

Can You Guess It?



Vicki Jedlicka, UNL Extension in Lancaster County

Did you guess it? Find out at
<http://lancaster.unl.edu>
 Did you guess it from the May NEBLINE?
 The answer was Rhubarb Plants in Early Spring

Pioneers Park Nature Center Herbal Festival

Saturday, June 23, 8:30 a.m.

The Pioneers Park Nature Center and the Nebraska Herbal Society of Lincoln invites you to their Morning with Herbs Festival featuring workshops, a catered herbal luncheon and an herb garden tour. Guest speaker Theresa Mieseler speaks about "Planting a Fairy Garden" and "Creating Herbal Topiaries." Cost \$20/person. Call 441-7895 for a registration form. All workshops will be filled on a first-come, first-served basis.



Explore Career Options at Big Red Academic Camps



The 2007 Big Red Summer Academic Camps are a chance for high school youth to spend time investigating an interest or potential career, explore the UNL campus, meet people from across the state and have lots of fun. Held in June, Big Red Summer Academic Camps features eight career exploration camps hosted by Nebraska 4-H and UNL faculty members. The camps are residence camps held on the University of Nebraska-Lincoln campus. Housing and food are provided.

After spending several fun-filled days exploring a specific topic such as movie-making or fashion design, youth showcase their work at a special "capstone event" which family members are invited to attend. Brochures and registration forms are available at <http://bigredcamps.unl.edu> or at the extension office. For more information, call 472-2805.

Camp	Dates	Grade**	Fee
Child Development	June 10-15	9-12	\$500
Culinary Arts*	June 10-15	9-12	\$475
Fashion Design	June 10-15	9-12	\$520
Food Microbiology	June 10-15	9-12	\$475
Movie-Making	June 10-15	10-12	\$600
Theatre	June 10-15	9-12	\$450
Web Design & Animation	June 10-15	9-12	\$500
Unicameral Youth Conference	June 10-13	9-12	\$300

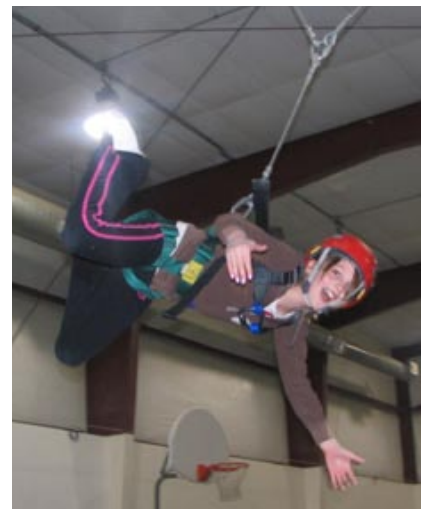
* New camp for 2007
 **Grade for Fall '07. Students who graduate in May '07 are welcome to attend.

Daughter/Mother Camp Strengthens Family Bonds as Teen Years Approach

University of Nebraska-Lincoln Extension presented, "Strengthening Family Treasures, Daughter/Mother Camp," a 24-hour retreat designed for fifth graders and their mothers (or grandmothers or other adult females) in February. Fourteen pairs participated. Activities focused on enhancing communication, learning about body image and sexuality, exploring techniques to handle peer pressure and much more. Evaluations indicated:

- 100% of the daughters and 92% of the mothers better understand how to handle "sticky situations" which may occur.
- 100% of the daughters are committed to making choices which keep their bodies healthy.
- 86% of the mothers better understand the joys and challenges which may come in the future and feel like they have additional strategies to parent their children.

A Daughter/Mother Camp for sixth graders is scheduled Oct. 5-6 (see page 11).



Participants learned to try new things by experiencing a rope challenge course.



Attendees participated in a Real Colors personality assessment to learn about different personality types.



A hands-on food preparation experience expanded basic cooking skills.

4-H'ers Have a Ball at Kiwanis Carnival

Over 350 4-H families and Elliott school students and their families attended this year's Kiwanis Carnival held April 14 at Elliott Elementary School. Lincoln Center Kiwanis sponsors the free, family event by providing snacks and prizes. Eleven 4-H clubs created and ran carnival-type games for kids.



Pet Pals 4-H club led a Gold Fish ping pong toss.



4-H Teen Council members led bingo for adults.



Youth played chess at The Checkmates 4-H club's booth.

Choose from More than 40 Nebraska 4-H Summer Camps

4-H Summer Camps & Trips are open to all youth ages 5-19 — need not be in 4-H. Specializing in leadership development and team building, 4-H summer camps create positive memories which last a lifetime.

With three unique Nebraska locations at Halsey, Gretna and Alma, there are more than 40 camps ranging from half day to five days/four nights. Some camp sessions offer a range of activities while others focus on a specific theme. Most camps include one to four overnight stays in comfortable cabins. Six camps aimed at youth ages 5-8 are one-day camps and adult chaperones are invited!

UNL Extension, through its 4-H Youth Development Program, has been operating 4-H Camps for over 40 years. The 4-H camps and centers all meet over 300 standards established by the American Camping Association.

2007 4-H Summer Camp brochures have complete information and registration forms — available online at <http://4h.unl.edu/camp> or at the extension office.

