



HORSE BITS

Advice on how to prepare for a clinic

We go to a clinic to get as much help as we can, take it home and put it to use. It never hurts to think about what we're getting into before we get there. In order to get the most out of a clinic, we can do a little research and planning. The more you put into preparing, the further you will be at the end of the clinic. You need to know where you want to be with your animal. You should have some specific goals that you want to work toward while you have the help and instruction of the clinician. This will ensure that you get the most for your money.

Have questions; things that you want to work on. Try and pick some specific, tangible, reachable goals. Know what you want to learn and then find a clinic that is going to teach you those skills. Go to someone whom you respect and who has something to offer you. Go in with an open learning frame of mind. If you go with the idea that you don't know anything, by being open, you'll get a lot back in return.

Get books or videos on the subject or person that you are learning from. If you are not familiar with the terms, you are going to spend 3/4 of the time just trying to figure out what they are

talking about.

Most clinicians try to work with each horse and each person where they are at. So accept where you are and they'll spend the time trying to get you to another level when you get there. You aren't there to look good or show them how much you already know. You should be there to learn. Please accept the learning.

My feeling is you should try whatever the person is teaching at the clinic. If it is something that works for you, great. If you don't feel the technique is something that would work for you, then don't use it when you get home, but at least be open to try it at the clinic. You will find you can learn a great deal.

Take care of details before the clinic starts. It lets you devote your full attention to the clinic once you get there. Take care of your comfort. Bring enough warm gear and, when in doubt, bring extra.

Bring an older, more seasoned horse for your first clinic. You'll be more comfortable learning what the clinic is all about, and the clinician can assess what kind of rider you are and if it would be appropriate for you to bring a less experienced horse later. You'll get more out of

the clinic on a quieter horse that you can take home and then apply to your other, less experienced horse.

If you are a visual learner, videotape the clinic, watch the other riders. If you learn from writing something down, take notes.

The kinds of questions that you ask are just about as important for the clinician as they are to the other participants. The most simple questions are quite often the most profound.

Have your horse and yourself in shape. Don't spend a lot of money to bring a horse that is too young or too out of shape to handle the clinic.

Be gracious and polite to the clinic organizer. Bring your own supplies and leave the facility in better condition than you found it. Respect others. If your buddy is watching the clinic, wait for another time to catch up on gossip. Don't distract others trying to learn and don't be rude to the clinician by talking while he/she is talking.

There are plenty of good clinics being offered. Take advantage of the ones you can and you'll be a better rider for it. (EK)



County fair livestock bedding

No straw will be allowed for bedding during county fair. Wood chips will be available for purchase or you may bring your own. This includes all species. If you have any questions, call Deanna at 441-7180. (DK)



PQA certification

All members who are not PQA certified will need to register for the last certification class. The certification workshop will be held Saturday, July 10 from 9-11 a.m., at the county extension office. Remember, if you are not certified, you may not exhibit at the county or state fair. If you have any questions, call Deanna or Tim at 441-7180. (DK/TV)



Beef artificial insemination workshop

An artificial insemination workshop will be held Thursday, July 15, 8 a.m. to noon, at the Lancaster Extension Education Center. This workshop is being held to help educate some of the future cattle producers of the advancements in cattle breeding and the proper methods and techniques of them.

In this workshop many aspects and steps of artificial insemination will be covered. The workshop will cover genetic and sire selection, based on individual EPD's and ability of a sire to fit and improve your cow herd. The areas of estrus synchronization, heat detection and insemination will be covered with an emphasis on management of breeding stock as well as the reproductive physiology.

For registration or questions about the workshop, please call Tim or Deanna at 441-7180. Call and register by July 13. (TV/DK)



PAK-10 Poultry Judging Clinic and Contest

There will be a PAK-10 Poultry Judging Clinic and Contest Thursday, July 8 at the Animal Science Building on UNL's East Campus. The clinic will be from 9:30 a.m.-noon. The contest will begin at 1 p.m. and last until 3:30 p.m. Everyone is welcome and encouraged to attend. There is no charge, this is strictly for fun. (EK)



District horse shows

District horse shows are fast approaching. All exhibitors should have received a letter acknowledging receipt of their entry and directions to the district show grounds. If you have not received this letter, let Ellen know as soon as possible. Good luck to all of the entrants! (EK)

4-H & Youth



Life Skills Judging Contest

Wednesday, July 14, 1 p.m.
(12:45 p.m. registration)

The contest will be divided into two divisions, the junior division and the senior division. 4-H members under 12 years of age as of January 1 of the current year, will judge in the junior division. 4-H members 12 years old and older as of January 1 of the current year will judge in the senior division.

Topics and resources for the contest are:

Topic	Publication
Senior Division	
Foods and Nutrition	Foodworks (4H794)
<ul style="list-style-type: none"> • Healthy Food Selection • Food Safety 	
Home Environment	Design Decisions (4H440)
<ul style="list-style-type: none"> • Selecting Accessories • Storage 	
Safety	Citizen Safety (4H415)
<ul style="list-style-type: none"> • Safe Adventures • First Aid 	
Clothing & Textiles	Challenging Patterns (4H304)
<ul style="list-style-type: none"> • Design Elements & Principles in Clothing 	
<ul style="list-style-type: none"> • Sewing Basics • Analyzing Advertising 	
<ul style="list-style-type: none"> • Stain Removal 	
Junior Division	
Foods and Nutrition	Six Easy Bites (4H791) pp. 11, 14, 15, 17, 19
<ul style="list-style-type: none"> • Reading Food Labels • Microwaving 	
Home Environment	Create Your Corner (4H153) pp. 14, 22, 23, 30, 33
<ul style="list-style-type: none"> • Texture • Shape • Color 	
Safety	
<ul style="list-style-type: none"> • Safe Adventures • First Aid 	Citizen Safety (4H153) pp. 4, 12, 22
Clothing & Textiles	Attention Shoppers (4H449) pp. 13, 14, 31, 32
<ul style="list-style-type: none"> • Fads & Fashions • Sorting Clothing 	

Individuals will answer 5 written questions for each of the four situations, totaling 20 written questions. Also, senior 4-H members will choose 2 of 8 oral questions to answer for a judge. Juniors will choose 1 of 5 oral questions to answer for a judge. (LB)

We need you... At the 1999 Lancaster County Fair!

Volunteer helpers (ages 12 and over) are needed to help in the information booth, assist judges by writing comments, putting up project displays, check in exhibits on entry day and make the fair the best it can be!

Call 441-7180 to sign up.

Thanks, in advance, for all you help! (LB)

Food booth training

What: A workshop for ALL food booth volunteers. Even if you have attended before, you are encouraged to come this year.

Where: State Fair Park, 4-H Demo Rooms, just south of the 4-H Rock Café in the 4-H Youth Complex. (Check fair book map.)

When: Thursday, July 29, 6-8 p.m.

Workshops: Customer Service
Making Change and Taking Orders
Food Safety
Your Responsibilities as a Volunteer

Visit: Food Booths

Bonus: Certificate of Completion and lots of fun. (LB)