

Time to vote for 4-H Council



In 4-H, life skills are learned by participating in projects, workshops, activities, events, camps and demonstrations, and by serving in leadership roles throughout the 4-H program. Life skills are also taught through the examples of adult role models.

The 4-H Council is responsible for providing educational opportunities that will enhance the development of life skills. In order to truly "make the best better," it is important to focus on more than the short-term rewards and objectives of the 4-H program. The 4-H Council makes a difference by looking to the future and providing experi-

ences for 4-H youth.

Membership in the 4-H Council consists of an equal number of youth and adults. Members of the council are expected to regularly attend council and committee meetings, represent community needs and concerns to Extension staff, follow through on commitments, and consider what is in the overall best interest of young people and families when making council decisions.

Please carefully consider the outstanding slate of nominees for council and take the time to vote.

All Lancaster County residents, 14 years and older, are eligible to vote. Ballots will be considered only if properly

completed. Write-in candidates are allowed. All ballots must be postmarked by November 18, 1996. The ballot may be copied or additional ballots may be requested from the Extension office. The voter declaration section must be completed, but it will be removed by the election clerk after recording voter information. Your ballot is kept secret and placed in a ballot box in the office. You may vote in person at the Extension office during regular office hours through November 18, 1996 or send your ballot to 4-H Council Election, University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, NE 68528-1507. (LJ)

Celebrating accomplishments for all members

Achievement night on November 12 celebrates with all 4-H members the accomplishments and knowledge gained throughout the past year. Clubs have held club achievement nights, and record books have been submitted. It seems appropriate that we harvest the results of our hard work during the season of harvest.

As leaders this is an important time to celebrate accomplishments of ALL members—not just those who earned trophies, purple

ribbons and top awards. Everyone gains from participation, and recognition that works for one member may not be appropriate for another. Find out what works for each of your club members.

As goals are set for the coming year, help youth by:

- outlining expectations
- setting obtainable goals
- creating rewards for

members who successfully participate and work towards goals

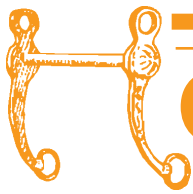
- telling members how good you feel about what he or she did and how it helped the club and other members

- using words that actually reflect what has been accomplished

- showing appreciation that is sincere

- using reminders of the importance of a task completed

- recognizing them as an integral part of the club (LJ)



HORSE BITS

Winter care of your horse

Fall is certainly one of the most beautiful times of the year, particularly for the horse rider. Fall is also the harbinger of winter. Many people worry about their horse getting cold. A healthy horse with an unclipped coat, shelter from the wind and rain, and a few management changes, will have no problem with a moderate winter. The following preparations will help you and your horse get through the winter months. Part one will cover "Feeding for the Cold," "Keep it Dry" and "When is it too Cold?" In December, Horse bits will feature Part two covering "The Worst Problem—Frozen Water" and "Hoof Care is More Important when it is Wet." Information in each of the Horse Bits articles was taken from the "Animal Horse Information Net" written by Robert N. Oglesby, D.V.M. (CB)

Feeding for the Cold

One of the best ways to help your equine companion deal with cold temperatures is to increase the grain portion of his diet by 25% just before cold weather sets in. As temperatures drop, a horse must spend more energy to keep warm. Do not increase his grain if he is already overweight and continue to monitor his weight and make further adjustments accordingly. Remember to regularly deworm your horse to insure he is getting

the most from his feed.

Hay should be available to your horse free choice. Enough should be put out daily so the horse cleans it all up.

If the amount of hay your horse gets is controlled tightly also consider increasing the hay on cold days. Most of the heat from a ration comes from the microbial fermentation of the hay. If it gets very cold use the following formula to adjust a horse's hay. Take the lowest temperature expected for the day, in Fahrenheit, and subtract the wind speed, in mph, from it. For every wind adjusted degree below 32, add 1% more hay by weight.

For example, if the temperature is 25 degrees and the wind is 10 mph:

The adjusted temperature is $25 - 10 = 15$ degrees.

This is $32 - 15 = 17$ adjusted degrees below 32.

If the horse eats 25 pounds of hay a day: $.17 (25) = 4.25$ pounds more hay today.

If your horse is overweight you can still make the hay adjustments, but you should look at your grain amounts and consider downward adjustments.

Good nutrition, regular deworming and good grooming will all help maintain a warm coat. Do not underestimate the importance of regular brushing. A dirty, matted coat loses much

of its ability to insulate. Persistent shivering is a good sign that your horse is getting too cold and an indication that management needs changing.

Keep it Dry

An often overlooked problem in well cared for horses is the harmful effects of a tightly closed up barn during the cold months. Far more harmful than the cold is the high humidity and dust that builds up in a sealed up barn. The results can be an increase in allergic or infectious respiratory disease. These effects are hardest on the foals. Keep the barn dry and prevent a stiff wind from blowing through but keep it well ventilated. Closing the doors and windows on the north side while keeping the south open to the sun will work most of the time.

When is it too Cold?

Usually cold alone is not enough to chill a healthy horse. It is the combination of cold, wet and wind that chills a horse. So some of the worst days are not the coldest but the wettest. Thirty four degrees, raining and a 15 mile per hour wind will set the hardiest horses to shivering. Shelter from the wind and rain and adequate feed is all that is needed to make this horse comfortable. Barring that, a heavy water-resistant blanket may keep him from shivering.

4-H & Youth



Voter declaration: *I hereby declare that I am a resident of Lancaster County and am at least 14 years of age.*

Name _____

Address _____

City _____ ZIP Code _____

Return with marked ballot by **November 18** to:
UNL Cooperative Extension in Lancaster County
444 Cherrycreek Road
Lincoln, NE 68528-1507

(Name will be separated from ballot by election clerk)

1997 Official Lancaster County 4-H Council Ballot

See biographical information on candidates (below)

Northwest Adult—vote for one

- Craig Schnieder
 Lori Cook

Northeast Adult—vote for one

- Marvin Mueller

Southeast Youth—vote for one

- Valerie Lemke

Southeast Adult—vote for one

- Rosie VerMaas

Lincoln Youth—vote for one

- Rhonda Tucker
 Gene Gillam

At Large

- Ardel Harger

Biographical information

Craig Schnieder—9 years involvement with 4-H as a youth, 3 years 4-H leader experience. Deputy Sheriff of Lancaster County for 17 years. Shooting sports leader, conducts 4-H shooting sports training for other adult leaders at Halsey, assists with Rock Creek Kids 4-H Club. Member of Bethlehem Covenant Church in Waverly. Enjoys hunting. Two children currently in 4-H, wife is 4-H leader. Strongly committed to youth in the community and believes in doing his part.

Lori Cook—12 years involvement with 4-H as a youth, 8 years 4-H leader experience. Clean Community System, Star City Parade, Wilderness Park clean-up volunteer. Treasurer of cub scout pack, cub scout leader, boy scout project and fundraising helper. Parents without Partners. Has a high interest in 4-H.

Marvin Mueller—10 years of involvement, assisted in livestock area for 8 years. Helped with 4-H Food Booth. Member of Trinity Lutheran Church, Walton. Teacher at Lincoln High. Farmer.

Valerie Lemke—6-year 4-H member. School activities of softball, drama club, FBLA, choir, band. Has held all offices in 4-H club, 4-H camp counselor, 4-H Teen Council, 4-H helper at fair, helped at style revue workshop. Student of the month twice at church youth group.

Rosie VerMaas—8 years of 4-H involvement, 4-H VIPS committee member, Key Leader for 3 years. Current 4-H Council member. Sunday School teacher for 6 years. Girl Scout leader, Bright Lights staff member.

Rhonda Tucker—9-year 4-H member. Vocal and instrumental music, academics, 4 years serving on Student Council, Red Cross Club, International Club.

Gene Gillam—9-year 4-H member. Member of Northeast varsity football and wrestling teams. Nominated for Difference Makers (a club of individuals nominated by teachers that they feel show leadership potential). Member of 4-H Teen Council for 2 years, 2 years as 4-H Ambassador, 2-year speech VIPS committee member, 3-year cat VIPS committee member, 1-year as camp counselor, junior leader. Previous Red Cross Club member, volunteer at Children's Museum, 2-year member of Jr. Zoo Crew at Folsom Children's Zoo, Involved in numerous volunteer activities such as Food Bank, Clean-a-Mile, City Mission.

Ardel Harger—10 years of 4-H involvement, 4 years 4-H leader experience. 4-H Council treasurer for 2 years, Lancaster County 4-H Foundation for 2 years, 4-H Food Booth chair. Past president of Lincoln Scouts, Rotary, board member with Cedars Youth Services, treasurer for Cornhusker Pony Club.