last longer! The volunteers also did some compost turning and weeding! They were very helpful and excited to be working on the farm and got a lot done! We had another opportunity to have more volunteers come to the farm, so we took it. The next round of volunteers came from a company called Opertun. They were able to flatten down the lamb pens, a long awaited project that will be extremely helpful for the lamb project this year! They also helped do some touch ups on the barn paint job and planted some beautiful flowers. We are very grateful to have such amazing volunteers in the area! --Quincy Thuener



Member Reports

Leadership Project

This past month, the leadership project met together to discuss the upcoming year and played get to know you games. It was really fun to see returning members and new faces. After the meeting portion was over, we went to the bocce ball on the courts in Redwood City. It was a really fun meeting and a great way to see all of the leadership project members! --Taylor Meeks

Fair

Crochet Critters

One of my favorite projects is crochet critters. I liked it because at first I was bad but then I got better. I was really proud when I made my first ball critter. I really like how they look, even though it is hard to make them. I keep myself motivated by thinking how great they will look when I finish. --Maggie Forrest





Even though I couldn't bring a chicken or turkey to the fair, I still did some work at the fair. I worked the auction, the cake booth, barn duty and pen pride. It was pretty fun but I wish I would have had an animal there. Maybe next year. I'm hoping to be doing a goat next year. --Noah Meeks

In June I took my hog Phyllis to the county fair. I showed her in market and showmanship. I placed 7th in intermediate showmanship which was good for me because this was my first year showing a hog. For market I placed second in my class which is reserve class champion and I got a big red ribbon. I really like fair because you can have fun with your friends and meet new ones, go on rides and play games. I'm looking forward to the next county fair! --Roen Thuener

This year at fair, I showed my market lamb Trooper and won fifth in showmanship and reserve class champion in market. I had a great time bonding with friends and exploring what the fair had to offer. As a member of the Junior Fair Board, I got to help with the awards ceremony and play a bigger role in making Fair a success. I am super excited for next year and I hope to see a lot of new faces as well! --Elise Wacha

You'll see lots of creative handcrafted items at fair submitted by members of Caroline Spinali's "Crochet Critters" and "Weaving" projects. Thank you, Caroline, for leading awesome projects! Here are some of Gabby Lou's (thank you Ann Lou):



Sushi designed and crocheted by Gabby Lou



Simple creatures crocheted from a pattern, and tiny leprechaun hat designed and crocheted by Gabby Lou



Husky dog crocheted from a pattern by Gabby Lou

SET Project

For our May project meeting, SET project members visited Carlmont High School's "Deep Blue" Robotics Club. We saw their robot which won 6th place in a championship competition with 89 contestants from high school teams. We learned about how they made the robot and how the contest worked. We watched a video of the actual competition with robots from 6 teams working in teams of 3 to accomplish tasks. This is a picture of Carlmont's robot! --Gabby Lou



County Calendar Events

SMC 4-H [County Council Meeting](#)

9/23/2019

SMC 4-H [County Council Meeting and Award Ceremony](#)

11/25/2019

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

Next newsletter deadline: Friday, October 4, 2019

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

<p>Club Officers President: Samantha Campbell Vice President: Taylor Meeks and Elise Wacha Attendance Secretary: Annika Larson Corresponding Secretary: Taylor Meeks Treasurer: Leanna Gower Sergeant At Arms: Roman Messina Co-Jr. Farm Managers: Quincy Theuner and Peyton Steitz Healthy Living Officer: Andrew Gould Membership Officer: Pablo Pinilla Historian: (open) Co-Recreation Leaders: Alex Becker and Hayley Houston Club Reporter: (open) Club Photographer: Jayden Houston</p> <p>Community Leaders Katherine Schembri Kathandnora@aol.com 650.365.2331 Jason Gische jgische@yahoo.com 650.218.8247</p>	<p>Steering Committee Jason Gische Katherine Schembri Stacy Dent Missy Damon Catherine Campbell Sue Gower Kelly Steitz Maureen Becker Marc Chevillet Tina Cole Sarah Kelsey Kim Gische Rita Gould Erica Theuner Pam Leffler Aida Paragas</p>	<p>Registrar Missy Damon melissajanedamon@gmail.com</p> <p>Projects Coordinator Kim Gische kgische@gmail.com</p> <p>Farm Boss Andy Campbell</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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