

SAN CARLOS EATON HILLS 4-H

<http://sancarlos4h.org> | Next Meeting January 19, Online

Upcoming Club Events:

General Meeting

Tuesday, January 19, 7pm

General Meeting

Tuesday, February 23, 7pm

President's Message:

Dear 4-H'ers,

I hope everyone had a good holiday break and stayed safe! I know some of the projects have been meeting and I am so excited to hear more about all of your interesting activities. As a member of the lamb project, I am looking forward to seeing the farm begin to operate in the coming month.

In the past, our January meeting has been the famous pizza and bingo night that we all look forward to. This year, in keeping with that tradition, we will be playing virtual bingo for some awesome prizes. More information about how the game will work will be in the meeting registration as well as covered before we begin to play.



In addition, our theme for this month is crazy hair/hat so be sure to wear your most unique headdress (use color, gel, clips, hair bands, silly hats, or whatever you feel comfortable). I can't wait to see all the amazing styles! Also, be sure to find Andrew Gould's announcement in the newsletter to learn more about participating in supporting our local SPCA.

I look forward to seeing you all at the meeting!



Elise Wacha, President

January THEME: Wear Your Lucky Bingo Hat or Crazy Hair



4-H Pop Up Shop

We will have our 4-H Pop Up Shop open on Saturday, January 23 from 12-4pm. We received a new order of green SCEH 4-H shirts (\$12) as well as traditional white shirts (\$10). Some new additions include pens, pencils, and 4-H lanyards. We also have Record Book covers and display ribbons available. Payment can be made in cash or checks made out to SCEH 4-H. If you aren't available during this time please contact Catherine Campbell (cathlcampbell@yahoo.com or 650-766-4508) to schedule a time to shop! We will also have pins earned from last year available for pick up.



PHS Drive

I volunteer at the Peninsula Humane Society in Burlingame. PHS offers veterinary care, adoption services, and release services for domesticated and wild animals in the community. While there are many animals at PHS, I socialize rabbits, so I interact with them to make them more amiable and adoptable. It is a great honour to work there and positively impact the community. PHS is a non-profit, so it relies on donations from kind people to function. So, if you too would like to do something kind for our furry friends, you can help by donating needed supplies to PHS. They have an Amazon wishlist



(https://www.amazon.com/hz/wishlist/genericItemsPage/1AU4Y4B6DQVWSV?filter=&ref=topnav_lists_1&sort=default&type=wishlist&encoding=UTF8) and a wishlist on their website (<https://phs-sPCA.org/donate/wish-list/>). You can drop off any donations at 1316 Cordilleras Ave. in San Carlos, or donate directly at 1450 Rollins Rd. in Burlingame. Any donation, large or small, will be greatly appreciated by PHS.

Thank you so much!

Andrew Gould

A Message From 4-H Alumni Rich Levier

Hello, we just saw your video made by 4-H members at your ranch. Great Stuff!

In the era of Covid cleaning, we have un-earthed our old County Fair Ribbons, and dropped into the internet to see if the 4-H spirit was still up and running in San Carlos. Glad to see you are carrying the torch!

I was a 4-H member many years ago, and "back in the day," there were a few beef cattle on the hill at the ranch, along with a dozen or two sheep, but no pigs and usually only one surly goat wandering around the premises for atmosphere....I had built the first small pens for a few chickens at the Eaton Hills-Cedar Oaks 4-H location. **(cont).**

Does your club have any archive details or photographs from the early days of the 4-H ranch? It was built in about 1970 at the end of Eaton avenue, as a second Ranch for the expanding 4-H clubs in San Carlos. The original Farm--for the "Carlmont 4-H club" was in the back of Arguello Park, behind Arundel Elementary School. The Carlmont 4-H program had a stellar sheep showmanship project, winning seven of eight places in Beginner Showmanship circa 1970 or 1971 at the San Mateo County Fair. I remember because I placed "eighth." The "rival" club, back then, was the Belmont 4-H club that had a Ranch East of the Bayshore Freeway. Maybe near Ralston Avenue. Kids learned planning, the value of practice, goal setting, team work, and how to clean out the pens and haul manure in a trailer!

In the Small World department, one of the early 1970's Club Presidents of Eaton Hills 4-H, Susan Steelman, later Susan Bragado, became a prime force in creating neighborhood charter schools, and one of the first was at the Arguello location. A motorcade drove up San Carlos avenue one day to bring President Clinton up to take a look....

Thanks for letting me reminisce. Good luck with the spring Farm Clean up!
Rich Levier

Attend Presentation Day!

Public speaking is an invaluable skill that all 4-H'ers learn during their participation in the program. Presentation Day is a fun opportunity for 4-H members to showcase their knowledge in a subject of their choosing. 4-H'ers prepare a presentation that is judged on subject knowledge, presentation, organization, voice, manner and appearance, clarity, and the ability to answer questions.



- **Youth Presentation, Interview Contest and Volunteer Registration (deadline by 6:00 PM on January 30, 2021):** <https://ucanr.edu/survey/survey.cfm?surveynumber=32684>

We are looking for adult volunteers and evaluators:

- **Adult Volunteer Registration**
- <https://ucanr.edu/survey/survey.cfm?surveynumber=29050>



If you have any questions, please contact our Presentation Event Coordinators, Angela Apple (anginsanfran2@gmail.com) and Mimi Powers (mimirpowers@aol.com).

What Are Dreams?

By Adele Enthoven, Healthy Living Officer

What are dreams? This is a question that many people have asked. Dreams are images that our brain produces when we sleep. Some professionals say that dreams have no purpose, and others say that dreams are necessary for our health. Dreams can be happy, sad or scary, and can often make us feel strong emotions. In this article, I will explain what dreams are, what causes them, and how they affect us.



During sleep, we go through something called the “sleep cycle”. Part of this cycle is the REM stage. This stands for rapid eye movement, and this is when the brain is most active. This is also when most dreams occur. This usually happens in the early morning or the middle of the night. Dreams are images that our mind creates when we sleep.

They usually last about five to twenty minutes. Some scientists say that dreams are a way to process emotion or work through memories. In a study where scientists woke up people right before they entered REM sleep, making them unable to dream, it had a large effect on them. They showed increased anxiety, depression, and inability to focus, weight gain, and hallucinations. Scientists still don’t know why, but dreams do have a large effect on our lives.



Dreams have many causes. Everybody dreams, even if you don't remember it. People forget about ninety-five percent of their dreams. Some people dream more than others, and there are some things that can increase the amount of dreams you have. For example, anxiety, depression, and stress can increase dreams. Dreams help us process emotions and some say that dreams work as a form of psychotherapy, so these things can lead to increased dreams. Also, some physical things can lead to increased dreams. Sleep disorders like insomnia can lead to increased dreams and during the early stages of pregnancy you can also experience more dreams.

Nightmares, or vivid dreams are dreams that are scary or sad. Nightmares are more common for children ages three to six but they can happen at all ages. They occur most commonly in children ages three to six because that is when children start developing more fears. Some medications cause more nightmares. Antidepressants, blood pressure medication, and beta-blockers, might cause nightmares in some people. Dreams have a large effect on our life. They help us process emotions and memories and keep us healthy. People know a lot about dreams, but there is still a lot to learn.

Member Reports

4-H 4 Service Holiday Cards

by Mikaela Wenzel

In November, the 4-H 4 Service group met at Burton Park and wrote postcards with the Health Plan of San Mateo's "dear neighbor"



postcard writing campaign. The Health plan of San Mateo then distributed those postcards to senior citizens. On those postcards was contact information to get services related to Covid. In December, the 4-H 4 Service group made holiday cards for senior citizens at the Elms. The 7 of us each made between 10 and 30 cards. Each card was unique and original and included a short note inside for the resident to read. Some people did watercolors, some did small drawings, some made snowflakes, and some included pictures of them with their pets! Here are some pictures of the cards. We got a very positive response. The seniors



really liked them!

Next time we meet, we are going to have a zoom meeting with some of the residents at the Elms to show them our pets and introduce ourselves.

Snickerdoodle Cookies the Size of a Head

By Zeina Henry

We made snickerdoodle cookies for Cookies Project. They were as big as a head! We got to eat the whole thing! We took a picture when the dough balls were only halfway melted because it looked so cool.



A Reflection on my time in 4-H

By Alexandra Gische

As I am now a senior in high school, I have been slowly completing the somewhat difficult task of applying to colleges. This process has involved a lot of self-reflecting and thinking back to how I have grown and what I value in order to write responses to the personal questions the colleges ask. I responded to one such question about growing up in 4-H and how it has affected me.

Brown University asked: "Tell us about a place or community you call home. How has it shaped your perspective?" Here was my response:

I have been part of my 4-H club since I was five years old, and it has helped to shape me into the leader and problem solver I am today. I have grown up surrounded by some of the strongest and kindest people I can imagine and they have been a crucial **(cont)**

part of helping me to become who I am. Everyone from the adults to the youth leaders to my peers has helped me grow.

Through my time spent with this community, I have learned how to step back and use the resources I have to come up with a solution to any problem I may come across. I have been given opportunities to lead and get hands-on experience with projects of all kinds. When problems arose, it was the responsibility of my peers and me to solve them, allowing us all to learn and gain experience.

This group of strong individuals has taught me how to approach problems with a positive mindset and to face them when something goes wrong. They have shown me what it means to lead and how important it is to lead well. These skills will help me for my entire life and I will always be thankful for how much 4-H has taught me.

While I do not yet know which schools will accept me or where I will be next year, I do know that I will be alright wherever I am because of all that 4-H has done for me. Thank you all so much for making this club wonderful for so many years. I cannot wait to visit everyone once I have graduated.

Inspired by the Newsletter

By Zeina Henry

Last month, I wrote two articles for the newsletter. I was very excited to see them and shared them with my grandparents. After that, I decided I wanted to make a book for the world. I worked really hard with my mommy and we published a book called "Art Rules"!



Market Poultry Project: Building a Brooder

By Clara Hause Stephenson

Our homework from the last two meetings was to build a brooder, which is like a nursery for baby chicks. We had to buy a bin, cut a large hole in the lid and then cover that hole with chicken wire. However, that is easier said than done. The bin that we bought had a sturdy, reinforced lid that had lots of cross hatching and was very strong. We went to the farm to get our chicken wire and other supplies like heat lamps, and tried to cut the hole in the lid there with the project leader's help.



But, none of the tools that we tried at the farm could cut the tough plastic of the lid. So, we went home with the supplies, an uncut lid, and a promise from the project leader that she would try a jigsaw at home and see if that could cut the lid.

A few days later the project leader told us that the jigsaw had worked and let us come to her backyard where they cut the lid for us. Now, for the next challenge: attaching the chicken wire to the top! **(cont)**

First, we tried duct tape. It wouldn't stick to the plastic of the lid, and even though we tried to press it down, it kept peeling off. So, we tried to staple gun the wire to the lid. But, all the staples did was shoot large holes into the lid. Then, we went back to the duct tape and tried to use hot glue to make it stick. But, the duct tape still popped up. By this time, the lid was looking pretty messy with tape hanging off of it and holes and hot glue strands and pieces of plastic and boxes on top to try to hold the tape down.

We were ready to give up and were saying that the chickens didn't need a lid because there are no predators in our bathroom where we are thinking of putting the brooder. But, then we found on the internet that you could attach the chicken wire with zip ties. So, ready to give it one last try, we started drilling holes in the lid for the zip ties to go in. We were worried that the lid might splinter when we drilled into it, but it worked! I also, as a bonus, learned to use the drill! We then tried to put in the zip ties, but the ones we had were too small. So, we had to dig around and find bigger ones. The bigger ones worked perfectly, and finally we had a completed lid.

We've spent the last few days continuing to get the brooder ready by sanitizing it and trying out our chick warming device. It is now ready for chicks! We are getting our chicks tomorrow and I hope they like their brooder because it sure took a lot of work to make!

County Calendar Events

[County Farm Use Application Deadline](#) - January 15 2021

[County Council Meeting](#) – January 25, 2021

[Virtual County Presentation Day & Interview Contest](#) - February 13, 2021

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: February 8th

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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