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# SAN CARLOS EATON HILLS 4-H

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<http://sancarlos4h.org> | Next Meeting December 11 @ Clifford School

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## President's Message

### Upcoming Club Events

**General Meeting**

Tuesday, December 11, 7pm  
Clifford School MUR

**General Meeting**

Tuesday, January 15, 7pm  
Clifford School MUR

**SCEH Farm Project Leader Meeting**

Tuesday January 22, 7pm  
Clifford School Library

**SCEH Record Book 101**

Tuesday January 29

Happy Holidays to everyone!

Every year at 4H, we have a gift exchange to celebrate the winter holidays. Please bring a gift worth less than \$10 to exchange with someone else. It should be appropriate for someone your age, no matter their gender. At the gift exchange, all of the members of the club will gather around and pick gifts from the pile in the center. Once everyone has picked, we all unwrap our gifts together. No matter what present you get, it's always an exciting meeting for everyone.

Many of our clubs projects will also get a chance to share what they've been working on for the last couple of months. Start thinking about something fun you might share with us, so you're ready if your project gets the chance to talk.

I'm looking forward to seeing you all!

Maya

**DECEMBER THEME: Bring a gift for the gift exchange!**



## Happy Holidays San Carlos Eaton Hills 4-Hers!

Any club member who wishes to participate in our Club's Annual Member Gift Exchange should bring a wrapped gift appropriate for both boys and girls in your age group to our upcoming meeting Tuesday, December 11. The age groups are:



5-8 years old  
9-11 years old  
12-19 years old

These are broad age ranges, so be creative. Plan on a gift that falls in the range of \$10 - \$15 and make it something you would like to receive. No joke gifts, please. Please mark the outside of your gift with your age range, and remember to be "green" when you wrap the gifts. Happy shopping!

## Bay/Coast Youth Summit 2019

Register now for the Bay/Coast Area Youth Summit, transitioning from CAL Conference! Attend awesome educational workshops, learn about leadership, and meet other kids from across the Bay Coast Area!

January 18th-20th at Walker Creek Ranch in Petaluma, CA

Participants: Ages 11-13

Teen Youth Leaders: Ages 14-19

Registration Fees (After November 5th): \$135

[REGISTER HERE](#)

## Record Book 101

Would you like to find out about how to do a Record Book and why you should do one? We will have an introductory meeting Tuesday, January 29 at 7 p.m. in the Clifford School library to go over the basic aspects of a record book and help you keep track of the information you need. This meeting is for members and parents.

## Monthly Health Tips and Recipes

### December - “A Wholesome Breakfast” is a Pathetic Joke

Andrew Konrad Gould, Healthy Living Officer

Close your eyes and imagine a wholesome breakfast. Yogurt, corn flakes and milk, and some fresh squeezed orange juice. If only the labels on the front of refined “food” packages actually made sense from a nutritional perspective. To begin with, I've already stated in the previous health tip that milk is not exactly a miracle drink, but there were several details that were left out. In addition to the fact that milk is filled with saturated fat and sugar, it is also associated with a multitude of conditions including but not limited to: Type Two Diabetes, heart disease, cancer, and Irritable Bowel Syndrome. And let's talk about that yogurt, huh? In addition with milk, it does contain some probiotics, which can help with digestion, however it is also filled with added sugar. The orange juice that is in many minds “fresh squeezed,” is not very fresh. Once those fresh, nutritious oranges are picked, oxygen is removed from the juice once squeezed, which is to make it stay “fresh” for longer. This also has the side effect of removing all the orange flavor, so flavor packs, which are added to the juice, increase the orange flavour. These flavour packs are often made by companies that make citrus perfume. While gross, that's not the real problem. The real problem is the fact that orange juice is loaded with sugar, and yet it has no nutrients from the oranges left, so you might be getting the flavor of an orange, but the amount of nutrition is much less than the amount of nutrition you would get from simply eating an orange. So for breakfast tomorrow, if you want to enjoy the flavor of fruit, just have an omelette, some whole grain toast, and an orange. Or, you can squeeze juice yourself to drink in small amounts, as it will have more nutrition. And if you really want to, throw that carton of orange juice in the garbage where it belongs.

## Member Reports

### SET Project

At the November SET meeting, we made structures to shield raw eggs when dropped. Some eggs lasted longer than others, but they all splattered, some less than others. I tried to isolate the egg with rubber bands, but it bounced too much and hit the ground. Something challenging was to make sure the eggs were secured with the right materials, and to make sure those held them in well. I liked watching the results, and the leaders and JTLs were always walking around if any of us needed help. In all, the egg drop was a fun experience! --Gabby Lou



## Goat Project

On Sunday, Nov 25, 2018 the goat project had a field trip to visit a goat breeder in Lodi. The breeder's name is Jack and he was nice. There were about 10 baby goats. Baby goats are called kids. It was very fun trying to catch them. I saw a very beautiful kid. He had splotches of grayish brown hair on his neck, parts of his front and hind legs. His belly was all white though. We called him Little Wayne. He was the littlest of all the goats that we saw. Jack liked the name and so did the goat kid. I am not planning to raise a goat this year but I had fun visiting the breeder and the goat kids. --Zerach Chan



In my past years in 4-H I have raised countless market chickens and a lamb for the San Mateo County Fair. I am really excited to raise a goat for the first time, because my goal is to raise all of the animals I can on our farm before I graduate. I'm really looking forward to learning all I can, and now that I'm familiar with the farm schedule It'll be easier to get the hang of it.

The first step in preparing to purchase goats and bring them to the farm was to visit a breeder in Lodi. I got experience with what to look for in a goat, which I found out is pretty similar to a lamb. We all got to meet the batch of lambs for this upcoming year and there were a lot of really good looking ones. I found one that I'm really interested in, and all in all I learned a lot and I'm excited for this year! --Samantha Campbell

## Hands Across the Generations

This past Hands Across the Generations meeting, we did many things. One thing we did was help the seniors make cards for their families for Thanksgiving. Another thing we did was play games. We played chess and connect four the most. The final thing we did was make potpourri. We made this with dried oranges and apples, eucalyptus, and various other fall smelling items. It was a hit! I hope the next meeting will be just as fun! --Taylor Meeks

## County Calendar Events

<a href="#">Bay/Coast Youth Summit</a>	1/18-20/2019
<a href="#">County Council Meeting</a>	1/28/2019
<a href="#">County Presentation Day</a>	2/2/2019
<a href="#">4-H Summer Camp</a>	7/14-7/19/2019

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 *Highlights*, the San Mateo County 4-H monthly online newsletter. You can download and view the newsletter [here](#) or you can subscribe to receive the newsletter in your email every month:

- Go to [www.cesanmateo.ucdavis.edu/](http://www.cesanmateo.ucdavis.edu/)
- Click on “4-H Youth Development Program.”
- In the little purple box, click on “4-H Highlights.”
- Submit your email address in the box.

**Next newsletter deadline: Friday, January 4, 2019**

Email newsletter articles and photos to [sue.gower@icloud.com](mailto:sue.gower@icloud.com). Thank you!



<p><b>Club Officers</b>            President: Maya Donovan            Vice President: Samantha Campbell            Membership Secretary: Tia Chan            Corresponding Secretary: Taylor Meeks            Treasurer: Aaron Larson            Co-Sergeant At Arms: Alex Becker &amp; Ashley Vaccarella            Co-Jr. Farm Bosses: Asher Becker &amp; Quicy Thuener            Healthy Living Officer: Andrew Gould            Membership Secretary: Tia Chan            Historian: Roman Messina            Co-Recreation Leaders: Pablo Pinilla &amp; Hayley Houston            Club Reporter: Sophia Vattuone</p> <p><b>Community Leaders</b>            Katherine Schembri <a href="mailto:Kathandnora@aol.com">Kathandnora@aol.com</a>            650.365.2331            Jason Gische <a href="mailto:jgische@yahoo.com">jgische@yahoo.com</a>            650.218.8247            Maria Smith <a href="mailto:maria.smithsmith@gmail.com">maria.smithsmith@gmail.com</a>            650.867.9773</p>	<p><b>Steering Committee</b>            Catherine Campbell            Missy Damon            Stacy Cooper Dent            Beth Enthoven            Jason Gische            Rita Gould            Sue Gower            Sarah Kelsey            Pam Leffler            Katherine Schembri            Maria Smith            Erica Thuener</p>	<p><b>Registrar</b>            Missy Damon  <a href="mailto:melissajanedamon@gmail.com">melissajanedamon@gmail.com</a></p> <p><b>Projects Coordinator</b>            Beth Enthoven            650.207.3735</p> <p><b>Farm Boss</b>            Andy Campbell  <a href="mailto:andycamp07@gmail.com">andycamp07@gmail.com</a></p> <p><b>Farm Manager</b>            Erica Thuener  <a href="mailto:ethuener@gmail.com">ethuener@gmail.com</a></p>	<p><b>Webmaster</b>            Robert Lewit  <a href="mailto:robert.lewit@gmail.com">robert.lewit@gmail.com</a></p> <p><b>Newsletter Editor</b>            Sue Gower  <a href="mailto:sue.gower@icloud.com">sue.gower@icloud.com</a></p>
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