

SAN CARLOS EATON HILLS 4-H

<http://sancarlos4h.org> | Next Meeting May 14 @ Clifford School

Upcoming Club Events

General Meeting

Tuesday May 14, 7pm
Clifford School MUR

Hometown Weekend

Saturday/Sunday May 18-19
Burton Park

Hometown Days Parade

Saturday, May 20, 8:30 a.m. set up
10:00 a.m. parade starts

4-H Info Booth & Dime Toss

Saturday, May 18 - Sunday, May 19
Burton Park

San Mateo County Fair

Saturday, June 8 - Sunday, June 16

Cake Booth

Sunday, June 16

President's Message

Dear 4-Hers,

Congratulations on another year of 4-H! It's hard to believe that this year is coming to a close. It feels like just yesterday when all the new members were coming in for their first general meeting. This year has been absolutely incredible thanks to all of your creativity, hard work, and all-around awesomeness. I know next year will be just as impressive.

Even though our general meetings are ending, there will be 4-H events for a couple months yet. Come to Hometown Days to help out at the Dime Toss or share your 4-H stories to future 4-H'ers, or to the County Fair to see all of the work your fellow 4-Hers have done throughout the year.

It was an honor to serve as your president, and I hope that all of you have an amazing year next year.

Maya Donovan

MAY THEME:

Elections and celebration of the 4-H year! BRING Donations for LifeMoves (see note below) & GLASSWARE for the Dime Toss booth!



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.



Candidate Statements

Elections for club officers will be held at the May general meeting. Only club members vote for officers. (Parents cannot vote.) Membership in the Junior/Teen Leadership project for at least one year is a prerequisite for becoming a candidate. In addition, only candidates who submit a candidate statement to the club newsletter are eligible for election. Please become an informed voter; read the candidates' statements below before the meeting.

President

My name is Samantha Campbell, and 4-H has been a part of my life for upwards of six years now. I have been involved in projects of all areas of 4-H, including raising chickens, sheep, and a goat, and being involved in manga, knitting, woodworking, farm sculpture, engineering, and the Junior Teen Leader project. Needless to say, I have devoted countless hours of my time to this club and everyone in it, and it means a lot to me. Last year I was the club treasurer which was a great experience and a great first officer position, but I realized that I wanted to be more involved directly with the youth and helping the meetings happen. Because of that I ran for Vice President this past year, and I love it. I love making announcements and working with the adults in this club to help everyone have the great 4-H experience that I got. After shadowing Maya for this past 4-H season, I would be honored to step up and take her place as the President of the San Carlos-Eaton Hills Club. This club and everyone in it means a great deal to me, and I would be delighted to help lead it next year.

Vice President

Hi all! This is Taylor Meeks and Elise Wacha and we want to be your co-vice presidents for the 2019-2020 4-H year. Both of us won the Kenny Stratz memorial award for being the most dedicated 4-H'ers and we are committed to helping to better the club in all aspects of its operation. We love 4-H and are very excited to take on such key roles in helping it and all of its members to succeed.

I am Elise Wacha and I have been in 4-H for 11 years. I am 16 years old and sophomore at Carlmont High School. In the past, I have been corresponding secretary and secretary of the club. I am a member of the Jr. Fair Board and have participated in many projects through 4-H including lambs, turkeys, hogs, chickens, archery, cooking, crafts, leadership, and more. I have been the JTL for numerous projects and have helped to lead and coordinate many leadership events such as the youth leadership training, presentation day, and the CAL conference of 2018. In addition, I am a counselor at the county 4-H camp. I am super excited to be co-vice president with Taylor and am more than ready to tackle this important role.

I am Taylor Meeks and I have been in 4H for the past 10 years. I am 16 years old and a junior at Carlmont high school. This past year I was the corresponding secretary for the 4-H club. I have also been a Junior Teen Leader to Hands Across the Generations project and the woodworking project since 7th grade. I have done a variety of different projects in the club, including hobbies

and animals. 4-H has helped me to grow in my leadership and public speaking abilities. I am so excited to work with Elise as co-vice presidents to make this upcoming year in 4-H very successful.

Attendance Secretary

Hi, my name is Aaron Larson, and I am running to be your Attendance Secretary for the upcoming 4-H year. I have come to all of the general meetings in the past 3 years, so I will be able to monitor the attendance and keep record of the minutes at all the meetings. I have served as your club Treasurer for the past year, which has given me valuable leadership experience that I will apply to the office of Attendance Secretary. This will be my 4th year in 4-H, so I have a good understanding of how general meetings are run. Thank you and please vote Aaron Larson for 2019-2020 Attendance Secretary!

Treasurer

I am Leanna Gower, and I have been in 4H for 5 years now, and I would like to be your treasurer for this upcoming year. I've been very involved in 4H, 4H camp, and many projects such as; Manga Art, Beginning 4H, Duct tape arts and crafts, and Junior Teen Leaders, just to name a few. I would like to be elected into the treasurer position for our club, because I am good with numbers, experienced with money, and logging expenses, and I believe that this makes me very qualified for this position. And, it would be an honor to have a hand in running the club that I love so much.

Club Photographer

Hi my name is Jayden Houston I've been in 4-H for 5 years now, I have done Pen Pride, raised 3 Pigs, 1 Lamb, Turkeys, Chickens and I am currently raising a Steer. I am running for Club Photographer, I chose this officer position because I enjoy taking pictures and I think chronicling our events through photography will keep our part of 4-H alive forever.

Healthy Living Officer

Hello, my name is Andrew Konrad Gould and I'm running for a second term in the office of Healthy Living Officer. I definitely enjoy teaching people about things they can do in their everyday lives to improve their health, or an interesting fact about the history of medicine. I have not been the most consistent, and I hope to be more consistent with my newsletters the following year. Health is one of the most valuable things we have, and I think it's important that we have someone willing to encourage others to be healthy. This is why I believe I am ready to handle the task.

Club Membership Officer

Hello, my name is Pablo Pinilla, and I am running for the position of Club Membership Officer. I have been in 4-H for five years, and I have been an officer for two years: as the club photographer last year and recreation leader this year. I have also been a JTL for the Beginning 4-H project for three years, and a camp counselor at 4-H camp. As the Membership Officer, I would make sure that all members feel welcome in our club, especially new members. So vote Pablo Pinilla for your 2019-2020 membership officer! I have loved bringing the camp spirit to our club.

Junior Farm Boss

Hi fellow 4-Hers! We are Asher and Tia and we are running for Co-Junior Farm Bosses for the upcoming 4-H program year. I am (Tia) 14 years old and am an 8th grader attending Central Middle School. And I am (Asher) 16 years old and am a sophomore attending Summit Prep High School. Together, we have 10 years of 4-H experience. We have also raised 4 lambs, and 30 market chickens over those years. I (Tia) have also shown chickens and even made it to small animal master showmanship last year and my first year of 4-H. Asher has served as a

Co-Junior Farm Boss this past year. We think that we are the fittest for this position because we want to make the farm a fun, safe and respectful environment for everyone. We really want to be in a leadership role connected to the farm because we are passionate about our farm. We love talking and educating others on what we do at the farm. We believe that it is so important for others to know. Our hope is to provide opportunities on the fair for everyone. This is because the fair is an amazing opportunity that should be used by all 4-H members. We also really enjoy and love the San Carlos Farm community and believe that we can make it a better place for our head, heart, hands, and health. So please vote for Asher Becker and Tia Chan for next year's Jr. Farm Boss.

Hi, we are Hayley Houston and Alex Becker, and we are running for co-Junior Farm Bosses.

We are both 14 years old and have been in 4-H for five years and have had every animal in the San Carlos Farm.

The job requires leaders who know the farm, who will make sure the animals are safe, handle communication issues, plan events and maintain the farm.

We are both uniquely qualified to do this job. We have held various leadership positions in 4-H. Hayley was a co-recreational leader and planned games and events. Alex was Sargent of Arms and kept our General Meetings running smoothly. We are both in the JTL project which teaches us leadership skills and have served as JTLs for animal projects. Hayley has also gone to Leadership Camp through her school and Alex has been in leadership with his church youth group for several years. We're good listeners and hard workers and are passionate about our farm.

We believe that we will be great leaders on the farm next year. Please vote for us!

Hi my name is Quincy Thuener. Peyton Steitz and I are running as a team for the Jr Farm Boss position! I have had the opportunity to be a part of our farm community for the past seven years. In my years on the farm, I have raised chickens, lambs, goats and am learning about hogs with the help of my brother and his hog Phil. I was JTL for the market chicken project for three years and I am Co-Jr Farm Boss this year. This year as Co-Jr Farm Boss I have learned so much about what goes on behind the scenes at the farm. With this knowledge, I have ideas of how to improve the communication on the farm as well as prioritize projects. Some things have been introduced this year that I wish to continue in the future to strengthen our community and communications on the farm. My goals for this upcoming year are to complete projects that were started this year such as utilizing the upper pasture area, improve communications with the entire club as to what's happening on the farm and to support the youth on the farm whatever their personal goals may be. Peyton and I are excited by the possibility to work together this upcoming year and hope to help the Farm meet the needs of not only our Farm members but our entire club. So if you looking for the Jr Farm Boss position to be filled by not one, but two experienced and creative minds who are ready to take on challenges and work with others to solve problems on the farm Peyton and I are the team to vote for!

Hi! My name is Peyton Steitz and I am running for Junior Farm Boss with Quincy Thuener. This coming year will be my 5th time raising livestock at our farm. For the past two years I have had different leadership roles in each animal project I have been a part of. These opportunities, such as being a JTL, and helping with different livestock and 4-H events, have taught me to interact

with many different personalities. If we were elected for this position, one of our main goals would be to improve communication on the farm and to the club. At farm, we would continue our weekly meetings that help everyone on farm know what is happening in different projects. After these meetings, we would want to send out a weekly email re-cap so all farm parents or kids who weren't able to attend can also stay up to date. To improve communication outside of farm, at the club meetings we would want to give major updates as well as share some fun things that are happening on farm. I think that Quincy and I would make good junior farm bosses because by having a wide variety of animals we have worked with we will be able to overcome any challenges on farm. That way we can all focus on the fun experiences and friendships on farm.

Sergeant of Arms

Currently this is my 5th year at 4-H and I'm in 8th grade. This is my official statement for why I should be designated sergeant of arms.

I should be in this officer role because of my Previous and current leadership roles. I am a youth leader in student ministry at a church in Redwood City called PCC or the Peninsula Covenant Church. I am also the captain of my athletics Olympic league for my physical education program. I have also been an officer in 4-H this past year I was designated historian in the past year. I have always been passionate about 4-H and will always try to help improve the meetings in anyway I can. If this means shushing kids and adults or even just monitoring I will be proud to do it. I hope that I will be considered to be an 4-H officer. Thank you. --Roman Messina

Hometown Days is Coming up, May 18th & 19th!

Participate in the Parade!

Come one, come all! Let's show our 4-H spirit! Plan on coming to Central Middle School at 8:30 a.m. on Saturday, May 18, to decorate our float for the parade. Stay to walk in the parade at 10:00 a.m. Wear your 4-H gear & bring signs showing what 4-H is all about!

4-H Information Booth:

On Saturday and Sunday our club will have a 4-H Information Booth. This is where families come to learn about 4-H from our San Carlos Eaton Hills 4-Hers. We will be sending out a sign up sheet at the meeting and an electronic one via email. Please contact Kathleen Houston, cykat95@yahoo.com or Caroline Spinali: cm2spinali@earthlink.net if any questions.

Dime Toss Booth - Fundraiser for our club!

Kim Machado is organizing the Dime Toss Booth with the help of Kristiann Garrett, who has been storing our glassware all year. Volunteers are needed for all shifts! Please bring your calendar to the May meeting so you can sign up for your favorite time slots. Or sign up here: <https://www.signupgenius.com/go/20F0C4EA4A828A5FC1-hometown>

And gather your CLEAN glasses, plates, cups, vases - anything that will hold a dime! Feel free to ask your grandparents, aunts, uncles, neighbors, etc. for their contributions as well. Bring as much glassware as you can to the May meeting. If you can't bring them to the May meeting, contact Kristiann Garrett at kristiann.garrett@gmail.com to arrange drop off time and location. <https://www.signupgenius.com/go/20F0C4EA4A828A5FC1-hometown>

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).

PEN PRIDE DONATIONS NEEDED

Each club is responsible for providing 3 of the raffle prizes for the Pen Pride "Guess the Pig's weight" raffle. Right now, San Carlos has one donation. We need at least 2 more. Here's where you can help:

- Do you have **unused Gift cards** at home that you have received, but not used?
- Consider **donating those cards** to the club so that we can put them together in a gift card package prize.
- **PLEASE** bring your gift card donations to the **May Club meeting** as our club's raffle prizes are due on May 18th!!

Pen Pride Sign Ups

Top 3 Reasons to work Pen Pride:

1. To have fun
2. Work with the public
3. Get a ticket to the fair

Volunteers Needed! Youth with livestock at the Fair have already signed up to cover a shift. Now we need the volunteer help from ALL club families. This is a great opportunity to get into the fair for FREE and see the livestock barn and other exhibits. Once you have signed up if you need an entrance ticket please contact Rachel Simpson - rpsbaloo@yahoo.com

[Pen Pride Sign Ups](#) -- please sign up today!!

Check Your Closet!

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. cathlcampbell@yahoo.com 650-766-4508



Cake Booth at Fair

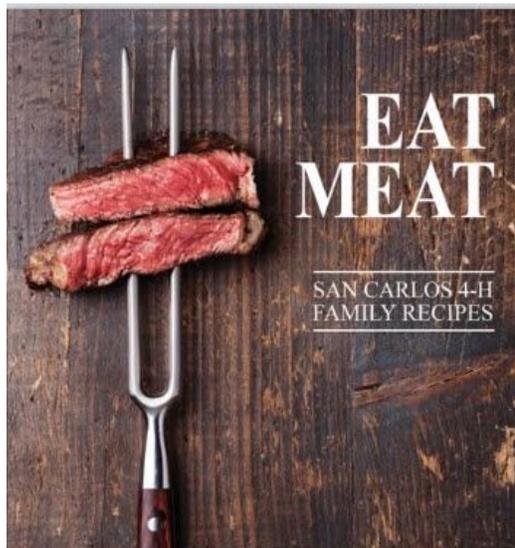
Each year our club is responsible for staffing the County Fair cake booth for one day and for supplying delicious cakes to be sold that day. This year our day is Sunday, June 16. This is a great opportunity for 4-Hers who are not showing an animal, or even those who are, to get involved with the fair and it's always a fun time. Look for a sign-up sheet for baking cakes and working the booth. The cake booth coordinator is Kash Donovan (ktdonovan@hotmail.com).



Available for Order: Exclusive San Carlos 4-H Recipe Book

The farm families of the San Carlos 4-H Club have put together a recipe book featuring favorite family meat recipes. If you are able to support our kids by purchasing an animal at the auction on June 16th, you will likely get one of these recipe books with your purchase.

Not able to purchase an animal at auction? You can still support our kids raising animals by purchasing a recipe book at our May meeting. All profits go towards helping the kids pay for their buyers gifts. Sample recipe books will be available at the meeting. Orders will be delivered before the end of May.



Soft Copy Books: \$39

Hard Copy Books: \$49

Buy a Turkey from our 4-H'ers!

Hi all! As you may know, the San Carlos turkey project has about 26 turkeys that are all good and healthy but are unfortunately not able to go to the county fair this year. The project members are searching for turkey buyers for all of these delicious birds. At the moment, we estimate they are between 10 and 15 pounds and we are willing to grow them up to around 25. The sale price is still up in air but we are finalizing very shortly. We can begin to process the first batch of turkeys as early as this weekend so if you or someone you know may be interested in purchasing one (or more!) of these turkeys please don't hesitate to contact myself (ewacha01@gmail.com) or Julie Wong (girlfig2u@yahoo.com). We are happy to answer questions and are eager to find buyers for these many turkeys. Please support the 4-H youth and buy a turkey! --Elise Wacha

Community Detectives - LifeMoves Donations

Please join the Community Detectives in a drive to collect donations for Life Moves. LifeMoves is an organization that helps people without homes to get back on their feet and find permanent housing. Here is their website:

<https://lifemoves.org/>

The volunteer coordinator told us what is most needed at this time. The following is what we will collect:

1. Gift cards (Target, Walmart, Amazon, Visa)
2. Bath Towels (new or gently used)
3. Twin and full sheets (new or gently used)
4. Blankets (new or gently used)
5. NEW: Full size shampoo, conditioner and soap (not individual shampoo and conditioners)

Please bring your donations to the final meeting on Tuesday, May 14th at 7pm. Someone will be holding a sign saying Collection for LifeMoves, and you can drop off your donations with them! If you have any questions, you can email Stacy Wenzel at stacyswenzel@gmail.com.

Thanks,
Mikaela Wenzel, Community Detectives 4-Her

Monthly Health Tips

May - Standing Desks aren't Good for You

Andrew Konrad Gould, Healthy Living Officer

Before any assumptions are made, I would like to state for the record: yes, sitting too much is bad. Our bodies aren't meant to sit down at an office all day, but the attitude that standing desks will help is inaccurate. The reality is, only about five extra calories are burned by using a standing desk, and there are negative effects of using a standing desk. One problem with using a standing desk for example is that blood will move towards the feet, and blood will pull down there. A better solution is when you have to sit, sit up with your back straight, have a computer screen that is about at eye level or slightly below, and get up every so often to take a walk.

San Mateo County 4-H Camp 2019

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. --Allan Bruce

Member Reports

SET project: taking things apart

At the April SET project meeting, we took apart old electronics. I got to take apart a computer! We also learned how to use screwdrivers to take out the screws. It was really fun, and I learned a lot more about how computers work! --Gabby Lou



Pig Project



This week my pig Phil gained 7 pounds; half of what she gained last week. She has been on a diet for a week. Phil has been eating beet pulp, which is a filler. A filler fills up a pig so they feel full and won't eat as much food. She is on a diet because she is 211 pounds and gaining at the gain rate right now, she would be 300 pounds by fair. The maximum weight of a pig at fair is 275, if she is over she could still go to fair but I could not sell her and that is my goal. --Roen Thuener

Farm Open House

Last week was the farm open house and it was super fun! We had the cooking club make the visitors some delicious food and lemonade! At the farm we had a theme of then and now. We had pictures of 4-hers when they first started and then now. At the farm open house, I met new people that lived in the neighborhood, and invited some friends and family to show them around the farm. The farm looked super awesome, and the lambs all had little bow ties on, and my goat had a jacket on that said his name (Oreo). We had a goat and lamb show, visitors got watch and learn about how shows work. The farm open house was a huge success and I'm glad neighbors and people who live in the neighborhood got to see the farm and learn about what 4-h is! --Hayley Houston



New Addition to the Farm



We have a new super helpful addition to our farm! It is a brand new safety gate. Now there are two gates safely keeping the animals from exiting the farm. When farm members come and go while on the farm to go for a walk with their animals or grab feed bags out of the truck, there is no worry of the animals escaping. A big thank you to our Farm Boss Andy Campbell for engineering the posts to fit the gate perfectly. --Quincy Thuener

Hands Across the Generations

This month, the Hands Across the Generations project met at the San Carlos Elms to make flower bouquets for Mother's Day. It was a really fun event and it had a lot of very pretty flowers! We also had an adorable bulldog puppy come to see the seniors, as well as a snake. They were both so cute! Here is a picture of me with my first bouquet I made for one of the seniors! It was a really fun experience!



Show Poultry Project

For this Show Poultry meeting we learned about Virulent Newcastle Disease. We learned about this disease because it is affecting poultry in our state. As a result, all of the San Mateo County Fair poultry shows have been cancelled, meaning that 4-Hers won't be able to show their chickens at the fair this year.

Virulent Newcastle Disease (also called VNC) affects poultry such as chickens and turkeys and it is almost always deadly. There is no cure for it yet. Many cases have been reported in Southern California, causing over one million birds to be euthanized. A case of VNC has now been reported in Redwood City, causing many people who have pet and commercial chickens to worry. The disease is transmitted when healthy birds come into contact with the poop of sick birds. Chickens show symptoms such as: sneezing, gasping for air, coughing, having tremors, drooping their wings, going stiff, and having green, watery diarrhea. Other birds such as turkeys, pigeons, and peacocks can get the disease, too. Humans can also get the sickness, but it is not as serious. Humans show symptoms like the flu and also get mild conjunctivitis. The last big epidemic of this sickness was in 2002-2003.

So, everyone should be careful with their birds to help stop the spread of the sickness. Things that you can do are: wash your hands frequently, spray your boots clean before entering poultry pens (like I have seen people do at our farm), or wear disposable boot covers. If you have backyard birds you can avoid visiting the homes of friends who have poultry and not allow friends with poultry to visit you. It is important to have something called a "Closed Flock" which means not buying any new birds. This meeting was very informative and I really hope that they find a cure for this terrible disease. --Clara Hause Stephenson

County Calendar Events

SMC 4-H County Council Meeting	5/20/2019
2019 California 4-H State Field Day	6/1/2019
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: Monday September 6, 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</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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