

SAN CARLOS EATON HILLS 4-H

<http://sancarlos4h.org> | Next Meeting February 23, Online

Upcoming Club Events:

General Meeting

Tuesday, February 23, 7pm

General Meeting

Tuesday, March 23, 7pm

President's Message:

Hello all!

I hope you all had a wonderful mid-winter break and are staying safe! Over the weekend, I had the chance to move my lamb to the 4-H farm along with 3 others. We also have 6 pigs currently there! My lamb is named Apollo and we are both eager to welcome everyone back to the farm, with a few Covid precautions.



This meeting, we are doing something special and cooking together in an exciting class! In honor of that, our theme will be to eat dinner during the meeting! In a typical year, we would be doing a potluck, so this allows us to all share a meal together! Remember to check the lists for any ingredients you may need to have on hand.

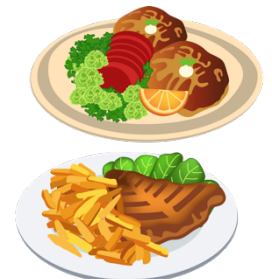
I hope some of you had the chance to participate in the presentation competition on the 13th and I cannot wait to hear about how it went!

Let's get cooking!

Elise Wacha
President



February THEME: Eat Dinner at the General Meeting!



COOKING CLASS SUPPLY LIST

A professional chef will lead our cooking class to make dessert. **You need to have your ingredients ready – the list is below.**

Ingredients

1. ½ lb (or 1 lb) fresh strawberries, rinsed and patted dry
2. 4 oz (or 8 oz) cream cheese softened
3. ¼ cup (or ½) cup confectioners'/powdered sugar
4. ½ tsp (or 1 tsp) vanilla
5. Crushed graham cracker crumbs (a few crackers worth)
6. Chocolate chips (optional)

Supplies

- Paring knife
- Baking sheet or plate
- Medium bowl
- Electric mixer
- Measuring cups and spoons
- Rubber spatula
- Gallon-sized Ziploc bags
- Scissors
- Small pan (optional)
- Metal bowl that fits in pan (optional)

Laughter Yoga

The 4-H Laughter Yoga project got started in January and we have a small but steady group. Laughter Yoga provides the opportunity to create community, share some laughs, and decrease stress. Laughter Yoga can happen in person, though our project is operating remotely over Zoom. We invite any interested Club members to give it a try (drop-ins welcome, no need to make a long-term commitment). Our project will be giving an update at the 2/23 general meeting so you can learn more there.

We meet on Monday afternoons at 4 p.m. for 45 minutes. If you would like to give it a try, send me an email and I will send you the Zoom invite. It really is fun; I encourage you to try it!

-Missy Damon, Laughter Yoga project leader

Message from the Registrar

Thank you to the 4-H adult volunteers who have completed the steps to become registered for the 2020-21 program year. If anyone has questions about completing registration, please contact me.

-Missy Damon, Registrar

MelissaJaneDamon@gmail.com

Member Reports

BINGO!

Zeina Henry

I won a Bingo at the 4-H meeting. I got a gift card. I used it to buy a donut floatie. Isn't that very special?



Poop in the Rabbit Project

Evelyn Weaver

This month we learned about poop, poop, poop. It could mean your rabbit is healthy, it could mean your rabbit is sick. Sick could be like a banana slug, healthy poop could be like little brown balls. My favorite rabbit is Oreo.



County Calendar Events

[Virtual County Presentation Day and Interview Contest](#) – March 13

[County Council Meeting](#) – March 22

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: March 12th

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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