

4-H Reached 18,500 Youth in Lancaster County

The University of Nebraska–Lincoln Extension 4-H youth development program is open to all youth ages 5–19. Emphasis is on teaching practical skills and developing life skills through learning-by-doing. In the past year, 4-H reached **more than 18,500 youth** in Lancaster County.



Lancaster County 4-H consists of several components:

- **Organized Clubs**—Lancaster County has more than 120 4-H clubs which ranged from 5 to 62 members. Each club is led (or co-led) by adults. Youth choose officers to run meetings. Clubs usually participate in one or more projects together.
- **Independent Members**—With increasingly busy schedules, more and more youth are becoming independent 4-H members. Youth work on 4-H projects on their own.
- **Projects**—Youth can choose from more than 150 4-H projects. Project manuals are developed by university extension.
- **School Enrichment**—4-H programs for classrooms include: Garbology (for 2nd grade), Embryology (for 3rd grade), Ag Awareness Festival (for 4th grade), Earth Wellness Festival (for 5th grade) and Nutrition Education Program (for K–5th grades).
- **After-School Programs**—24 Lincoln after-school programs have incorporated 4-H projects into their activities, 9 sites have formed 4-H clubs and 15 summer sites participated in 4-H county fair exploration activities.
- **4-H Embryology Web Site**—EGG Cam and other resources at <http://lancaster.unl.edu/4h/Embryology>
- **Educational Events**—4-H staff organize educational events each year such as Clover College, speech workshops and leader trainings.
- **Leadership Opportunities**—4-H Teen Council, 4-H Council, Citizen Washington Focus group and more.



Many 4-H youth choose to exhibit their project(s) at the county and state fairs. A total 4,448 4-H exhibits were showcased at the 2007 Lancaster County Fair.



Last winter, Lancaster County 4-H developed an e-mail Horse Course with weekly lessons and fun Hippology (study of the horse) Testing Parties. Nearly 150 4-H'ers and family members participated. The course was accepted for inclusion in the national Directory of Successful Urban 4-H programs.



A new workshop offered at this year's Clover College was "Spectacular Spectrometer," presented by UNL Physics Professor Kevin Lee and SEPPO volunteers.



In the 4-H Embryology School Enrichment program, 3rd graders witness the amazing process of chicks hatching in their classrooms.

To discover more about Lancaster County 4-H, go to <http://lancaster.unl.edu/4h>



"I know how to talk in front of a group, to make friends, to cut fabric and sew, and how to ride horses better."

—Brooke Bennett, 4-H member



This year, UNL Extension in Lancaster County and the City of Lincoln Recycling office developed a curriculum for 4-H After-school programs, "Trash to Treasure," which helps youth learn about Reduce, Reuse and Recycle. The curriculum was accepted for inclusion in the national Directory of Successful Urban 4-H programs.

Volunteers Contribute to Extension's Success

UNL Extension in Lancaster County trains and supports, as well as coordinates the efforts of a variety of volunteers: 4-H leaders and superintendents, Master Gardeners, Family Community Education (FCE) volunteers and Nutrition Education Program (NEP) volunteers. In addition, 4-H and FCE members often volunteer in community-related projects. Last year, extension programs in Lancaster County benefitted from **1,897 volunteers investing 28,572 hours** of time for a total value of \$536,296.*

* Independent Sector values volunteer time for 2006 at \$18.77/hour.



In January 2007, Lancaster County extension volunteer Deb Arends (right) received a statewide Outstanding Volunteer Award presented by the Nebraska Association of County Extension Boards (NACEB).



"The success of Earth Wellness Festival is known statewide and has been noted nationally. Behind every successful event are support staff who make things happen. Lancaster Extension's staff has been instrumental in EWF's success."

—John Chess, member of Lancaster County Extension Board and Earth Wellness Festival Steering Committee

Family & Community Education (FCE) Clubs

The Family and Community Education (FCE) clubs are an educational, social and community-oriented program designed to meet the needs and interests of Nebraska homemakers. FCE members help strengthen communities and families through education, leadership and action. Lancaster County FCE's emphasis is on community service and sponsoring a nursing scholarship.



One of the FCE and community leader training lessons presented last year was "Quick and Easy Salads."



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

University of Nebraska–Lincoln Extension educational programs abide with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

*Independent Sector values volunteer time at \$18.04/hour.