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If you would like to submit an article, please send them to Jessie Rhoads and Chloe Gipson at abbinewsletter@gmail.com last Friday of each month.



Abbie 4-H, Pleasanton CA

COMMUNITY CLUB MEETING
WEDNESDAY, December 11, 2013
Theme: Winter Wonderland
Meeting starts:
7PM Sign-in opens: 6:15PM
MOHR ELEMENTARY SCHOOL,
Multi-purpose Room
3300 Dennis Drive
Pleasanton, CA



December Potluck

This meeting is a potluck, which will begin at 6:30.

Last names beginning with A - J will bring a side dish
Last names beginning with K - Z will bring a main dish

BIRTHDAY CORNER!

This month we will celebrate the December birthdays. If your birthday falls in December, please go up to the front of the meeting when it is time to sing "Happy Birthday."



5 Ways To Make Healthier Cookies By Julia Item

The holidays and cookies just go together. Here are 5 ways to help make your cookies healthier.

1) Make them Heart Healthy

Swap out some of the butter, margarine or shortening for heart-healthy oils, such as canola oil or olive oil. For every tablespoon of butter you replace with heart-healthy oil, you eliminate at least 5 grams of saturated fat from your batch of cookies, be sure to store extra cookies in an airtight container

2) Replace unhealthy fats

Consider replacing some of the butter with nontraditional cookie ingredients, such as nonfat plain yogurt, nonfat buttermilk or even fruit juice.

Try 1 to 4 tablespoons of a liquid ingredient in place of up to 4 tablespoons butter.

3) Add fiber to your recipe

Try replacing some (or all) of the all-purpose flour with whole-wheat flour or oats. If you are used to the taste and texture of whole-wheat, some cookies are just as satisfying when made with 100% whole-wheat flour. Using whole-wheat flour in place of all-purpose flour gives your cookies about four times the amount of fiber in every batch.

4) Keep Sodium in check

Some baked goods can be surprisingly high in sodium. Aim for no more than 1/2 teaspoon salt per batch of cookies. If you're on a salt-restricted diet, try reducing the salt in a batch of cookies to 1/4 teaspoon.

5) Eliminate trans fats and other artificial ingredients us bake chocolate chip cookies.

Avoid ingredients that contain partially hydrogenated oil (or trans fats), such as margarine and most vegetable shortenings. Consider limiting other artificial ingredients, such as artificial food dyes.

Record Book Project By Deirdre Gipson

Hi Everyone.

Are you super organized and detailed oriented?

Do you LOVE doing your record book every year?

If you answered NO to either of those questions, then this project is for you! (If you answered yes, you are welcome too).

The time at the meetings will be spent working on your record book, recording the 4H activities that you have participated in since the beginning of the year. Bring a laptop if you have it, if not then we will start you out on paper forms. Call or email me for more information: [925-461-1214](tel:925-461-1214) or mdn_gipson@yahoo.com. Next August you will be so happy you did this!

Kids To Kids Christmas Party By Jessica Shipps

Safeway launched a Holiday food campaign to fight Hunger. On Saturday November 25th Abbie 4H helped with the campaign. All the 4H volunteers stood at the door and hand out flyers and talked about helping end Hunger. To make the process easier people could spend \$10.00 and donate a bag filled with items to help end hunger. While 4H volunteers were there a total of 389 bags were bought and donated. A big thank you to the following volunteers. We had great results.

- Elise Lester
- Chloe Valcarcel
- Donna Kellar
- Ava Moseley
- Andrew Wright
- Aaliyah Wright
- Shannon Rivera
- Elizabeth Betchart
- Nick Betchart
- Christine Betchart
- Trevor Wright
- Sara Roberts
- Alex Roberts
- Helen Roberts
- Akanksha Ravi
- Prashansa Ravi



“Title-Less” By The Fluffy Bunny

Hello 4-Hers...

At this CCM my editors will be doing another raffle for a Jamba Juice Gift Card. The question this time is “What is your favorite part of Christmas or another holiday?” Please email your answer to abbinewsletter@gmail.com along with your name. Thank you!

A Fluffy Bunny

North Central Sectional Day By Prashansa Ravi (Mini Member)

I went to north central sectional day in November with my father. It was fun, I enjoyed doing the judging contest, and the different projects. I like There's a cow on my pizza very much. I made arts and crafts.

The food was yummy. I will go again next year with my sister. You should come also.

November Horse Meeting By Timmy and Elise Lester

I thought the November Horse project was very fun and a great learning experience. Elise did a presentation to the group about Rabies on horses. Also we wrote summaries about articles in horse magazines. We learned about the TTouch. The TTouch can help with stress in horses. We also learned about the 7 pillars which include The T method enhances learning and reduces stress, the T method teaches a horse to think, horses learn best around older and calmer horses, pain, tension, and discomfort inhibit learning, reducing one fear can reduce many, every horse is a teacher, and all horses have different emotions individually. The November Horse meeting was very educational and we learned a lot of new things about horses.

Food For The Community By Alex Roberts

On November 23rd, two sessions of 4-Hers worked at the Pleasanton Safeway on Bernal Avenue to collect food for the Alameda County Community Food Bank. One of the groups worked from 1:00 to 2:30. My group worked from 2:30 to 4:00. We encouraged shoppers to buy cans, bags already filled with food, or to donate money. We helped collect the day's total of 389 pre-filled bags of groceries, plus extra cans and other non-perishable foods! At first I was nervous to ask people to help, but after I had done it for a while, I got much better and I had a great time helping others. I hope more 4-Hers will help next year.



December Baking Meeting By Noelle Item

At the December Baking Project meeting we baked gingerbread cake, listened to a presentation about baking savory foods, and had a cookie exchange. Each member brought three dozen cookies. First a plate of assorted cookies was set aside for the Kids to Kids party then the members got to fill up their own plate with the different cookies. Each member brought a different cookie and shared the recipe.



Family And Consumer Field Day By Lauren Satariano

On Saturday, November 16th, I attended the North Central Sectional Family & Consumer Science Field Day in Stockton. At this event you get to choose from many different workshop sessions. I attended Duct Tape creations, Simple Snacks, Microwave cooking, and Experience Blindness. These were 45 minute sessions that taught you important life skills. My favorite session was Duct Tape creations because I learned to make a pretty flower from the tape to wrap around a pen. We met the President of the Northern California Sectional area. I also saw my friends from other clubs and one other member from Abbie 4-H, Prashansa Ravi. We had a very good lunch of Chicken teriyaki, rice, vegetables, fruit salad, green salad, and cookies for dessert. It was a very fun event and I encourage you to go next year.

Alviso Adobe Mini Members By Aailyah Wright

Abbie 4-H Mini Members, Aaliyah and Aurora, went to Alviso Adobe to collect oakgulls on November 16th. We collected oakgulls for the Alviso Adobe Rangers to use for school tours and projects. We had fun and earned community service time for our record books.

December Record Book Meeting By Jessie Rhoads

At the record book meeting on December 1st, we brought our record books up to date. We learned more about what goes in each section of our record books and how to earn Stars. It was very fun and helpful.



Abbie 4-H

2013-14 Club

Officers:

President-

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Newsletter

Jessie Rhoads

Chloe Gipson

Upcoming Events

Dates –

December 14th, Kids to Kids Party 11:00

December 18th, Poultry Meeting 6:00

December 18, Swine Meeting 7:00



About Our Organization...

Abbie 4-H is part of a nationwide network of 4-H Clubs, which promote the learning of leadership, citizenship, and life skills. It is a place to make friends and share interests, as well as to build confidence and learn responsibility.

Though the various activities offered, 4-H members have opportunities to learn new things and to have experiences that they may not have had otherwise. Among the list of possibilities are the opportunity to experiment, go to camp, go on trips, learn how to care for an animal, and how to preserve food, and much more.

Check out these
websites for further 4-H
help!

<http://www.abbie4h.org/>

<http://alamedacounty4h.org/>

<http://www.ca4h.org/>