



## Holiday Toy Donations

I just wanted to thank all of you for the toy donations. They were much needed and the St. Francis center was very grateful for them. We are making a big difference in our community and we will continue this.—Asher Becker, Officer of Civic Engagement



## Monthly Health Tips and Medical Miracles December - The Vaccine

Andrew Konrad Gould, Healthy Living Officer

### For Adults

Modern healthcare has the ability to treat diseases which were once lethal, but many diseases can cause long-lasting or permanent damage to the body. Measles, for example, leaves the immune system weakened for a long time after the infection. So what if it were possible to prevent diseases before they ever happened? This was first addressed in China in 1022 CE. A monk wrote a book called *The Correct Treatment of Smallpox*. The monk noticed survivors of Smallpox remained immune for the entirety of their lives. She blew a smallpox powder into the noses of healthy people, immunizing them through a process known as variolation. In the 1700s, a similar variolation was used, except using scratches in the arm. But, variolation was dangerous, and sometimes caused serious illness and death. Edward Jenner, a medical doctor in England, noticed that dairymaids often caught cowpox, a much less serious disease. However, those who had cowpox were immunized against smallpox. He began trials on healthy people by scratching cowpox material into people's arms. Then, he scratched their arms with smallpox material, and none of them contracted smallpox. This was called vaccination, and it was much safer than variolation. Today, vaccines are given through needles, but they use the same concept. The viruses and bacteria in vaccines are dead or weakened, so infection does not occur. People become immune instead. So if the real germ tries to infect them, their immune system can halt the infection before it spreads. There are vaccines for polio, influenza, measles, meningitis,

and many more. Vaccines have come under controversy due to concerns of potential severe side effects and Autism Spectrum Disorder. However, vaccines are known to be safe and effective, and continue to save lives today. As for smallpox, it has been eradicated, thanks to vaccines.

### For Kids

Doctors have the ability to treat diseases which were once deadly. But many diseases can cause damage to the body. Measles is a type of sickness that causes a rash. It leaves the immune system, a system of the body that kills germs, weakened for a long time after the infection. So what if it were possible to avoid diseases before they ever happened? Edward Jenner, a doctor in England, noticed that people who milked cows often caught cowpox, a disease from cows, never got smallpox, a deadly sickness. However, those who had cowpox never got smallpox. He began trials on healthy people by giving them cowpox. Then, he tried to give them smallpox, and none of them contracted smallpox. This was called vaccination. Today, the same idea is used. Germs in vaccines are dead or weakened, so infection does not occur. Instead, people's immune systems learn to fight the disease, so they if the real germ tries to infect them, their immune system can stop the sickness. There are vaccines for many diseases. As for smallpox, it has been completely killed off, thanks to vaccines.

Source: TED-Ed (<https://www.youtube.com/watch?v=yqUFy-t4MIQ&t=123s>)

## Member Reports

### 4-H 4 Service - The Night of Holiday Lights

On Friday, December 6th, the 4-H 4 Service team set up a booth at the Holiday Night of Lights on Laurel street. We sold hot chocolate and apple cider for \$1 each. We didn't make quite as much as we've made other years (due to the rain), but we still all had a great time. We felt that we spread some nice holiday cheer! The jobs that were needed for the booth were split up into shifts that were rotated every 15 minutes. There were 6 different jobs: being a cashier, handing customers their drinks,



keeping a tally of how many drinks were ordered, making drinks, scooping

marshmallows, and talking to the customers. We are donating the money that we made to the San Carlos Library and the Humane Society. Overall, the night went very well! One of the benefits of this project was learning useful skills that could potentially be used to run a small business. — Mikaela Wenzel :)

## County Council Awards Ceremony

On November 25th the County Council Awards Ceremony took place at Fox Elementary. I had a great time last year when I earned my Bronze *and* Silver stars from my record book, and so I was really excited to attend again this year. A few weeks ago, I found out that because I'm a San Mateo County Ambassador, I would be leading the event along with my fellow ambassadors which was an amazing opportunity. I got to call names and give everyone the awards that they worked so hard for over the past year which was really fun. I also received my Gold star, and this year I'm working for Platinum.

Another new thing I did this year was I submitted my 2018/19 record book into the county record book competition. This is not something that San Carlos/Eaton Hills members do frequently, but I'm really glad I did it. I ended up receiving a red ribbon at the awards ceremony, and now I submitted my record book to the State competition as well. I learned a lot of things that will help me make my record book better this year, and I encourage everyone to try it at the end of this club season! — Samantha Campbell



## County Calendar Events

SMC 4-H County Council Meeting

1/27/2020

Bay Coast Youth Summit

1/20/2020

County Presentation Day

2/8/2020

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 January 10, 2020**

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



<p><b>Club Officers</b>  President: Samantha Campbell  Vice President: Taylor Meeks and Elise Wacha  Attendance Secretary: Annika Larson  Corresponding Secretary: Sophia Vattuone  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  Community and Civic Engagement Officer: Asher Becker</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</p>	<p><b>Steering Committee</b>  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><b>Registrar</b>  Missy Damon  <a href="mailto:melissajanedamon@gmail.com">melissajanedamon@gmail.com</a></p> <p><b>Projects Coordinator</b>  Kim Gische  <a href="mailto:kgische@gmail.com">kgische@gmail.com</a></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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