

SAN CARLOS EATON HILLS 4-H

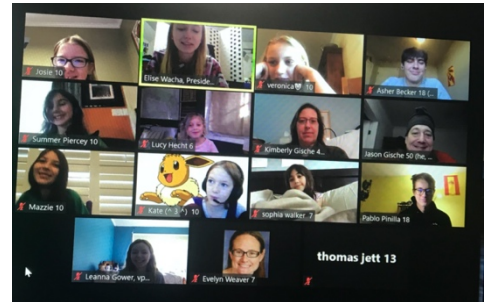
<http://sancarlos4h.org> | Next Meeting November 17, Online

Upcoming Club Events:

- General Meeting**
Tuesday, November 17,
7pm
- County Awards and Council Meeting**
Monday, November 23,
6pm
- General Meeting**
Tuesday, December 15,
7pm
- County Presentation Day**
February 2020

President's Message:

Hello all,
I hope you all enjoyed our virtual project fair last month. I was honored to attend our virtual new member breakfast on 11/07 and welcome some of the newer members to the club!



I have attached some pictures of the wonderful event. In a normal year, the November meeting theme is to bring food for our canned food drive. This year, due to COVID-19, the theme will be as follows:

Thanksgiving is a time for giving so, the San Carlos YAC is holding a Care for COVID drive. There are 2 parts to this drive.

For the first part, we will be collecting items for homeless family shelters such as linens, masks, face shields, and hand sanitizer. All items will be donated to LifeMoves.

For the second part of the drive, we are asking the community to make cards for patients with COVID-19. Both the homeless care donations and cards for COVID can be dropped off at the Campbell's house at 1536 Howard, San Carlos before 11am on Saturday and 4-H leaders will take the donations there.

Thank you all for contributing what you can and I am so glad I am part of such a strong and giving community. I am so excited for projects to begin meeting and I cannot wait to hear all about them!

Stay safe and see you all at the November meeting,
Elise Wacha, President

Homeless COVID Donation Drive

On Nov. 21 city-wide donations will be collected from 10a.m.-5p.m.

LOCATION:
Outside of the San Carlos Youth Center

PURPOSE:
To help homeless families in need

DONATION NEEDS:

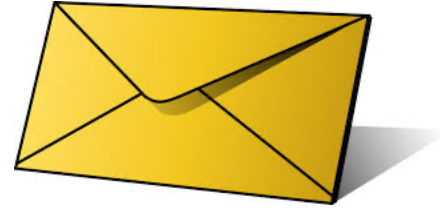
- Hand/bath towels
- Twin size linen set (flat, fitted, and pillowcase) Full size (2 pillowcases)
- Twin/ Full or Queen size comforter set
- Blankets (twin, full)
- Pillow
- Clorox Wipes
- Masks (cloth, surgical, N95 & KN95)
- Sanitizing spray - specifically, that provides 12-hour protection from COVID
- Face Shields and sneeze guards
- Gloves - All Sizes
- Baby Formula/baby wipes
- Adult incontinence products
- Regular-Sized Toiletries (toothbrush, toothpaste, body wash, shampoo, conditioner, deodorant)

NOVEMBER THEME: Care for Covid Donation Drive

Registration

It is now time to submit registration fees for your youth(s) enrolling in the San Carlos Eaton Hills 4-H club this year. Registration fees of \$50 per youth were approved by the Leadership project last week. To complete your youth's registration, please send a check for \$50/youth made out to **"San Carlos Eaton Hills 4-H Club"** with the youth member name(s) written on the memo line. One check per family is fine. If you would prefer, you can drop the check in the Vans shoebox on my front porch (right around the corner from Clifford school, where the general meetings are usually held). No need to drop off; sending via the mail is fine, but please get your checks to me as soon as possible.

Thank you!



Missy Damon, San Carlos Eaton Hills 4-H Registrar

Note: the dues this year represent approximately half of the cost per youth for the year. We send \$80 per youth to County and State 4-H dues and pay for Adult Volunteer registration fees as well. The remainder of the cost per youth will come from our sizable reserve. Eventually our youth fees will return to "normal" levels, but for this year at least the youth fees are being discounted.

Gift Card Donations

For the past several years, our club has collected toys at our November meeting for the Christmas Toy Program at St. Francis Center in Redwood City. Last year we had an amazing response from our club and were able to deliver a truck load of toys and gifts. (see photo). It was awesome! This year, as a club, we would like to contribute again. I have been in touch with the St. Francis Center and they have said: *"We would love it if you could collect for the St Francis Center, and the families we will*



register for the "toy program", gift cards rather than actual toys. We know this is not as much fun, but we feel it will still give joy (and relief) to the families. We are specifically hoping for \$25.00 Target cards. Why Target cards? So that parents can either shop online or safely go to the store for whatever their family may need. Some will still select toys, some will need to select clothing, food or household items. In this really rough time, we can certainly understand how parents may need to forego toys for basic necessities and Target is a store that offers opportunity and choice along all of the lines mentioned above."

4-Hers, let's be generous again this year and collect the suggested gift cards. You can either send them/drop them off to me and youth leaders will deliver them to St. Francis Center.

Asher Becker, [1143 Oliver Street, Redwood City, CA 94061](https://www.google.com/maps/place/1143+Oliver+Street,+Redwood+City,+CA+94061). Or, you can mail them/ drop them off directly to St. Francis if you are more comfortable doing that – St. Francis Center, ATTN: Tess Weber, Exec. Asst., [151 Buckingham Avenue, Redwood City, CA 94061](https://www.google.com/maps/place/151+Buckingham+Avenue,+Redwood+City,+CA+94061)

All gift cards must be received by Dec. 6th

Ways to Stay Active During Lock Down

Healthy Living Officer: Adele Enthoven

Although it may be hard to find ways to exercise during lock-down, the benefits are definitely worth your while. Regular exercise has many benefits, such as reducing risk of diseases such as heart disease and obesity, improving your mood, regulating your sleep cycle, and strengthening your bones and muscles. In the era of social distancing when sports teams are cancelled and gyms are closed, it may seem difficult to find ways to stay active. Although options may be limited, there are still plenty of fun ways to get active while staying safe. Some options include hiking/ trail running, stretching, or games you can play in your own backyard.

Hiking/ Trail Running

Hiking and trail running are great ways to get outside and experience nature. You can observe plants and animals, and see amazing views that you otherwise wouldn't be able to see. Hiking and trail running are also great for your health. It strengthens bones and muscles, and also improves your mood. Luckily, we have plenty of amazing hiking parks in our area. Here are a few favorites:

- Wunderlich Park
- Arastradero Preserve
- Big Canyon Park
- Eaton Park
- Pulgas Ridge



Stretching

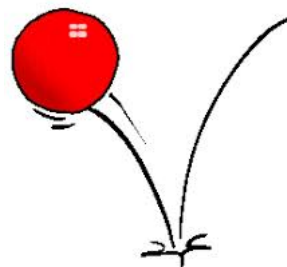


Stretching can be a great way to both improve your health and mood. With so much time sitting at a desk, stretching is more beneficial now more than ever. Some of the health benefits of stretching include increased flexibility, improved respiration, increased muscle strength, and improved circulatory health. Not only does stretching have physical benefits, but mental benefits as well. Stretching can help reduce stress, help concentration, and help improve sleep. Here is a link to a ten-minute beginner stretching routine. (<https://www.youtube.com/watch?v=ituVsoEScfk>)

Backyard Games

Backyard ways can be a great way to get outside and get active with your family when you don't feel like going out. You can do them at home, and do them whenever you want for however long. If you don't have a backyard, these are also great for local parks. Some examples are:

- Jump Rope
- Hopscotch
- Tag
- Four Square
- Racing
- Hula Hooping
- Scavenger Hunt



Laughter Yoga Project

The first session of the Laughter Yoga project will be on Monday, November 16 from 4:30-5:15. All that you need to participate is access to a device that can run Zoom. It will be fun! Please consider giving it a try even if you did not sign up for the project. Email me - MelissaJaneDamon@gmail.com in order to receive the Zoom link.
Missy Damon, Laughter Yoga project leader

Member Submissions

BUNNY WATCH 20/20

Over my simple breakfast of pancakes and bacon, I began my reporters digest telling of the time I spent with the small furry creatures often referred to as buns, cotton tails, floppy ears, and of course, those “things eating my garden.” My first encounter with these benevolent bunny rabbits happened late last February, before our society was ravaged by plague. I met and befriended a good many of them, while also learning much about their culture and fluffy-tailed ways. From this great ensemble of stories in the land of bunnies (Peninsula Humane Society), I will share with you my many experiences with these adorable allies, in my news segment that is: BUNNY WATCH!



Our recollection begins in a room full of crates containing adorable bunnies. My mission: to extract one of these said bunnies from said crates and get them accustomed to our human world, preparing them for their forever homes. First, we must set up a safe enclosure for our rabbit rascals that contains many blankets and a wonderful contraption known as a “cottontail cottage.” This ingenious device is constructed from cardboard to form a mini house. Once we have secured the perimeter of our safety zone, it is time to coax out some of said bunnies. At this moment bunny whisperer and this reporter’s personnel hero, Rita Gould steps into action. With a light step and a handful of dandelion greens, she transfers the bunny out of its crate with a firm but gentle lift. Being the adventurous grizzled reporter that I am, I chose one of the more glamorous, feisty individuals to become my long-eared companion for the next 45 minutes. Her name was Maybelline. This independent bun and I became wonderful friends... eventually.

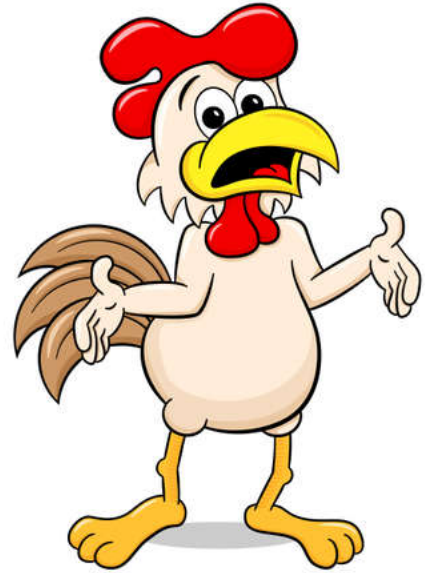
In our first encounter, this free-spirited Maybelline was wary of my presence (me being 30 times her size) but she soon began to recognize me as a kindred spirit. Bunnies do enjoy greens and hay but the fastest way to a bun’s heart is with apple slices (though not too many). Over many weeks we became the fastest of friends. I taught her what a cellphone is and in turn she demonstrated how to binky (happy jump for bunnies), something I was not very good at.

In the end this reporter learned a lot from bunny society, and made some friends along the way.

Until next time, this is Sam Gorbet, signing off.

Chicken Mishances

I am writing about the past two times I have tried to join the chickens project and what happened those two times. Despite not actually getting to do the project I signed up for, I still had a lot of fun and great adventures while doing so. The first time I tried to join the project, the newcastle virus came up and we weren't allowed to get new chicks, but the turkey project had already gotten theirs and they invited us to join their project. I ended up joining the turkey project and had a lot of fun with it, too. I learned a lot about taking care of turkeys, and in that regard, poultry. We also got to do a make-up show and it was so much fun, and also taught me about going to the fair. Last year I also tried to join the project, and I was doing well in it until early March, when COVID-19 hit. Because we couldn't get any chickens, the project ended. I was really sad about it, but I look forward to doing it this year. Hopefully I can finally get to raise a chicken this year!



By Maggie Forrest

Dear 4-H Families,

Every 4-Her in our club is eligible to write an article for our newsletter! Writing an article for the newsletter is a great way for the youth to have a writing piece, illustration, or photo they created PUBLISHED! This is not an everyday opportunity for most youth, so take advantage of this and start writing. Can't think of what to write about?

Here are some ideas for your 4-Her:



1. Write about the last General Meeting, ie: how you reported about your project on the microphone and liked it better than you thought, or did not like it this time and hope you get used to it, or how you enjoyed getting sung to by our club because it was your birthday month, or how you loved making bags for the homeless, played a game, made a card, etc.
2. Write about your last project meeting, what you made, your favorite part of the project meeting, what you learned, etc.
3. Did you attend a local or countywide 4-H event? Write about that and encourage others to go to this event next time.

4. If you have a youth who is unable to write the article themselves, have them dictate what they learned or describe above events to a parent/grandparent/guardian/adult friend who can type it and have the youth draw an illustration to submit along with the dictation.

They need only be a few sentences or as long as a few paragraphs. Be creative and have fun! Once your child has submitted an article, make sure you show them the newsletter when it is published and/or make a color copy for them as a keepsake (my family has a box for each child for very special achievements, art projects, writings etc - maybe you can start one of these too).



Once you have created your piece for the newsletter, just send it off to Ian Gower, our newsletter editor, at: igower100@gmail.com

Feel free to ask if you have any questions.

County Calendar Events

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: December 4th

Send articles and photos to igower100@gmail.com. Thank you!



<p>Club Officers President - Elise Wacha Vice President for Program - Leanna Gower Vice President for Membership - Alexandra Gische Recording Secretary - Samantha Campbell Attendance Secretary - Alex Becker Treasurer - Annika Larson Healthy Living Officer - Adele Enthoven Junior Farm Manager - Hayley Houston, Peyton Steitz Junior Farm Operations - Manager Pablo Pinilla</p>	<p>Officer of Civic Engagement - Asher Becker Club Newsletter Editor - Ian Gower Club Photographer - Kian Badiei Recreation Leader – (open) Club Reporter – (open) Club Historian – (open) Sergeant at Arms – (open)</p> <p>Community Leader Jason Gische jgische@yahoo.com 650.218.8247</p>	<p>Registrar Missy Damon melissajanedamon@gmail.com</p> <p>Farm Manager Kathleen Murray</p> <p>Farm Boss Jayden Houston</p> <p>Projects Coordinator Kim Gische kgische@gmail.com</p> <p>Webmaster - Robert Lewit robert.lewit@gmail.com</p>
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