
San Carlos Eaton Hills 4-H

<http://sancarlos4h.org>

Next Meeting February 11 @ Clifford School

Upcoming Club Events

General Meeting

Tuesday February 11, 6:30pm
Clifford School MUR

Record book 101 Meeting

Tuesday February 25, 7:00pm
Clifford School Library

Junior Teen Leader Meeting

Friday March 6, 6:00-8:00pm
Location TBD

Steering/Parent Meeting

Tuesday March 10, 7pm
Clifford School Library

General Meeting

Tuesday March 17, 7:00pm
Clifford School MUR

President's Message

Hello all you beautiful 4-Hers!

Happy February! Our next meeting is our club potluck, and if you're anything like me you're getting very excited! The Leadership project will be showing up with the most lasagna you've ever seen, including vegetarian varieties.

If you look further down in the newsletter, you'll find that your family has been assigned a kind of dish to bring based on your last name.

In the spirit of 4-H, we ask that you please bring a reusable plate and utensils to save us all of the plastic that we'd otherwise have to throw away. This meeting will be one filled with fun and food, the best combination!

See you there!

Samantha Campbell, President

FEBRUARY THEME: Bring reusable, washable utensils and plates!



Potluck Dinner at the February Meeting

The February meeting is our annual potluck dinner. **Dinner starts at 6:30**, before the general meeting. All parents and kids are welcome.

Let's show our love for the planet by making it a zero-trash dinner! Please bring your own reusable plates, cups, silverware, and napkins.

For the potluck, the Junior Teen Leaders will bring lasagna. There will be meat and vegetarian options.

The rest of the club brings the rest of the meal. If your LAST name starts with:

- A-G, bring a salad
- H-P, bring a dessert
- R-Z, bring a bread

Also, please also bring serving utensils labeled with your name as needed for your contributions.

Upon arrival at the meeting, be prepared to indicate if your dish contains any common allergens such as nuts.

There will be vegetarian and gluten free options for all parts of our meal.

VOTE: Budget Amendment

We will be voting to amend our SCEH 4-H general account budget adding a \$600 expense to fund a portable toilet at the Farm. The portable toilet will be accessible to the people working on the farm for the 4 month period where there will be animals on the farm. This proposal was approved to be voted on by the Farm Manager, Jr. Farm Managers, Community Leaders and the leadership project.



Monthly Health Tips

February - The Wuhan Coronavirus: Don't Panic, but Protect Yourself

Andrew Konrad Gould, Healthy Living Officer

For Adults

In December 2019, a new virus was reported in Wuhan Province, China. It is a coronavirus. Coronaviruses usually only cause minor illnesses, such as the common cold, but in some cases, infections can be more serious, such as severe acute respiratory syndrome (SARS), Middle East respiratory syndrome (MERS), and now Wuhan coronavirus. Both SARS and MERS are from bats, but the source of Wuhan coronavirus is unclear, but can be spread from person to person. Most cases have been in China, but the virus has spread to other nations, including the U.S., prompting the World Health Organization (WHO) to declare a public health emergency of international concern on Thursday, the 30th of January. The first case was reported the next day in the U.S., and it now has infected seven

people. Before panicking, what may be considered is that outbreaks can be contained, which requires your cooperation. The Centers for Disease Control and Prevention (CDC) advises to sanitize or wash hands frequently, cover mouths while coughing and sneezing, go to a physician if you have a fever, cough, and difficulty breathing, avoid contact with animals in markets where the virus is reported, and avoid raw food and prepare food properly. Also note that, while concerning, the media makes money through selling the media, and will happily fear-monger the public. Lastly, the CDC says that Americans are unlikely to come into contact with the virus, so just don't travel to China to be safe.

For Kids

In December 2019, a new germ was reported in China. It is a coronavirus. Coronaviruses usually only cause minor sickness, such as a cold. The Wuhan coronavirus is more severe, but like the cold, can be spread from person to person. The World Health Organization (WHO) has declared a public health emergency of international concern on Thursday, the 30th of January, because the virus has spread to other countries. The first case was reported the next day in the U.S., and it now has made seven people sick. Before worrying a lot, remember the germ can be stopped from spreading, and to do that, your help is needed. The Centers for Disease Control and Prevention (CDC) advises to wash hands, cover mouths, and see a doctor if you get sick. Also remember that, while worrying, the news makes money through selling the newspapers and getting you to watch their shows, and will happily make people afraid to sell more. Lastly, the CDC says that Americans are unlikely to come into contact with the germ, so just don't travel to China to be safe.

Source(s)

World Health Organization (WHO)

(<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>)

Centers for Disease Control and Prevention (CDC)

(<https://www.cdc.gov/coronavirus/2019-nCoV/summary.html>)

Wikipedia (https://en.wikipedia.org/wiki/2019%E2%80%932020_Wuhan_coronavirus_outbreak)

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

It is about that time again - CAMP TIME! We are excited to announce this year's theme CAMPOUT PLAY (based on Survivor TV show theme). The youth staff and adult advisory is planning a fun, memorable and exciting week. San Mateo County 4-H Camp will be on **Sunday, July 12 - Friday, July 17, 2020** located at Jones Gulch (Wasiata campground) in La Honda.

Priority registration is offered to **4-H MEMBERS ONLY** during the week of **Saturday April 4th to Sunday, April 12th**. Starting on Monday, April 13th the registration link will go live to the general public and will be posted on the UCCE 4-H website. Posted [here](#).

Camp registration will still continue to be online. There are some paper forms that we will still require. Payment is still done by check as well. You will receive the registration link via email on Saturday, April 4th by no later than 7 AM. Registration fills up extremely quick so please take advantage of this week of registration. You are welcome to pay in full but a \$150 deposit (per child) must be put down to ensure a spot.

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Deposits must be paid in full by Friday, May 15th. If we do not receive full payment by deadline – the spot will open to the next available participant if there is a wait list. Deposits will not be accepted after May 15, 2020.

The registration link is not intended to be forwarded via email. If there are 4-H participants interested in priority registration please have them refer to this link and complete the google form: <https://forms.gle/d874rX55LaiDgQhb9>. I will be verifying my list of those who completed the google form for priority registration.

If you have any questions regarding priority registration or 4-H Camp itself - please let me know.

Please like us on [Facebook](#).

We are excited for another great & successful year at San Mateo County 4-H Camp.

Best,

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Allan Bruce

Co-Advisor: San Mateo County 4-H Camp

Record book 101 Meeting, Feb. 25th 7:00pm

Want a guiding hand about Record Books? We will have an introductory meeting Tuesday, February 25th 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.

Double Meeting in May

The night of May 19 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.



Member Reports

Lamb and Goat Projects

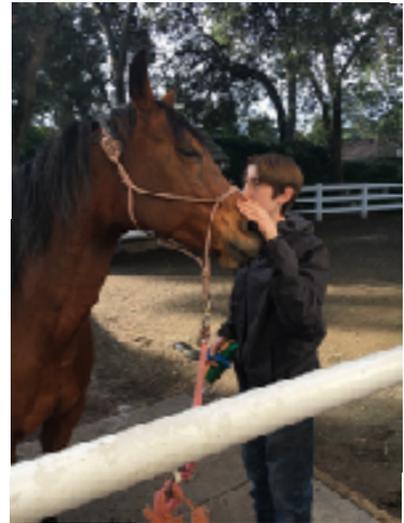
On January 26th I got an opportunity to visit my goat that I'm going to be raising at the San Carlos farm from February to June. I'm bringing him to the farm on February 9th along with my lamb and I'm so excited! My lamb's name is Kevin and my goat's name is Stanley.

When I got there I got to see him in person for the first time and I got to work with him which was super cool. "Working with him" consisted of trying to walk him on a collar like you do in the show ring and getting him to stand still which is very important. I'm very excited to bring my animals home but I also know that there are five long months of hard work ahead of me. We spend at least an hour every night at the farm to feed and work our animals, and we also rotate mornings before school. There are only 3 lambs on the farm this year and 4 goats, so I'm going to be spending a lot of time at the farm!

— Samantha Campbell

Equine Project

This year I joined the Equine Project for the first time after learning more about it at the Project Fair during our October General Meeting. I have been taking riding lessons for a long time and have worked at a horse ranch over the summer. I have been growing really interested in the care of horses. This project is led by Jennifer Ott Cameron who is the Western Team coach for Stanford University. We meet monthly at Webb Ranch. This project does not include any riding because its focus is Equine Science. Equine science is the the study of the reproduction, physiology, behavior and nutrition of horses. So far we have learned about the colors and markings of horses, colic, stereotypy and much more. I'm really enjoying this project. — Alex Becker



Bay Coast Youth Leadership Summit

Over the weekend of January 10-12th, I went to the Bay Coast Youth Leadership Summit at Walker Creek Ranch in Petaluma. This year's theme is advocacy.

At the Summit, they have a lot of really interesting classes at which they find cool ways to make them interactive and fun. For example, one of the classes I went to was "Candyland". Since this year's theme is advocacy, they had an advocacy themed "Candyland" group board game. The room was divided into groups, and each group was different teams for the "Candyland" game. Each team advocated for a different candy, and why it was better than the rest. We advanced on the game board by talking about facts, opinions, and presentations.

But we did not only have classes, we had a movie, dance, and hike. The movie was the new Aladdin live action movie, with snacks. The dance was pretty fun, there was good music and it was pretty with the twinkle lights in the barn. The hike was long but worth it. At some points there were fern forests we passed through, and at other times there were moss covered trees.

The whole weekend was a great experience, even better than last year! I highly recommend this if you have the opportunity. — Millie Garrett



December Event Thanks - Care Kits for the Homeless

I would like to thank our club members for making our December event, making care kits for the homeless, such a success. We made 100 bags! Most went to Street Life who's director shared so powerfully with us that evening. Dave Shearin was very impressed by our club and looks forward to partnering with us again. A big thanks goes to our club leaders who approved the purchase of all the needed supplies - our club is really generous. I hope this event brought awareness to the serious issue of housing insecurity and homelessness. Be on the lookout for future club events around this issue!
— Asher Becker

County Calendar Events

SMC 4-H County Council Meeting	3/23/2020
<u>Animal Field Day</u>	4/25/2020
<u>Life Skills Festival and Field Day</u>	5/2/2020
<u>San Mateo County Fair</u>	6/13-21/2020
<u>San Mateo County 4-H Camp</u>	7/12-17/2020

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 March 6, 2020

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



<p>Club Officers President: Samantha Campbell Vice President: Taylor Meeks and Elise Wacha Attendance Secretary: Annika Larson Corresponding Secretary: Sophia Vattuone Treasurer: Leanna Gower Sergeant At Arms: Roman Messina Co-Jr. Farm Managers: Quincy Theuner and Peyton Steitz Healthy Living Officer: Andrew Gould Membership Officer: Pablo Pinilla Historian: (open) Co-Recreation Leaders: Alex Becker and Hayley Houston Club Reporter: (open) Club Photographer: Jayden Houston Community and Civic Engagement Officer: Asher Becker</p> <p>Community Leaders Katherine Schembri Kathandnora@aol.com 650.365.2331 Jason Gische jgische@yahoo.com 650.218.8247</p>	<p>Steering Committee Jason Gische Katherine Schembri Stacy Dent Missy Damon Catherine Campbell Sue Gower Kelly Steitz Maureen Becker Marc Chevillet Tina Cole Sarah Kelsey Kim Gische Rita Gould Erica Theuner Pam Leffler Aida Paragas</p>	<p>Registrar Missy Damon melissajanedamon@gmail.com</p> <p>Projects Coordinator Kim Gische kgische@gmail.com</p> <p>Farm Boss Andy Campbell</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>
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