

SAN CARLOS EATON HILLS 4-H

<http://sancarlos4h.org> | Next Meeting January 15 @ Clifford School

Upcoming Club Events

General Meeting

Tuesday, January 15, 6:30pm
Clifford School MUR

SCEH Farm Project Leader Meeting

Tuesday January 22, 2019

Record Book 101

Tuesday, January 29
Clifford School Library

Presentation Day

Saturday February 2, 2019
College of San Mateo

General Meeting

Tuesday, February 12, 6:30 pm
Clifford School MUR

President's Message

Dear 4-Hers,

Happy New Year! The January meeting is probably my second favorite meeting of the year, after Capture the Flag in May. It's the Pizza and Bingo Meeting! Remember to bring a couple dollars to buy pizza. It's a super fun event and I'm looking forward to playing bingo and winning prizes with you guys.

Not only is the Pizza and Bingo Meeting coming up, but so is Presentation Day! Presentation Day is a fun 4H event everyone can be a part of. It takes place at the College of San Mateo on February 2nd. You can sign up to give a presentation on a topic of your choice, take part in the interview contest, or just sit back and enjoy all of the interesting talks! It's an awesome opportunity to practice an important skill and I highly suggest that you at least consider participating or attending.

Best,

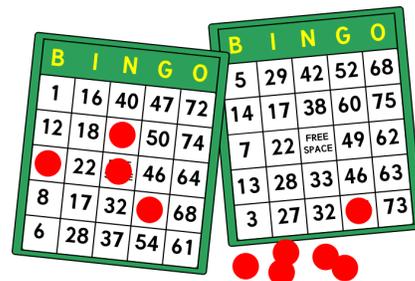
Maya Donovan

JANUARY THEME: Bring Bingo Prizes and SPCA Donations!



Join us for Pizza and Bingo!

Our annual Pizza and Bingo meeting is here! Bring an appetite, a few \$1 bills and a fun prize to the January General Meeting. **The meeting will start at 6:30** to allow for lots of time for pizza and bingo. Two dollars buys a slice of pizza and a bingo card. The club will provide free drinks. Please contribute a small prize to our prize table. Prizes should cost no more than \$5.00 and should be unwrapped and appropriate for all of the age groups.



SPCA Donation Drive

At the January General Meeting on the 15th we will be collecting items for the SPCA Donation Drive. PHS is in need of blankets, towels, hay, heating pads, newspapers, and other items. Every item helps! Please go to <https://phs-sPCA.org/donate/wish-list/> for more information. You may purchase items directly on Amazon using this link or bring your donations to the January Meeting. If you buy an item on-line please include a notation that these are from the San Carlos/Eaton Hills 4H Club. Andrew and Rita Gould will be accepting these items and transporting them to the Lantos Center for Compassion in Burlingame. Thanks for your generosity. - Andrew and Rita Gould

Attend Presentation Day!

San Mateo County Presentation Day is a great opportunity to get your feet wet with county 4-H events, meet kids from other clubs and practice your public speaking. 4-H members of all ages can contribute. Maybe you just want to watch presentations and be a junior judge (earn record book credit!). Maybe you want to learn about giving presentations next year. Maybe you are going to present. Maybe you want to enter the interview contest. There are opportunities for you. Please read the full information at the following link: https://ucanr.edu/sites/smsf4h/Events/Presentation_Day/

What: 4-H County Presentation Day

When: Saturday, February 2, 2019

Where: College of San Mateo

How: Register online by 6 pm on Thursday, January 24, 2019

REGISTRATION: Registration is online. Entries need to be received by 6pm on **THURSDAY, JANUARY 24, 2019.**

Presenters & Interviewees: Register at:

<http://ucanr.edu/survey/survey.cfm?surveynumber=21998>

Record Book 101

Want a guiding hand about Record Books? 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.



Information 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 CAMP SAFARI. 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 14 - Friday, July 19, 2019** located at Jones Gulch (Wasiata campground) in La Honda.

Priority registration is offered to **4-H MEMBERS ONLY** during the week of **Saturday April 6th to Sunday, April 14th**. Starting on Monday, April 15th 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 6th 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.

Deposits must be paid in full by Friday, May 17th. 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 17, 2019.

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://goo.gl/forms/EetucWhmGLbHtRFJ3>. 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. We are excited for another great & successful year at San Mateo County 4-H Camp.

Allan Bruce, San Mateo County 4-H Camp Co-Advisor, allan.smc4hcamp@gmail.com

Vote at General Meeting To Amend Current Farm Budget

Our San Carlos–Eaton Hills 4-H farm is in need of new fencing as well as fencing repair for the upper pasture area. Due to the size of the project, an outside vendor needs to perform the work. We had earlier received a bid for \$3000 to have this work completed, and that line item was included in our approved budget. A few of our club members had successfully secured a generous donation from a San Carlos based company, Farmers Business Network, to cover those costs.

For liability and safety purposes, and to protect all parties, UC ANR requires that any work performed by outside vendors adhere to certain procedures including labor be billed at prevailing wage. Due to this, the cost of the project has increased by \$2,170. Since this expenditure has not been budgeted for, the proposal has been presented to our officers and the Leadership Project.

Our officers and JTL's have discussed the proposal and unanimously agree to increase the budgeted "fence project" line item currently in our farm account from \$3,000 to \$5,170. The proposal needs final club approval and will be voted on at the January General meeting.

4-H Merchandise

Are you showing an animal at the San Mateo County Fair? Uniforms are required and can be purchased online through 4HSupplies.com

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. Order soon because fair season will be here before you know it!

We will also have merchandise for sale at the next General Meeting. This includes new green SCEH shirts (\$12) as well as traditional white shirts (\$10) and record book covers (\$5). Please bring cash or check made out to SCEH 4H.



Please contact Catherine Campbell with questions.
cathcampbell@yahoo.com
650-766-4508



Monthly Health Tips and Recipes

January - Guacamole

Andrew Konrad Gould, Healthy Living Officer

I rarely share this with people, however I am a skeptic of “superfoods,” especially considering the myth that coconut butter is healthy, despite the fact that according to the American Heart Association, there is limited evidence that the medium-chain fatty acids found in coconut butter reduce weight, however, some foods are in fact healthier than others. Guacamole, for instance, contains avocado, which does have a significantly large amount of fiber, monounsaturated fat, and vitamins, so I would like to share a simple recipe for guacamole.

Ingredients: Two or three avocados, half of a small onion, 20 ml of lime juice, a small handful of cilantro, two cloves of garlic, one large tomato, 8ml cumin, 8ml salt.

1. Cut open ripe avocados, add the flesh to the bowl and remove the seeds.
2. Mash avocados with a fork.
3. Dice onion and add it to the bowl.
4. Remove seeds and slime from the tomato. Dice the tomato and add it to the bowl.
5. Dice the cilantro and add it to the bowl.
6. Crush, cut, and add garlic to the bowl.
7. Add the lime juice to the bowl.
8. Blend until homogeneous.

CLEVER HACK: You can smooth the guacamole out in a bowl to seal it and then add water on top to prevent it from browning.

Please note: Mash and dice the ingredients to your liking. Make them creamy or coarse depending on how you enjoy them.

Member Reports

Weaving

In weaving we were making purses. I was in the group that was weaving the body of the purse on a rigid heddle loom. The other half of us were weaving the strap of the purse on an inkle loom. In everything we will be weaving there will always be the warp threads and the weft. The warp threads are the main part that you will be weaving through. However the weft is the yarn that you weave over, under, over, under through the warp threads. I have really been enjoying this project. This is my second year in this project. --Sarah Schembri 😊😄



Lamb Project

This is my second year raising lambs. Last year my goal was to cross the auction block and place in the top six of my weight class. I crossed the auction block and sold Fletcher for around \$800, and I also placed fourth in showmanship. Then I decided that I wanted to step it up for the 2018/19 year. I did research on lamb breeders in my area and I am going to put more of an effort into keeping a better thought-out and strict schedule.

On December 22nd, a small group of people in the lamb project went on a lamb tour to different breeders to see what the different options were that we didn't explore last year. Last 4-H season, we visited 2 breeders in total and most of us bought from the same one all in one trip. This year I'm going to make sure that I look into all of my options and that I pay attention to some things I didn't care as much about last year.

I had a really fun time getting to see all of the different lambs and learn about what makes each breeder special. Overall, I learned a lot and I'm really excited to improve this year. --Samantha Campbell



On December 22, I attended the Holiday Sheep Tour. There were 8 breeders on this tour located in the Modesto-Escalon area. It was so interesting to see all of the different lambs and the different barn set ups. A lot of the breeders that I visited are going to sell their October/November born lambs at January auctions. For most breeders, this is their livelihood, and taking their lambs to auction is the best way to generate revenue. For lambs that did not sell at auction, breeders will then

do private sales off the ranch. There are some breeders willing to sell off the ranch prior to auction. The cost of the lambs is dependent on basically the ram/sire used in breeding, overall structure, the breeder, and male versus female lambs. The cost could be anywhere from \$400

to \$2,000 or more if buying off the ranch. Cost may be different if buying at an auction. The \$2,000 was from one of the breeders on the tour.

Each breeder provided information on the ram used for their breeding program and what they look for when breeding. The ram or sire is important but the ewe that is being bred is important to the quality of the lambs too. A few of the breeders also used artificial insemination to breed. For breeders that used artificial insemination, the cost of that is passed to the buyer.

Having the opportunity to see lambs from 8 different breeders, I could see that each breeder had a specific style of lamb they were breeding for. Some breeders had very short stocky lambs where as others had tall elegant looking lambs and some were in between. The tour attracted many people from all over California. I met a few from the Stanislaus County, a mother/daughter from Joaquin County and also a 4-H family from Virginia that were here on their vacation. I would recommend this tour to a member that is interested in raising market lambs.
--Tia Chan

Woodworking

This month at the Woodworking project, we made birdhouses. This was our first meeting, since the original date got cancelled due to the smoke. This made it fun to see all of the new faces and some of the returning members from last year. Overall, this was a great project meeting to start with and was a lot of fun! I can't wait for the next meeting! --Taylor Meeks

County Calendar Events

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| Bay/Coast Youth Summit | 1/18-20/2019 |
| County Council Meeting | 1/28/2019 |
| SCEH Farm Project Leader Meeting | 1/22/2019 |
| SCEH Record Book 101 | 1/29/2019 |
| County Presentation Day | 2/2/2019 |
| 4-H Summer Camp | 7/14-19/2019 |

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 monthly online newsletter. You can subscribe to receive the newsletter in your email every month:

- Go to <http://4h.ucanr.edu/News/>
- Half way down the page on the left, click on "Subscribe Now" under **California 4-H Update Newsletter** and enter your information

Next newsletter deadline: Friday February 1, 2019

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



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| <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</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> |
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