

STRENGTHENING FAMILY TREASURES Daughter/Mother Camp

A retreat designed for 5th grade girls and their mothers
(or grandmothers or other adult females)

**Friday, Feb. 22, 5 p.m. to
Saturday, Feb. 23, 5 p.m.**



This camp is 2 days and 1 night of fun, educational and confidence-building activities. As middle school approaches, this is an opportunity to:

- Enhance effective communication including expressing emotions
- Learn more about body image and sexuality
- Explore techniques to handle peer pressure and stress
- Discuss the importance of individual family values

Cost includes meals, snacks and lodging at Carol

Joy Holling Center. Fee is \$100 per pair (4 people per room) or \$135 (2 people per room)—each room has two double beds. Carol Joy Holling is located at the end of Ranch Road off Highway 66 between Interstate 80 and Ashland.

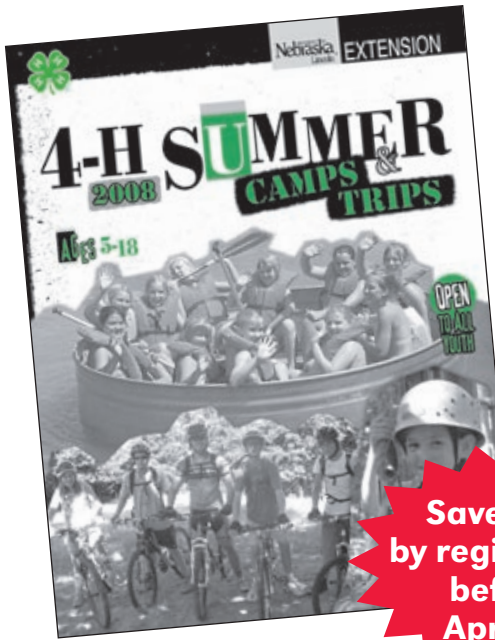
Co-sponsored by UNL Extension, Sheridan Lutheran Church and Camp Carol Joy Holling. For more information or a registration form, go to <http://lancaster.unl.edu/familiv/GUF.shtml> or call Extension Educator Maureen Burson at 441-7180.



4-H Summer Camp Brochures Now Available

2008 4-H Summer Camp brochures are now available online at <http://4h.unl.edu/camp/youth> or at the extension office. Camps are open to all youth ages 5–18 — need not be in 4-H. With three unique Nebraska locations at Halsey, Gretna and Alma, there are more than 40 camps ranging from half day to four days/three nights!

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. Brochures have complete information about all camps. Discover the adventure!



**Save 10%
by registering
before
April 1!**

Applications Open for 4-H Camp Staff

The three 4-H Camps in Nebraska are currently accepting applications for our 2008 summer staff. All positions provide endless opportunities for growth in a fun, fast-paced outdoor atmosphere.

You may apply for a variety of positions:

- **Camp Staff** — Salaried youth ages 18 and older who lead camp programs. Spend mid-May to August working full time to provide day to day leadership of camp activities and teaching groups of all ages. A great summer job for college students with any major. Application deadline is Feb. 15.
- **Cabin Mentors** — Youth ages 17 and up who provide cabin supervision and assist in leading camp programs. Mentors receive an honorarium for their service and are scheduled

according to their availability. Perfect for high school youth who need a fun getaway from their full time summer job. Mentor for a few days or for the entire summer — the choice is yours! Application deadline is March 15.

- **Camp Counselors** — Youth ages 15–18 who assist with cabin supervision and leading of camp programs. Join over 150 volunteer teens in providing valuable leadership to a group of campers by day and assist with cabin supervision at night. Camp counselors are scheduled according to their availability and counseling is a fantastic leadership experience for any young person. Application deadline is March 15.

More information and applications are online at <http://4h.unl.edu/camp/staff> — need not be in 4-H to apply.

February is Nebraska 4-H Month

2008 theme is



The University of Nebraska–Lincoln Extension 4-H youth development program is open to all youth ages 5–18. A learning-by-doing program, 4-H teaches practical skills and develops life skills. Youth can choose from more than 150 projects — project manuals are written by university experts. There are three ways to join 4-H:

Help Form a New 4-H Club

Families are encouraged to help organize a new club — which is a lot easier than you may think! 4-H staff provides guidance and resource materials. Clubs range from 5 to 60 members and are led (or co-led) by club leaders — often club members' parents. Members choose their own club officers and set up their own meeting schedule. Parents are encouraged to attend meetings. In most clubs, members complete several projects a year.

Join an Existing 4-H Club

Lancaster County has more than 100 4-H clubs. Currently, there are more youth wanting to be in 4-H clubs than there are clubs.

Be an Independent Member

With family schedules becoming increasingly busy, more and more youth are becoming independent 4-H members. This means you don't belong to a formal club, but work on 4-H projects on your own.

For more information about Lancaster County 4-H, go to lancaster.unl.edu/4h or call 441-7180

Explore Career Options at Big Red Academic Camps

The 2008 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 12 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 food molecular biology, 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. 4-H members are encouraged to apply for a scholarship — application is on the Web site.

**Save \$50
by registering
before
April 1!**



Camp	Dates	Grade**
Child Development	June 15-20	9-12
Culinary Arts	June 15-20	9-12
Culinology®	June 15-20	10-12
Dance*	June 15-20	9-12
Food Molecular Biology	June 15-20	9-12
Landscape Design*	June 15-20	9-12
Movie-Making	June 15-20	10-12
Quilt Design*	June 15-20	9-12
Spiders*	June 15-20	9-12
Theatre	June 15-20	9-12
Web Design and Animation	June 15-20	9-12
Unicameral Youth Conference	June 8-11	9-12

* New camp for 2008

**Grade for Fall '08. Students who graduate in May '08 are welcome to attend.