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# San Carlos Eaton Hills 4-H

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<http://sancarlos4h.org>

Next Meeting October 18 at 7pm, Clifford Elementary School

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## Upcoming Club Events

### General Meeting

Tuesday, October 18, 7pm  
Clifford School MUR

### Regional 4-H Leadership Event, LEAP

Saturday, November 5  
Hayward, all day

### New Member Breakfast

Saturday Nov 12, 10am  
San Carlos Library

### 4-H County Day of Service

Sunday Nov 13, 1-4pm  
San Carlos Library

### General Meeting

Tuesday, November 15, 7pm  
Clifford School MUR

## President's Message

Hi San Carlos 4-Hers!

At this general meeting, we will be holding our project fair. Leaders of different 4-H projects will set up tables with information about the projects they run; you, the 4-Hers, will choose which projects you want to sign up for!

In 4-H, projects are smaller groups that meet for activities focused around a specific topic. You can talk to the leaders of each project and ask them questions before choosing a few to join; projects are how most of the fun stuff in 4-H happens!

This meeting's theme is to wear either a Halloween costume or orange and black clothing. (You can get candy during the meeting for doing that!)

~Annika

**OCTOBER THEME:** Wear Orange and Black, or a Halloween Costume!



## It's Time to Register Again

Please note that you must be registered to join a project in October.

The enrollment guide is here - <https://ucanr.edu/sites/smsf4h/files/358260.pdf>, as well as in an email from Missy Damon dated 8/17/22: "Time to enroll in 4-H!"

The guide has four enrollment paths (one enrollment profile per family)-

- new youth,
- returning youth,
- new adult volunteers,
- returning volunteers



When you enroll your youth, make sure to choose at least one project - this is a requirement of the software. Pick any project from the list. (After our club's Project Fair in October youth will be assigned to their real projects and you can make updates in the 4-H online system then. For now, pick any project for the purposes of enrollment.) Please note that youth must be registered to join a project.

After using 4-H online to register your youth and/or adult volunteers, you'll link to a form to pay enrollment fees for youth and/or adult volunteers (same form, youth info at the top and adults at the bottom). This year the state and county 4-H fees remain at \$80 per youth, and there is a place on the form to request a fee waiver. Our club pays the adult registration fee for volunteers, so please add a comment to that effect on the form and do not pay the adult fee.

It can be a bit confusing, but take your time and you'll get through it! There are two parts to enrollment - enrolling in 4-H online, and paying the registration fee via a survey form.

Please send any questions to Missy and Amy: [sceh\\_community\\_leaders@googlegroups.com](mailto:sceh_community_leaders@googlegroups.com)

## 4-H Projects

This year's Project Fair will be at the Clifford Elementary School Multi-use Room during the Oct 18th General Meeting starting at 7pm. See important dates below. Brief descriptions of four projects follow. There are more than 20 projects to choose from (draft list below).

October 15th: Project List distributed to club members for review

October 18th: PROJECT FAIR at Clifford MUB, 7pm

October 19th - October 23rd : Submission of project choices (a web address/QR code will be provided)

End of October - Project Leaders contact the participants with next steps.

- If you are interested in being a JTL, please reach out directly to the Project Leaders.
- For other questions reach out to [scehprojects@gmail.com](mailto:scehprojects@gmail.com).

- Katie and Melissa

## Draft Project List - final to be sent Oct 15th

4-H 4 Service	Leadership
Archery - county	Magic: The Gathering Intro
Beginning 4-H	Pen Pride (swine) - county
Cavy/Guinea Pig Husbandry	Poultry - Show
Cookies	Presentations
Craft Fair	Rabbit Husbandry
Drones-county	Rabbit Socialization
Dungeons & Dragons	Spring Arts & Crafts
Entomology	Steer
Equine - county	Swine
Games - Board	Turkeys
Goats - Market	
Lamp - Market	

### Cavies Project

Interested in guinea pigs and how to care for them? In this project we will learn the basics of guinea pig care, including behavior, diet/nutrition, health, and housing. Meetings will generally have 3 sections: lesson/learning, craft, and guinea pig handling/observing. Parents/guardians are welcome to attend. Guinea pig ownership is not required for this project! After completing the project, members will be prepared for ownership. All ages are welcome and the project will be limited to 20 members. We plan to meet in one of the upstairs community rooms at the San Carlos library on Sunday afternoons from 3-4:30: Dec 4 Jan 22 Mar 12 Apr 30. Adult Leader: Missy Damon JTLs: Nick Damon and Lucy Winmill



### Dungeons & Dragons (D&D) Project

A project I did was the D&D project. In this project you get to create your own fictional character and play with others battling monsters and solving mysteries. Your character can be almost anything you want it to be. You can be a druid, a barbarian, a wizard or even a cleric. There are still so many more. Each class can do different things. A wizard can cast big spells from long range but doesn't have much health. A cleric has the powers to heal and buff others. Rogues can lockpick and do huge sneak attacks then hide again so monsters don't see them. Monks can do expert hand to hand combat and possess the powers of Ki but can't wear much armor. Even after all those classes there are still more such as the bard and the artificer. Then there are the races. Different races give different bonuses and can add interesting features to your character. There are hundreds of races so I won't say all of them but some of the common ones are human, dwarf and elf. But there are exotic ones as well such as the dragonborn, the tabaxi, the aasimar, the changelings, and so many more. The dragonborn have dragonoid features like tails and dragon heads and the aasimar have angel blood. They aren't full angels but when they get high enough level they can gain wings. There are Leonins that have Lion features and tabaxi which have cat features. There are the Turtle who look like Tortoises and have extra defense because of their shell. Another race is the goliath who are very tall and live in harsh climates. There are still many more so I recommend searching up different races through a device. How the



game works is there is a dungeon master (the leading person who listens to the players and says what happens) who creates the world and all the things in it. Dungeons and Dragons is sort of a world-in-a-box except D&D doesn't come in a box so that kind of defeats the point. You have to have a DM who possesses a great imagination and humor or the story can kind of get boring. But no worries because if you do this project you will meet two really great DMs who will explain everything to you and introduce you to this great game. I hope you join and maybe we might see each other. -Sophia Redkey



### **4-H for Service**

4-H for service is a community service based project that has been a part of 4-H for many years. We focus on volunteering to help our community in a variety of ways. Some of our activities include beach cleanups, selling hot chocolate at the San Carlos Night of Holiday Lights, and other activities that the group decides on.

-Adele

### **Turkey Project**

Join the market turkey project to learn how to raise, show, and sell meat turkeys. The market turkey and market chicken projects will work together for most of the year. This will be a fun project and will allow members to work on the farm and at fair. - Fynn



### **Awards 2021-22**

Each year the club recognizes members with significant achievements made in the previous year.

#### **Kenny Stratz Award**

The Kenny Stratz award was established to commemorate a younger member of the 4-H club who passed away in 2009. Kenny was an enthusiastic and compassionate 4-Her who was involved in many projects in the club.

Each Spring, the Leadership project votes on a younger member of the club who exhibits similar traits. This year's recipient has already tried a wide variety of projects, including archery, Dungeons and Dragons, rabbit husbandry, and STEM. Outside of 4-H this member enjoys reading, coding, and rock climbing, among other pursuits.

The STEM project leader had this to say about this member: She makes everyone feel welcome with her curiosity, kindness, and love of inventing new things. She makes the STEM project more fun for everyone.

Congratulations to Sophia Redkey for being recognized with the Kenny Stratz award for 2021-22!

## Star Awards

The star award ranking system is a voluntary advancement program utilizing the Personal Development Report form as a goal setting tool, aimed at encouraging broad-based participation and achievement in 4-H. 4-H members record their participation in eight categories for the current 4-H program year on the Personal Development Report. Activities are totaled for all years in 4-H and star awards are given to those 4-H members meeting the requirements. Congratulations to these members for earning stars for 2021-22!

Alex Becker, Gold  
Maggie Forrest, Silver  
Clara Hause Stephenson, Bronze  
Fynn Miller-Bowen, Bronze  
Noah Meeks, Bronze

## Stripes

These youth earned a stripe and year pin by submitting an Annual Project Report and/or Record Book:

April Anderson	Hayley Houston
Alex Becker	Vaida Overmon
Ross Campbell	Tammy Powell
Blair Finn	Sophia Redkey
Maggie Forrest	Hannah Redkey
Millie Garrett	Alyssa Sampson
Clara Hause Stephenson	Natalie Sampson
Noah Meeks	Evelyn Weaver
Fynn Miller-Bowen	Lucy Winmill
Nica Miller-Bowen	

## 100% Attendance

These members earned 100% attendance pins by attending every General Meeting last year:

April Anderson	Fynn Miller-Bowen
Josie Anderson	Nica Miller-Bowen
Kian Badiei	Alyssa Sampson
Nick Damon	Natalie Sampson
Adele Enthoven	Logan Spinalli
Maggie Forrest	Evelyn Weaver
Sam Gorbet	Ani Webb
Annika Larson	



Congratulations to all award recipients!

## Record Books

At the end of each program year (June 30th), many members enter their Record Books in our club competition. Record books can now be submitted virtually, as of last year. The Record Books are

reviewed over the summer by adult volunteers and scored on various criteria. Those who submit their book to this competition earn a seal that corresponds with their graded score. The Gold Seal is the highest award. Types of Record Books accepted:

- Paper: Print out your book for the 2022-2023 year and scan it to your computer as a Microsoft Word or PDF
- Computer file: upload the Microsoft Word or PDF file directly from your computer
- ORB: Download from the Online Record Book and save it to your computer .
- Google Drive: update the file share setting to “anyone with the link can view” Although this year’s deadline for submission is past, you can learn more about submitting a record book [here](#). If you are new to 4H you might be wondering, “what is a Record Book”? This explanation, along with a manual on how to complete a Record Book, can be found [here](#).
- 4-H record books give members an opportunity to reflect on their yearly work. Members document their skill development and learning experiences in a written report. 4-H members measure their achievements and growth.
- 4-H record books encourage members to set goals and develop plans to meet those goals. Completion of the Personal Development Report awards 4-H members for participation in 4-H activities, which provides an incentive for participation, learning, and achievement.
- 4-H record books teach members records management skills. Records management (RM) is an industry-standard practice of identifying, creating, classifying, archiving, and preserving records. Along with a seal, those who submit Record Books also receive achievement pins, stripes and stars based on their achievements inside and outside 4-H. If you are new to 4-H you might ask, “What do you do with your pins, stripes and stars”? Many members use the California 4-H uniform hat to display their achievement pins. A uniform is not required for participation in any 4-H sponsored activity, event, meeting or occasion. But, often when a member is being judged at county or state event, a uniform is required. Our San Carlos Eaton Hills club members most often wear theirs when being judged in a livestock event at the San Mateo County Fair. Another way to display achievement pins in on a 4-H lanyard. Our club sells lanyards, uniform ties and hats, club t-shirts and more! How the achievements are worn on the hat is described on the next page.



### Left side of hat

- All-star, platinum, gold, silver, or bronze stars in front. You may "cascade" the stars.
- Place the junior/teen leader emblems and the Hi 4-H patch (in that order) behind the stars.



### Right side of hat

- Stripes earned for each year completed in 4-H.
- Year completion pin (primary, junior, intermediate and senior)  
-place above the stripe of the year the pin was earned, starting with the primary pins next to the 4-H clover .
- Officer pins - align with year earned.
- 100% Attendance pins - place below the stripe of the year the pin was earned.



A 4-H uniform hat is NOT required for membership in the California 4- H Youth Development Program or for participation in any 4-H activity, event, or occasion.

## Newsletter Articles

Every 4-H member is encouraged to write articles for the newsletter. Writing a newsletter article is a great way for youth to get their writing, illustrations, or photos published! Articles do not have to be very long, they can be anywhere from a few sentences to a few paragraphs. Younger members who can't write an article on their own can tell their parents what to write and submit a drawing that goes with the article. Adding pictures and drawings is a great way to make your article more interesting. A newsletter article can be about anything 4-H related. You can write about something you did at the last General Meeting, your last project meeting, or a 4-H event you attended. Once you have written your article you can submit it to [sceh4hnewsletter@googlegroups.com](mailto:sceh4hnewsletter@googlegroups.com). Make sure to be creative and have fun with your articles! If you have any further questions please feel free to ask. Going forward, you may also see emails from Adele Enthoven, our new Newsletter Editor. Welcome to the position!

Shelley Nelson, Newsletter mentor

[shelleybnelson@gmail.com](mailto:shelleybnelson@gmail.com)

## County and Regional 4-H Calendar Events

Leadership Event for Awesome People (LEAP, 4-H Leader and Parent Training) November 5, Hayward

See email sent from Missy Oct 13 10am to SCEH 4-H group and [flyer](#).

County 4-H Day of Service Event

November 13, 1-4 PM, San Carlos Library

County 4-H Council Meeting

November 28, 2022 6:30 - 8pm, in person

County Farm Committee meeting

November 29th, 7-8pm Zoom

## Do you want to learn about 4-H at the county level?

For a complete list of events, visit the [4-H County Web site calendar page](#)

**Next Newsletter Deadline: November 4th** Send articles and photos to [sceh4hnewsletter@googlegroups.com](mailto:sceh4hnewsletter@googlegroups.com). Thank you!

<p><b>Club Officers</b></p> <p>Co-Presidents - Annika Larson, Hayley Murray-Houston</p> <p>VP of Program - Adele Enthoven</p> <p>VP of Membership - Kian Badiei</p> <p>Recording Secretary - Nick Damon</p> <p>Correspondence Secretary - Mikaela Wenzel</p> <p>Attendance Secretary - Maggie Forrest</p> <p>Treasurer - Millie Garrett</p> <p>Junior Farm Boss- Alex Becker</p> <p>Junior Farm Manager - Tia Chan</p> <p>Newsletter Editor - Adele Enthoven</p> <p>Recreation Co-Leaders - Fynn Miller-Bowen, Tammy Powell</p> <p>Sergeant at Arms - Sophia Redkey</p>	<p><b>Club Officers cont.</b></p> <p>Community Service and Civic Engagement - <b>open</b></p> <p>Healthy Living - <b>open</b></p> <p>Historian - <b>open</b></p> <p>Membership - <b>open</b></p> <p>Photographer - <b>open</b></p> <p>Reporter - <b>open</b></p> <p><b>Community Leaders</b></p> <p>Missy Damon</p> <p>Amy Miller</p> <p><a href="mailto:sceh_community_leaders@googlegroups.com">sceh_community_leaders@googlegroups.com</a></p>	<p><b>Club Newsletter Mentor -</b> Shelley Nelson <a href="mailto:shelleybnelson@gmail.com">shelleybnelson@gmail.com</a></p> <p><b>Farm Manager -</b> Kathleen Murray <a href="mailto:cykat95@yahoo.com">cykat95@yahoo.com</a></p> <p><b>Farm Boss -</b> Daniel Hecht <a href="mailto:danielhecht@outlook.com">danielhecht@outlook.com</a></p> <p><b>Projects Coordinators -</b> Katie Goetz and Melissa Primiano <a href="mailto:scehprojects@gmail.com">scehprojects@gmail.com</a></p> <p><b>Webmaster -</b> Robert Lewit <a href="mailto:robert.lewit@gmail.com">robert.lewit@gmail.com</a></p>
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