
San Carlos Eaton Hills 4-H

<http://sancarlos4h.org>

Next Meeting January 21 @ Clifford School

Upcoming Club Events

General Meeting

Tuesday, January 21, 6:30pm
Clifford School MUR

General Meeting

Tuesday, February 11, 6:30pm
Clifford School MUR

Steering/Parent Meeting

Tuesday March 10, 7pm
Clifford School Library

President's Message

Hi 4-H'ers!

All members, new and returning, love the January meeting! After our general meeting we all get together to eat pizza and play BINGO for the chance to win some really great prizes! The meeting will start early at 6:30 so we have time for all the fun! We're also collecting donations for the SPCA which is a great opportunity to give back to the community. Another thing coming up is County Presentation Day, which is a really great event that can also go into your record book. You can participate in the interview contest or do a demonstration, performance, illustrated talk, and so much more. I

hope to see everyone there to represent the San Carlos Club!

Samantha Campbell

JANUARY THEME: Pizza and Bingo! Bring Donations for Peninsula Humane Society!



Join us for Pizza and Bingo!

Our annual Pizza and Bingo meeting is here! Bring an appetite and be ready to play a few rousing games of bingo! The meeting will start at 6:30 to allow lots of time for pizza and bingo. The club will provide free pizza, drinks and bingo cards.

Peninsula Humane Society Donation Drive

The Peninsula Humane Society is a non-profit organization that shelters, feeds, and cares for homeless animals. They are always in need of supplies. Some of the things they need are: blankets, towels, dog toys (such as tennis balls), cat toys, rabbit toys, guinea pig toys, newspapers, non-furniture cat scratchers, grooming supplies, and nyla bones. You can find a complete list of what they need at <https://phs-spca.org/donate/wish-list/>, or donate money at <https://phs-spca.org/donateonline/>.

Thank you for your kindness,

Andrew Konrad Gould, JTL of the Rabbit Socialization Project

Attend Presentation Day!

San Mateo County Presentation Day is a great opportunity to get your feet wet with county 4-H events, meet kids from other clubs and practice your public speaking. 4-H members of all ages can contribute. You can just watch presentations to learn about giving presentations for next year, or be a junior judge (earn record book credit!). Maybe you want to present or enter the interview contest. Volunteer positions are available for all ages and there will be activities for primary members as well. Presentations and volunteer signups are in the same survey this year.

Registration for Youth Presentation or as a Youth Volunteer

<https://ucanr.edu/survey/survey.cfm?surveynumber=29047>

We are also looking for adult volunteers to help with judging, setup, tally room duty, and many other tasks. Volunteers do not have to be registered through 4-H. If you have friends or family who are interested in supporting a great event, please sign up with this survey link.

Adult Volunteer Registration

<https://ucanr.edu/survey/survey.cfm?surveynumber=29050>

February 8, 2020 12:00 PM - 4:00 PM

Entries Due: January 25, 2020

College of San Mateo
1700 W Hillsdale Blvd
San Mateo, CA 94402

Contact: Ashlyn Aiu, ashlyn.aiu@gmail.com

Sponsor: 4-H in San Mateo/San Francisco Counties
Registration at the CSM Theatre

4-H Merchandise

Are you showing an animal at the San Mateo County Fair? Uniforms are required and can be purchased online through 4HSupplies.com 4-Hers are required to wear a scarf or a tie and usually a cap but check with your project leader for specifics relating to your project. Order soon because fair season will be here before you know it! We will also have merchandise for sale at the next General Meeting. This includes new green SCEH shirts (\$12) as well as traditional white shirts (\$10) and record book covers (\$5). Please bring cash or check made out to SCEH 4H. Please contact Catherine Campbell with questions. cathlcampbell@yahoo.com 650-766-4508

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.



Monthly Health Tips and Medical Miracles January - Why Natural is Not Inherently Better

Andrew Konrad Gould, Healthy Living Officer

For Adults

Natural is better, right? Well, not really. Nature is undeniably important for medicines, food, resources, etc. Many compounds used in medicine are naturally occurring, sometimes even toxins, in small doses so they cause minimal side effects and create the most benefit. However, by determining the active compound in nature which creates a desired effect, dosing can be better controlled. This is because natural substances, such as plants, can vary in the amount of medicine in them depending on many factors. Thus, dosing is more difficult. This is why synthetic medicines are preferred to natural ones. Okay, so herbs are not as good as drugs. But what about flavouring. Natural surely is better, right? Well, somewhat. Take vanilla, for example. Vanilla flavour mostly comes from vanillin, and most people can't tell the difference. However, some vanilla flavour comes from other compounds, adding subtle hints. This is true for many other flavours. So, you probably won't notice the difference between artificial and natural flavours. But, if you want the full taste of the natural substance, go for it. Lastly, while many of us think about artificial substances causing more harm than natural ones, both humans and nature create poisons. Many diseases we no longer see due to modern medicine, but still are rampant in developing nations, are caused by nature, such as malaria, cholera, typhoid fever, polio, and

measles, among others. Sure, humans can create horrible poisons such as hexavalent chromium, Monomethylhydrazine, Neonicotinoids, and many others, but nature is not an angel.

For Kids

Natural is better, right? Well, not really. Nature is important for medicines, food, resources, etc. In medicine, for example, medicines made by people are preferred to medicines made by nature, because the stuff in nature which heals us can be poisonous if too much is given, and medicine made by people is easier to give the right amount of. In flavouring, people often only use some parts of natural flavours that can be reproduced in a lab, because they are very similar to the natural flavours. Some people can, but it is still very similar to the natural flavour. Lastly, while many of us think about stuff made by people causing more harm than natural ones, both humans and nature create poisons. Many illnesses we no longer see due to doctors, but still are problems in other countries. And nature created these sicknesses. Sure, people can create horrible poisons, but nature is not an angel.

Source(s): Sci Show (<https://www.youtube.com/watch?v=VGg-g9TAzJg>)
Dr. Harriet Hall, MD (<https://www.youtube.com/watch?v=N0Vp4kg-w-c>)

Member Reports

Clover Crafts

At the December project meeting, we crafted many items. We made Shrinky Dinks, ornaments, decorated cookies and a gingerbread house. At the end of the meeting we played a game called “Candy Bowl”. The Shrinky Dinks were my favorite activity. To make them, first, you draw or trace your shape, then color it in and last, you put it in the toaster oven. I watched it shrink too! It took about thirty seconds to shrink from about the size of a soccer ball hexagon to the size of a quarter. When we made the ornaments, we used clear glass globes, then put different colored paint in them. Next, we shook them to mix all the colors around. Lastly, we let them dry and put the top on. The last thing I did was decorate cookies and a gingerbread house with frosting, sprinkles, chocolate chips and marshmallows. They tasted delicious! In the end we all went home to enjoy the rest of the evening. —Sarah Schembri



Swine/Pig Project

Over winter break I went to an animal farm on Maui and they had a kune kune pig there (pronounced cooney cooney). Kune kune means fat and round in the Maori language of New Zealand. The pigs name was Hau'oli (pronounced ha -oo- lee) and means happy in Hawaiian. Hau'oli had tusks and liked to eat carrots. I've never fed a pig carrots before! There was also a three-legged goat at the animal farm named Hana. She was cute and friendly. The hog I want to raise this year is a Hampshire cross. It is very different from the kune kune pig because it doesn't have tusks. I'm still thinking of names for my hog. — Roen Thuener



County Calendar Events

SMC 4-H County Council Meeting
4-H County Presentation Day

1/27/2020
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 31, 2020

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: 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>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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