



## East Hills 4-H Project Information Summary

2023-2024



PROJECT NAME	DAY, TIME, LOCATION	COST	MIN/MAX SIZE	MIN/MAX AGES	NOTES
<b>4-H 101</b>	1st Monday 4:00-5:45 pm October-May (excludes January) Location in San Leandro	No fee	no min; no max	no min; no max	
<b>ARCHERY</b>	Day TBD Time TBD October–May Redwood Bowmen Practice Field, south of the Chabot Science Center parking garage	\$5 toward equipment maintenance, replacement of arrows	min 4; no max  open to county	min 9 yo no max  Min age is a 4-H legal requirement for shooting sports. No exceptions. (must be 9 by 12/31/23)	
<b>CIVIC ENGAGEMENT</b>	Day TBD Time TBD	0\$	Min 2; max 10	no min; no max	
<b>COLOR AND DESIGN</b>	3rd Monday 4:00-5:15pm Sept-March (excludes Nov) Location in San Leandro	Supply fee TBD	min 2; max 10  <b>open to county</b>	no min; no max	

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<b>COMMUNITY SERVICE</b>	2nd Mondays 5:00-6:00pm October-May Location in San Leandro	No Fee	no min; no max	no min; no max	
<b>CREATIVE MATH</b>	4th Tuesday 4:00-5:30pmm September-May (excludes December) Location in San Leandro	No cost but sometimes you might be asked to bring collected household supplies (cardboard, plastic cups).	min 2; max 6  <b>open to county</b>	min 7; no max	Younger members with a special interest in math are fine - email Kris.
<b>HORTICULTURE</b>	2nd Wednesday 3:30-5:00pm October-April (excludes December & January) Location in Hayward	\$15	min 2; max 6	no min; no max	
<b>MAKERSPACE</b>	4th Monday 4:00-5:30pm October-May (excludes December) Location in Castro Valley	None, unless a member is working on a self-directed project	min 3, max 8  <b>open to county</b>	no min; no max	

PROJECT NAME	DAY, TIME, LOCATION	COST	MIN/MAX SIZE	MIN/MAX AGES	NOTES
<b>OVER THE GARDEN WALL</b>	1st Monday 4:00-6:00 pm Oct, Nov, & Dec Location in San Leandro	\$5	min 3, max 6  <b>open to county</b>	min 11 yo; no max  (the show has some spooky/intense scenes that might be scary for younger members)	
<b>PYTHON CODING</b>	6 sequential Thursdays (starting Sept 21st and ending Oct 26th), 6:00pm Zoom	\$0	no min; no max	All ages	
<b>RISING STARS</b>	TBD	\$0		min 11 yo; max 14 yo; 6th-9th grade	<b>County-wide project</b>
<b>SQUARE DANCING</b>	Weekly, Thursdays 7:00-8:30 pm Del Valle High School 2253 5th Street, between So. J St. and So. I St., Livermore	Classes will start in the month of September. 1 <sup>st</sup> meeting will be free to new members. After that, the cost is \$10/month.	no min; no max	min 8 yo; max 18 yo; (5-7 yo based on maturity; see project leader)	<b>County-wide project;</b>  The fee for (optional) square dance clothing is extra.

Revised 09/07/2023

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## PROJECT DESCRIPTIONS

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### 4-H 101

.Come join us as we explore all that 4-H has to offer! At our first meeting, we'll take a look at the various Record Book, Achievement and Super Member forms, so that new (and not-so-new) members can get an idea of what sorts of things 4-Hers do and gain inspiration for things they'd like to try. Would you like to make a presentation for Presentation Day? We can provide support! Maybe Film Fest is more your speed? This would be a great place to work on that. Do you need another physical activity credit? We could go for a hike for one of our meetings. The possibilities are endless! Ideally, meeting activities will be determined by members, but our project leader is also prepared to lead activities inspired by East Hills projects from previous years to give a taste of what makes our club special. All ages and levels are welcome!

Members who wish to participate in both the Over the Garden Wall project and 4-H 101 are welcome to join us starting in February, but please sign up for both.

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### Archery

The Archery project teaches the basics of Archery, how to safely shoot at a target, and retrieve your arrows. We meet monthly at the Redwood Bowmen practice range in Redwood Park, south of the Chabot Observatory parking garage.

We'll cover the following topics:

- How to be safe: the rules of 4-H and of the Redwood Bowmen range.
- How to communicate with others: the basic instructions to use on the range.
- How to prepare yourself for shooting and of course, practicing shooting and aiming for targets.
- The science, history, and techniques of archery.

There will be Archery videos to watch to learn more and provide additional background. Members can also do special projects, like doing a presentation on Archery or preparing an exhibit for the fair. Members also write up entries for their Record books. Participants need to be 9 years of age by December 31st, 2023

Please note that although most East Hills project meetings and club meetings are 4 pm and later, Archery needs to meet during daylight, so we will need to determine meeting day and times once we have a list of enrolled members. The leader can only meet Tuesday or Thursday, and weekend.

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## **Civic Engagement**

We'll be taking field trips to engage with our community. Members will find out more about themselves, family, friends, community and world. The project will lead to opportunities for meeting people and working with groups. Learn about other countries and cultures. Explore careers in police and fire protection, health and sanitation and tourism.

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## **Color and Design**

In this project we will explore basic principles of color and design including value, pattern, atmospheric perspective, color theory, and more. We will apply these principles to a variety of art projects. This project is suitable for kids of all ages and abilities!

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## **Community Service**

The Community Service project is open to all ages and meets after the monthly Club Meeting (2nd Mondays). Our main activity is making cards for the senior clients of the San Lorenzo Meals on Wheels program, but we also try to find other, shorter-term projects that might relate to hunger, homelessness, environmental issues, and veterans. These might include a food drive or putting together an essentials pack. We will also share and publicize outside community service opportunities that can't be done during our meetings, like the California Coastal Cleanup on September 23rd and working at the Alameda Food Bank. Members are welcome to share and suggest community service opportunities, we are always looking!

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## **Creative Math**

This is the 6th year of the Creative Math project and while we have explored many topics in discrete and recreational mathematics, we aren't finished yet. We roam around the mathematical world looking for hands-on explorations in math topics not ordinarily explored in regular math classes: discrete math, probability, geometry, networks, number theory, and more. We sometimes look at historical connections too, the early work of some famous mathematicians make for great math explorations for younger students. Sometimes we play a game, build a structure, or do a puzzle, but our activities are always thought-provoking, deep, and hands-on. Math is not a competitive subject, and we approach our problems and puzzles with a spirit of cooperation and having fun, and fun is exactly what happens! And as in past, John Boreczky will be providing expert help answering math questions and sharing "wow" insights.

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## **Horticulture**

Horticulture involves the science and art of cultivating flowers, fruits, vegetables or ornamental plants in a garden, orchard or nursery. This 4-H horticulture project will help you discover the magic of plants, whether it's for food, engineering or pure enjoyment!

We will make a trip to a nursery for our final day

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## **Makerspace**

Do you enjoy making things? Then this project is for you! Each meeting, we will provide age-appropriate hands-on activities based around a given topic, with an emphasis on exploration and creativity. Older members who wish to work on self-directed projects will have the option of working on those as well. Our main adult project leader has four years of experience leading a 4-H Makerspace project for younger members, and our junior leader is an experienced programmer. Topics from the previous makerspace projects include paper airplanes, electricity, LEGO chain reactions, stop-motion animation, a DIY weather station, and more!

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## **Over the Garden Wall**

In this project, we will make a variety of fun crafts inspired by Cartoon Network's autumnal miniseries "Over the Garden Wall." Our creations will include corn husk people, miniature dolls of the characters, and your very own Rock Fact rock! Join us on our crafting adventures as we journey with Wirt and Greg into the Unknown!

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## **Python Coding**

We'll meet online on Zoom to learn coding basics and build coding skills. If you are a beginner or already know some Python, you'll have fun in this project. The project leader works in Silicon Valley as a programmer and will be there to assist members to work on projects and learn more about programming. You can create math and other programs with Python, play with MIT's Scratch, learn about lists, dictionaries and lots more! We'll start the project on Thursday, September 21st at 6 pm, and meet every Thursday for 6 weeks (so the last meeting will be October 26th) for a short but more intensive experience in learning how to code.



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## **Rising Stars**

his project is a county-wide public outreach project in which members bring awareness of 4-H to the community. This would be done by designing and executing an outreach project. While working on the project and other related tasks, they would develop skills in teamwork, leadership, public speaking, and citizenship. Activities could include planning and work parties and related field trips.

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## **Square Dancing**

4-H members come join the fun! This is a county-wide project so you can meet members from other clubs. Boys and girls learn to square dance from basic beginner to Mainstream and Plus as well as some line dancing. There are also community service and project exhibit opportunities with this project. Square dancing outfits are not required, but be sure you wear tennis shoes, not slip-ons or sandals, and clothing you can move around in. In this project, you can have a lot of fun, meet new friends, and get great exercise! Bring your friends (they don't have to be 4-H members) and parents too!