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# San Carlos Eaton Hills 4-H

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<http://sancarlos4h.org>

Next Meeting April 21 via **Webinar**

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## Upcoming Club Events

### General Meeting

Tuesday April 21, 7:00pm

**Webinar**

## President's Message

Hello all you beautiful 4-Hers!  
I know there have been a lot of crazy things happening lately, but there's still tons of information we had to share with you this month! I miss seeing all of your happy faces at meetings but I'm super excited to see you all when this is over.

Spring has sprung! I've been going on walks with my dog and I've seen so many pretty flowers and animals outside. I've been spending my time watching movies with my family and hanging out with my lamb and goats. I hope you're all finding ways to have fun indoors, and I can't wait to hear about them!

Stay safe!

Samantha Campbell, President

## April Theme: Virtual General Meeting

**This meeting will count for two meetings, March and April**

See instructions below. Come see your friends, get great information, play games and win prizes!

## Virtual General Meeting Instructions

We are excited to share that we will be holding our General Meeting on **Tuesday, April 21st at 7pm**. This meeting will be virtual and will be a double meeting, counting for both March and April. Come see your friends, get great information, play games and win prizes!

### Here's how to get in to this Zoom meeting:

1. Register in advance or at least 10 minutes prior to the start of the meeting [here](#). Please put the 4-H members name (child) in at registration as we are using this for attendance. Siblings should put both first names in the "name field". You will receive an email with the registration link.
2. Just prior to 7pm on April 21st, click on the link in your email. Give yourself a few minutes if you have never used Zoom before. If you are logging in from your phone, make sure to download the Zoom app early.

Note: We are using a webinar format so all attendees will be added with no video and will be muted. If you are giving a project update you will be unmuted for your update.

### Register for this webinar:

[https://oneworkplace.zoom.us/webinar/register/WN\\_6nCY44pRTMSQH\\_TPsGUlog](https://oneworkplace.zoom.us/webinar/register/WN_6nCY44pRTMSQH_TPsGUlog)

## Hometown Days Has Been Postponed Until August 28th-30th. But We Still Need You!

### Participate in the Parade!

Come one, come all! Let's show our 4-H spirit! Plan on coming to Central Middle School before 10:00am Saturday, August 29th to walk in the parade. 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 electronically when we get closer to the date.

### Dime Toss Booth - Fundraiser for our club!

Volunteers are needed for all shifts! A sign up sheet will be forthcoming. 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. We will let you know at a later date where to drop off your glassware.

## 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.

Camp registration is now open online [https://ucanr.edu/sites/smsf4h/About/4-H\\_Camp/Camp\\_Registration/](https://ucanr.edu/sites/smsf4h/About/4-H_Camp/Camp_Registration/). There are some paper forms that we will still require. Payment is still done by check as well. 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 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.

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

## 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? 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.

## Monthly Health Tips The Origins of Cooking

Andrew Konrad Gould, Healthy Living Officer

### For Adults

Humans are a unique species in that our brains are far larger than other species. We need to eat a significant amount of food, and 20% of the energy we need is for our brains, which primarily consumes glucose, a simple sugar which comes from more complex starches called carbohydrates. Many animals with smaller brains spend much more time eating, but we do not, because cooking unlocks many nutrients in our food. By cooking vegetables, for example, nutrients can be better released

because cooking breaks cells walls. It also makes vegetables softer and easier to eat. Meats and other animal products, when cooked, often have their proteins denatured, allowing them to be digested more easily. Other methods of food preparation, such as crushing, pickling, drying, and fermentation all created foods which are pleasurable to eat and easier to digest. Cooking may have also made early humans more cooperative, because people had to cooperate to prepare food. This, according to Richard Wrangham, is what makes us human. Cooking is an important practical and cultural aspect to our lives. So, next time, when you eat anything prepared in some way (literally almost everything), remember and appreciate that that has made humanity so successful.

## For Kids

People are a unique species because our brains are far larger than other species. We need to eat a lot of food, and 20% of the energy we need is for our brains. Many animals with smaller brains spend much more time eating, but we do not, because cooking allows us to absorb many nutrients in our food. By cooking vegetables, for example, nutrients can be better released into our bodies. It also makes vegetables softer and easier to eat. Meats and other animal products, when cooked, also make it easier to absorb nutrients. Other methods of cooking food, such as crushing, pickling, drying, and fermentation all created foods which taste good and are easier to absorb. Cooking may have also made early people get along better, because people had to work together to prepare food. This, according to Richard Wrangham, is what makes us people. Cooking is an important part of our lives. So, next time, when you eat anything cooked in some way (literally almost everything), remember and appreciate that that has made people do well.

Source(s)

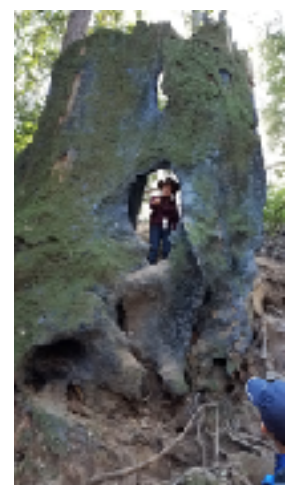
It's Okay to be Smart - [https://www.youtube.com/watch?v=Wpfwu\\_\\_PF7Y](https://www.youtube.com/watch?v=Wpfwu__PF7Y)

## Member Reports (from March)



I went to my hiking project! This was my first time because my mom kept on making more things for me to do. We hiked on one of the trails in the Folger stables. I kind of forgot which one... Anyway, we marked where we were going on a map. We also learned how to use a compass. Hey, did I mention the HORSE POOP? There was so much Poop everywhere!!!! well we came across a part of the trail that no horses were permitted in. So that was a relief!!!! A while in the beginning we came upon a tree that was obviously burnt by fire. Just wanted to point that out... One of my friend's friend found a walking stick (So did I) But he swung it around so much my mom and my friends mom confiscated it and threw it into the woods. In the hike we learned how to use a

compass and other facts. I loved It so much I can't wait for another! — Sophia Redkey



## Lions Club Student Speaker Contest

On March 7, I got the awesome opportunity to participate in the second round of the 2020 Lions Club Student Speaker Contest. I won level one in Menlo Park and was able to advance to the second round which I also won. There was a prompt titled “Homelessness in California: What is the solution?” and I had to write a speech that was between 5 and 10 minutes long and deliver it with only a notecard. It was an amazing experience to build my public speaking skills and I’m very excited for round 3 on March 22! — Samantha Campbell

## County Calendar Events

SMC 4-H County Council Meeting  
San Mateo County 4-H Camp

3/23/2020  
 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 May 8, 2020

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

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