
SAN CARLOS EATON HILLS 4-H

<http://sancarlos4h.org> | Next Meeting March 19 @ Clifford School

Upcoming Club Events

General Meeting

Tuesday March 19, 7pm
Clifford School MUR

General Meeting

Tuesday April 16, 7pm
Clifford School MUR

General Meeting

Tuesday May 14, 7pm
Clifford School MUR

Hometown Weekend

Saturday/Sunday May 18-19
Burton Park

President's Message

Dear 4-Hers -

This month's meeting activity is the much-anticipated cookie judging contest! It's one of my favorite meetings of the year. Not only do we get to see the creativity and talent of our fellow 4-Hers, we get to taste it as well. If you are culinarily inclined, make sure to bring some cookies to share with the rest of us as part of this friendly competition. Looking forward to seeing you all one Tuesday!

Your president,

Maya Donovan

MARCH THEME:

Wear green and bring cookies for judging!



Double Meeting in May

The night of May 14 we will hold two club meetings back to back. Mark your calendar now. This way we will complete 10 club meetings before the County Fair begins in early June. If you need 80 percent attendance because you plan on showing an animal at the Fair, be sure to attend the May meeting.



Record Book Drop-In Workshop

Can't seem to make time to fill out your Record Book?

Pencil in one or both of these Drop-in Record Book Workshops.

Saturday, April 13 3-5 pm

Thursday, June 20 7-8:30pm

These workshops are open forums for kids (and parents) to drop-in to have some focused time to work on their 4-H record books.

- If you're an expert it, gives you a set time to GET IT DONE
- If you're new to record books, it gives you someone to answer questions as you go

If you are coming:

- Bring a laptop if possible
- Bring a calendar with dates of YOUR 4-H events attended
- Plan ahead and sketch out what you did at each project meeting

Record book online resources can be found here:

http://4h.ucanr.edu/Resources/Member_Resources/RecordBook/About_4-H_Record_Books/

Online Record Book is here:

<https://4horb.ucanr.edu/login.cfm>

****Know your 4HOnline password before you arrive!**

Call for Pen Pride Prizes - Can You Help?

Pen Pride (Peninsula Pride) is a county-wide fundraiser where 4-H youth raise and train a market animal which is then exhibited at the San Mateo County Fair. The goal of this project is to give youth the opportunity to experience the responsibility of raising a large animal for the consumer market as a group "learn by doing" activity. In addition, the Pen Pride project serves as a community outreach fundraiser for San Mateo County 4-H educational programs (e.g., Presentation Day, Life Skills Festival, Animal Field Day, leadership conferences, service learning activities, youth and adult training, and more).

We need your help finding great prizes that will motivate fair attendees to purchase tickets. Do you have access to event tickets? Know someone that can get a tour of the Tesla factory? How about someone that can get a performance driving experience on the Sonoma Raceway? Please think about what connections you have and share your ideas with a club leader or with our Pen Pride club organizer, Rachel Prouty Simpson. All prizes must be in-hand by May 18th.

Note: to simplify prize distribution, gift cards are preferred over gift baskets or larger items.

Monthly Health Tips and Recipes

March - Homeopathy

Andrew Konrad Gould, Healthy Living Officer

Homeopathy has become a very popular form of alternative medicine in the past few years, but how does it work, and is it effective? Homeopathy relies on some basic principles. One is that like treats like, that something that causes the symptoms of an illness must be a cure for symptoms of an illness. The second is extreme dilution of substances in water or alcohol. The alternative medicine came around in the 1700s with the German medical doctor Samuel Hahnemann, and his clinics were very successful because the Germ Theory of Disease would not arrive until the discoveries of English physician John Snow, French physician Louis Pasteur, German physician Robert Koch. Medicine at the time was extremely crude, and without the understanding of germs, most Medicine of the time relied on Ancient Greek methods. However in modern Western medicine, we have been able to study the methods of Homeopathy, and we now know that it is not better than any placebo. 30C, the most commonly used homeopathic dilution, involves diluting a substance 30 times in 99 units of water (the active substance being one unit), meaning sometimes there's literally not a single atom left from the active substance, and the "water memory," which homeopaths claim is significant for water to "remember" what was previously in it, is invalid. The good news is, Homeopathy doesn't hurt the human body, but it's well known that it's not effective.

About This Year's 4-H Camp from Allan Bruce:

The dates for San Mateo County 4-H Camp 2019 are Sunday, July 14, 2019 - Friday, July 19, 2019. Registration for strictly 4-H members will be on Saturday, April 6 - Sunday, April 14, 2019. That will only be open for 4-H members. Starting Monday April 15, 2019 is when registration starts for the general public. 4-H members can register from that range as well, but we want to give them priority to first register. So they have a whole week dedicated to them before registration opens up to the general public. Registration fills up extremely quickly, so if parents are able to put a deposit down it can help ensure a spot at camp.

If your children are interested in attending San Mateo County 4-H Camp please respond via this link: <https://goo.gl/forms/EetucWhmGLbHtRFJ3>. This link is to a google form so that I can email the parent the registration packet via email. Current 4-H members only please.

Our youth staff are going to try their absolute hardest to make it out to club general meetings to inform your club about the exciting week at San Mateo County 4-H Camp.

Wondering What Next Year's Projects Might Be?

Are you (or your kids) enjoying this year's projects? Would you/they like to see some other projects offered? Or maybe bring back projects we've had in the past? In May, parents will have a chance to discuss projects for next year. Now is the time to start thinking about what projects you may want to see added or a project that you would like to lead.

Member Reports

Crochet Critters project

I crocheted (from left to right) an ama ebi, an ikura, and an unagi. Thanks to Caroline and Logan, I learned how to crochet on my own, and also learned how to crochet an oval-shaped piece. I invented my first crochet patterns, which are cute "kawaii" sushi/nigiri. I am working on making a bunch of different types of them. I can't wait to complete all of them! --Gabby Lou



Weaving project



At our February meeting, we continued making our big woven bags. I finished the big bag so I worked on making a mini bag on a cardboard loom, which takes more time than weaving on a rigid heddle loom or inkle loom. --Gabby Lou

Farm Engineering Project

As a part of the Farm Engineering Project, I am helping design and make an easier way to bring the compost up the hill on the farm. We are planning to make a specialized cart on tracks that will go up the steep hill with ease. This cart will hopefully be pulled by a car wench so that it can be pulled up mechanically. Our goal is to have this installed on the farm by the summer and ready for next year's use, if not before. Many people are involved in the design and review of project so we hope that it will be very useful to everyone on the farm. --Asher Becker

Goat Projects

The goats have arrived at the farm! Right now there is six market goats and we are awaiting the arrival of a few dairy goats. We are weighing our goats on Sundays and determining how much food to give them. All of them are growing well. Most of the goats got baths over the weekend to control lice which is a common issue with goats. The most fun part of our nightly routine is walking the goats through the neighborhood around the farm. This is my first year raising a goat I've really enjoyed it so far. --Alex Becker



County Calendar Events

Mandatory Livestock Meeting for Exhibitors at San Mateo County Fair	3/20/2019
SMC 4-H County Council Meeting	3/25/2019
Animal Field Day	4/27/2019
Life Skills Festival and Field Day	5/4/2019
SMC 4-H County Council Meeting	5/20/2019
San Mateo County Fair	6/8-16/2019
San Mateo County 4-H Summer Camp "Camp Safari"	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 the San Mateo County 4-H website at <https://ucanr.edu/sites/smsf4h/>.

Next newsletter deadline: Friday April 5, 2019

Email newsletter articles and photos to sue.gower@icloud.com. Thank you!



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