
San Carlos Eaton Hills 4-H

<http://sancarlos4h.org> Next Meeting February 14th at 7pm, Clifford Elementary School

Upcoming Club Events

General Meeting

Tuesday, February 14, 7pm
Clifford School

General Meeting

Tuesday, March 21, 7pm
Clifford School

President's message

Hello San Carlos 4-Hers!

In this month's meeting, the club will be serving valentines treats for everyone!

The club leadership team will be serving enough valentines treats for all club youth and parents. I look forward to seeing everyone there and partaking in a valentines celebration now that we are able to safely meet all together in person.

The meeting will be held on Valentine's Day. In celebration, anyone who wears red, pink, or white clothing is eligible to be recognized at the Theme of the Month ceremony.

~Annika Larson, President

FEBRUARY THEME: Wear Valentines Colors (pink and red)!



Club Activities

Notes from the 4-H County Council:

1. The annual weekend leadership conference for youth, hosted by the 4-H Ambassador Team in Santa Clara, is happening March 24-26, 2023 in Saratoga, CA. This conference is open to 4-H youth ages 12-18. Our club will make a stipend available for interested attendees. Read all about it at https://cesantaclara.ucanr.edu/Youth_Development/Events/Leadership_Over_Night/
2. The t-shirt design contest is back! Start thinking about your ideas to submit for a 4-H t-shirt that adult and youth volunteers will wear at the San Mateo County Fair in June. Organizers learned from last year and will order more t-shirts and in larger sizes this year. Last year's winning entry was designed by club member Maggie Forrest! Details on how to enter will be coming out soon.

Museum of San Carlos History Opportunity!

Our club has an opportunity to help the Museum of San Carlos History put on an exhibit about 4-H in San Carlos. This gives our club a cool opportunity to show the public what 4-Hers do and market the club to potential new members. If you have any interest in helping put this project together, please let Missy via email to melissajanedamon@gmail.com. Also, if you have something that you made as part of 4-H that you'd consider lending for the display, please let Missy know that as well. We hope to have the exhibit up by Hometown Days.

Need for Adult Volunteers

Our club has an urgent need for adult volunteers for next year, particularly for **Treasurer(s)** and **Community Leader(s)**.

Tina Cole has been our ultra capable and helpful Treasurer for many years and will be greatly missed. There is time to learn from her before she graduates in June (along with Annika). Experience as a Treasurer in another organization, such as a PTA/PTO or youth sports organization, would be helpful but is not necessary.

Amy Miller-Bowen and Missy Damon are completing their two years of service as Co-Community Leaders. Amy absolutely must step out of the role as her work travel is rapidly ramping back up to pre-COVID levels. Missy is willing to stay on as a helper for another year but would be happy to get out of the way for new leaders.

Please consider sharing a role, both as a way to divide the workload and also to increase the social benefit you'll get from volunteering. In any case, thank you for considering. If you have any interest in taking on either of these roles, please let Amy and Missy know, via email to boquerona33@hotmail.com and melissajanedamon@gmail.com.

Newsletter Articles

Every 4-H member is encouraged to write articles for the newsletter. Writing a newsletter article is a great way for youth to get their writing, illustrations, or photos published! Articles do not have to be very long, they can be anywhere from a few sentences to a few paragraphs. Younger members who can't write an article on their own can tell their parents what to write and submit a drawing that goes with the article. Adding pictures and drawings is a great way to make your article more interesting. A newsletter

article can be about anything 4-H related. You can write about something you did at the last General Meeting, your last project meeting, or a 4-H event you attended. Once you have written your article you can send them to sceh4hnewsletter@googlegroups.com. Make sure to be creative and have fun with your articles! If you have any further questions please feel free to ask

Member Articles

My First Rabbit Socialization Day

In December I had my first rabbit socialization project with my project leader, Rita, at the Peninsula Humane Society (PHS). We were with Rita because (1) my mom and I had no idea where to get what; we needed Rita's help. And two, even if we knew where all the stuff was, we didn't have our key cards to unlock the doors we needed to unlock to get to places we needed to be. The things we get before chilling with the buns are: blankets, behavior cards, and treats, but we have to bring those. After grabbing that stuff we head into the rabbit room to set up the cages for buns to dart around in. Well everyone else sets up cages. I get to pitch off and go feed the rabbit's chirping neighbors: the guinea pigs. I stroll into their room with some apples and romaine lettuce and as soon as I give one pig a treat an almost cartoon sound starts up as they chirp. After passing out some treats to the guinea pigs, I walk into the rabbit room and help finish setting up the cages. Then release the rabbits! No, no, no it's not that dramatic, it's more like: unlock the cages (and I'm not gonna tell you their code) along with the other latch that is on them and try to encourage them to go into their little boxes so we can safely get them onto the ground. Once at floor level we try to get them onto the ground. We give them all the treats they can eat, no not that much, a much more reasonable amount along with as much comfortable contact between humans and rabbits as possible. After about 15-20 minutes with a set of rabbits we'll put them back into their boxes and place them in their cages. Then the next set and we just kind of repeat the process until everyone gets a turn. On the rabbit's behavior card we'll record the highlights of what the sessions were like for each rabbit. Last cleanup! It's sad because it means that time with the rabbits is over. We sweep up the scat, throw the blankets in the dirty laundry pile, put away the cages, and, sadly, leave. I left the rabbits hoping that with it being the Year of the Rabbit, they would all find good homes. Happy Lunar New Year!!

- Evelyn Weaver



County Tree Planting Project

On Saturday, January 21, our family joined other San Mateo County 4-H clubs to plant oak trees at San Pedro Valley County Park. This event was part of the 4-H Million Trees Project. We had a great time measuring trees, digging holes, and problem solving when we ran into concrete or old pipes in the ground! The park rangers were there to answer questions, help move the trees, and check our progress. Keep an eye out for more tree planting projects!

- By Janna Sampson



Alyssa and Natalie Sampson with newly planted valley oak tree.

4-H For Service

The most recent 4-H 4 Service project meeting was at St. Anthony's in San Francisco on January 21st. St. Anthony's is an organization that helps provide essential services such as food, clothing, and healthcare to individuals and families in need. We volunteered in the free clothing department and helped sort clothing donations and work in the store to help visitors find clothing. I think this was a really fun and meaningful experience for everyone.

- Fynn Miller-Bowen



STEM Explorations project: Building solar cars



County and Regional 4-H Calendar Events

County 4-H Meeting (virtual)
 Annual Leadership Conference for Youth (Saratoga, CA)

3/27/2023
 3/24/23-3/26/23

Do you want to learn about 4-H at the county level?

For a complete list of events, visit the [4-H County Web site page](#)

Next Newsletter Deadline: March 10

Send articles and photos to sceh4newsletter@googlegroups.com Thank you!

<p>Club Officers</p> <p>Co-Presidents - Annika Larson, Hayley Murray-Houston</p> <p>VP of Program - Adele Enthoven</p> <p>VP of Membership - Kian Badiei</p> <p>Recording Secretary - Nick Damon</p> <p>Correspondence Secretary - Mikaela Wenzel</p> <p>Attendance Secretary - Maggie Forrest</p> <p>Treasurer - Millie Garrett</p> <p>Junior Farm Boss- Alex Becker</p> <p>Junior Farm Manager - Tia Chan</p> <p>Newsletter Editor - Adele Enthoven</p> <p>Recreation Co-Leaders - Fynn Miller-Bowen, Tammy Powell</p> <p>Sergeant at Arms - Sophia Redkey</p>	<p>Club Officers cont.</p> <p>Community Service and Civic Engagement - open</p> <p>Healthy Living - open</p> <p>Historian - open</p> <p>Membership - open</p> <p>Photographer - open</p> <p>Reporter - open</p> <p>Community Leaders</p> <p>Missy Damon</p> <p>Amy Miller</p> <p>sceh_community_leaders@googlegroups.com</p>	<p>Club Newsletter Mentor - Shelley Nelson shelleybnelson@gmail.com</p> <p>Farm Manager - Kathleen Murray cykat95@yahoo.com</p> <p>Farm Boss - Daniel Hecht danielhecht@outlook.com</p> <p>Projects Coordinators - Katie Goetz and Melissa Primiano scehprojects@gmail.com</p> <p>Webmaster - Robert Lewit robert.lewit@gmail.com</p>
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