

SAN CARLOS EATON HILLS 4-H

<http://sancarlos4h.org> | Next Meeting May 18, Online

Upcoming Club Events:

General Meeting

Tuesday, May 18, 7pm

Presidents Message:

Hello 4-H friends and families!

I cannot believe that it is May already and our final meeting of the year is upon us. I never imagined that I would conclude my time in this wonderful program by literally "signing off", but here we are.

First off, all of you are amazing for going through all that we did this year, as a club and in our personal lives, as well. I am so proud of all of you and so so grateful to have been a part of your 4-H experience. I can tell that 4-H is in good hands.

Before I go into my little speech (another version of which I will blubber my way through at the meeting), I want to mention that the theme for the May meeting is to wear your summer clothes (or 4-H bandana, if you have one) and get excited for the upcoming season!

Now comes the hard part. How do I even begin? How can I sum up 13 years of 4-H into a single little message? Honestly, I can't. And maybe, I shouldn't. The more I think about it, no matter what I say, or what I preach about this incredible experience, the beauty of 4-H is that it is what you make of it. Every single one of you can do whatever you want, and I know it is going to be amazing.

For me, I joined 4-H as a kindergartner and I will be the first to say that I was quite possibly the most shy member in the club. As I grew, I tried all kinds of projects (seriously, I've done a little of almost everything) and I discovered what I love. I found a passion for collecting crystals, for shooting archery, and for animals. Now, I am going to UC Davis as an animal science major and plan to pursue veterinary medicine, thanks mainly to my time in 4-H. **(Continued on next page)**

May THEME: Wear Summer Clothes (or 4-H Bandana from the Amazing Race)



Presidents Message(continued)

I also found out I am capable of so much more than I sometimes give myself credit for. Growing is scary, and pushing your comfort zones is even scarier, but I promise, it is worth it. To be where I am now, able to look back and see my growth and know that it is my turn to help other members grow and become the confident and capable leaders I know that they can be, is something I would not trade for anything.

Most importantly, though, I found a second family. 4-H is a place of acceptance and the mingling of people you might not meet in other places. My friends in 4-H are almost always pretty different from myself, and that is what makes our bond so beautiful. I am sure you hear this all the time, but these really are some of the friends that I know I can count on having in my life for a long time.

This year was rough, I am not going to lie. And, in all honesty, my family and I were luckier than most. Spending my final year, my year as President, in front of the zoom screen really bummed me out until I realized that I had the opportunity to help guide our club through this difficult time and out the other side.

I really cannot express how much 4-H has done for me, someday you will all understand what I mean. So, I will leave you with a few of my tips on how to make the most of 4-H:

1. try something new
2. push your limits - do whatever this means for you (speak at a meeting, lead a project, do a presentation, etc.)
3. meet people from other clubs/counties
4. DO A RECORD BOOK - I know, I think they are boring, also, but I regret the few years I do not have and I absolutely love looking back on the ones I do (mine is thick, I think about 11-12 years worth)
5. make it your own

Sincerely,
Elise Wacha, President

Gear for Fair and SCEH 4-H Merchandise

Are you showing an animal at the San Mateo County Fair? Uniforms are required and can be purchased online through <https://4hsupplies.square.site/>. 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.

We also have merchandise for sale including white and green SCEH shirts as well as record book covers, 4-H pens, pencils, and lanyards. Please contact Catherine Campbell (cathlcampbell@yahoo.com 650-766-4508) if you would like to purchase 4-H gear.



Officer Candidates

Club President

Hi, I am Leanna Gower and I want to be your 4-H President next year! This is my 7th year in 4-H, I'm 17 and going to be a senior at Carlmont. I am also a counselor at 4-H camp (some of you may know me from there), I was Vice President of Program this year and helped coordinate a lot of the fun events we had in each meeting this year! I want to be your President so I can help make everyone else's 4-H experience as wonderful as mine has been:)

Thanks, Leanna Gower

Vice President of Program

Hi! I'm Annika Larson, and I'm running for Vice President of Program. I have been participating in our club for 5 years, so I'm familiar with the club's typical activities (as well as where they may fall short and need improvement). As your Vice President, I will help plan club activities and try to ensure that 4-H is fun for everyone! In the past, I have held several other club officer positions: Recording & Attendance Secretary for one year, and Treasurer for two (non-consecutive) years. Thank you and please vote for Annika Larson for Vice President of Program!

Vice President of Membership

Hi, my name is Ian Gower and I'm running to be the Vice President of Membership for the club next year. You might know me as the Newsletter Editor, and I have enjoyed this position a lot. It has been great getting to know some of you indirectly through your articles. Unfortunately, you may not know a lot about me! I am 17 and am currently a Junior at Carlmont High School. I have been a member of this club since 6th grade. I am heading into my last year as a 4-H member and I hope to make it the best.

Recording Secretary

Hi, my name is Kian Badiei, I am 14 and attending the San Carlos Charter school, and I am running for the position of Recording Secretary. I have been in 4-H for 5 years, and have done the chicken, goat, leadership and beekeeping project. 4-H is a very traditional club, and that's why I find it important to record anything and everything of importance. 4-H is such an important part of my life, I want to keep it alive and thriving for as long as I can, even in a small role!

Jr. Farm Manager

Hi my name is Hayley! I will be next year's Junior Farm Boss. I will be able to help lead the farm in making decisions, creating an inclusive environment, and help make a fun farm experience for everyone! This past year I was junior farm boss and it was a huge pivot trying to remotely help out, but I did and, in the process, learned so much more! I hope that next year will be a lot different but through what I've learned I'm positive that I can make adjustments to continue to help out no matter what life throws our way. I can't wait to continue to be San Carlos 4-H's Jr. Farm Boss and I hope to see some new faces on the farm next year!

Recreation Leader

Hey everyone! My name is Adele Enthoven and I hope to hold the position of Recreation Officer for the 2021-2022 4-H year. I am fifteen years old, and am currently a freshman at Carlmont Highschool. I have been in 4-H for eight years and, and have participated in a variety of projects, ranging from animals, such as turkeys, to arts, such as sewing or manga. I have been in the leadership project for two years, and this year, I have been the healthy living officer and loved being part of the leadership team. I hope to continue to contribute to this club by being the Recreation Officer next year. I am very passionate about this 4-H club, and I hope to bring new ideas and inspiration to our club in order to make for a super fun year!

Club Historian

Hi, my name is Wyatt Dent and I want to run for Club Historian so I can document and record the clubs' data and history as the year passes. I am 13 years old, and have been in 4-H for the past 5 years. My club focus is invested primarily towards the farm, but I love to help the club in the Lion Feasts and Hometown Days. In my farm time I have raised three lambs and over 15 chickens. All in all, I hope to be able to note down and report the meetings during my time as officer.

Club Photographer + Recreation Leader

Greetings fellow humans. My name is Sam Gorbet. I'm 15 and next year will be my fourth year in 4-H. I would like to be your Recreation Leader because 1) I like an excuse to mess around and if that means spreading happiness to all of you adorable 4-Hers then so be it, and 2) in my 15 years of life I've picked up many games, most of which are fun. I look forward to sharing them with you 4-H munchkins. I also would like to be the Club Photographer so we can document our club activities and have some forever memories.

Hydration Tips from Healthy Living Officer

Why does your body need water?

As we all know, water is very important for our survival, but why do we actually need it? What does our body do with it? Well, your body needs water for a few different things. One being, it's part of your blood. A large amount of your blood is actually made of water, and blood carries oxygen to your cells, which also need water to function, so it's crucial that your body has water to make blood. A second reason your body needs water is that it's a large component of a fluid called "lymph". Lymph fluid is part of your immune system, and helps you fight off sicknesses. Additionally, water helps you regulate your temperature by producing sweat, which is what cools you down. Lastly, water is a necessary part of your digestive process. Water helps you break down your food, and also helps to carry out waste.

What are the symptoms of dehydration?

Dehydration is what happens when your body isn't getting enough water, but luckily your body is pretty good at communicating this through symptoms. There are a wide variety of symptoms of dehydration, and they are all pretty easy to spot. One of the first and most common symptoms of dehydration is simply feeling thirsty or having a dry mouth. This is your body telling you that you might want to drink some water. Next, you might start to develop a slight headache or



dizziness. You also might notice that your urine might appear darker yellow. Dehydration can be avoided pretty easily by just drinking water regularly throughout the day, such as at meal times. You may want to be extra cautious of dehydration if you are in hot weather, exercising, being in the sun, or are having vomiting or fevers.

What are electrolytes?

You might recognize the word “electrolytes” from marketing or sports drinks, but what are they really? Electrolytes are made up of minerals, such as salt, calcium, or potassium and sugar. These minerals are all essential to your body's functioning, and many sports drinks like to advertise that they have electrolytes. Many of the ingredients in these sports drinks such as sugar and salt help your body absorb water and therefore helps with hydration as well. Although these drinks may sound like they are good for you, they often have a large and unnecessary amount of sugar, so they aren't always the best choice. Most people get enough electrolytes through eating a balanced diet, so you don't really need these added electrolytes, but they may be beneficial if you are doing intense exercise for longer than one hour, are spending a prolonged time being active in the heat, or if you are vomiting, which causes you to lose electrolytes.

How much water do you need?

There really is no right answer to this question. The answer varies greatly from person to person, based on age, weight, height, environment, and activity levels. Some factors that may increase your recommended water intake are factors such as if you weigh more, are very physically active, or live in a hot or humid environment. Although the recommendations vary, experts recommend eight cups of water per day for the average person.

Adele Enthoven, Healthy Living Officer



Member Reports

Rabbit Husbandry Report

Evelyn Weaver

This week we learned about rabbit proofing your house. If you have a rabbit it will chew through cords. For example, you can use a regular hose line to cover the cords. If there are places that you don't want your rabbit going into you can just use a gate or close the door, if it has a door. Keep your rabbit away from dog food.

Citizen Science Projects

Alyce Miller-Bowen

The citizen science projects we have done so far are King Tides observation, backyard bird count, Litterati, and pollinator count. King Tides observation - King tides are unusually high tides. For the project, we observed high tides in our area and took and submitted photos of affected areas. Seeing photos help scientists observe the impact of sea-level rise. During the backyard bird count participants around the world observed and counted birds. For this project, partakers recorded birds from their own backyard or anywhere else. During the pollinator count, we observed and recorded the number of pollinators such as honeybees, bumblebees, and hummingbirds. We did this in the neighborhood around the 4-H farm. For litterati we used the litterati app to document pictures of trash. Using this app we recorded the types of trash, and where we found them. We created a challenge to collect one hundred pieces of trash in San Carlos. Unfortunately, we did not achieve this goal. My favorite of these projects was litterati

because it was surprising to find so much trash in areas you wouldn't expect to find it. However, all of these projects were fun and I learned a lot from them.

These are the links to the projects we have done:

- King Tides observation - <https://www.coastal.ca.gov/kingtides/learn.html>
- Backyard bird count- <https://www.birdcount.org/participate/>
- Litterati - <https://www.litterati.org/>
- Pollinator count- <https://www.greatsunflower.org/>

Pig Project

Nick Damon

Hello! This year, I raised a pig named Cinnamon. In short, it was a very fun experience where I learned a lot of new things. This does not however tell the whole story, because there was so much more involved with raising a pig. It teaches you animal handling skills that will always be useful, how to think for yourself, and even some economics. If you are looking to raise an animal, or have a good time, the pig project may be for you. The bond you make with your pig ends only when they are sold, and they are very smart animals. One

time, the pigs this year figured out how to open up the door out of the breezeway. Their smartness also helps you train them because they understand your intentions after a short while. Another aspect of being in the pig project is the friends you make. You interact with the other members of the project, and work with them. The pig project is a great project, and I hope you consider joining it.



4-H 4 Service Arroyo Park

Mikaela Wenzel

On May 8th, the 4-H 4 service group met at Arroyo school to volunteer for each green corner. Each Green Corner is an organization that grows and harvests food for free meals for people in need. They use gardens in schools and gardens and people's homes to grow food. First we all met at Arroyo to touch base. Afterwards, we went into the garden which was a little bit overgrown. Each group of people worked on a planter box. Meanwhile, some people worked on harvesting the plants that were ready to be harvested. Some examples were artichokes, kale, and other vegetables that the garden provided for Each Green Corner. The plants that were old or had bugs on them went to a separate bucket for chickens to eat. About 15 people from 4-H were there helping. All 7 4-H-4 Service members were able to make it and some parents joined in as well! Our final project day was fulfilling, and we all had a lot of fun!



County Calendar Events

[Arts & Crafts Expo](#) – May 15, 2021

[Favorite Foods Day](#) – May 15, 2021

[Non-Market Animal Show - Day 1](#) – May 22, 2021

[Non-Market Animal Show - Day 2](#)– May 23, 2021

[County Council Meeting](#)– May 24, 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 **September 10 (tentative)**



<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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