



## 4-H Council Scholarships Available for Volunteer Forum Oct. 1-4

The North Central Region 4-H Volunteer Forum is a conference to enhance 4-H volunteer education and to promote adult-youth partnership in the 4-H program. The forum will be held Oct. 1-4 in Lincoln. Educational sessions will focus on activities which can be used in clubs. There will also be keynote speakers, tours, networking and entertainment. Lancaster County 4-H Council will pay the \$200 registration fee (as a scholarship) for the first 11 Lancaster County 4-H volunteers to register for this forum. Early bird deadline is Aug. 11. Contact Tracy for more information. For a schedule, go to <http://4h.unl.edu/volunteers/forum.htm>

## Ak-Sar-Ben 4-H Youth Expo

The 82nd Ak-Sar-Ben 4-H Youth Livestock Exposition will be held Sept. 22-27 at the Qwest Center in Omaha. Categories of this 4-H only competition are dairy, feeder calf & breeding beef, horse, market beef, market broilers, meat goats, market lamb, market swine and breeding swine. Livestock exhibitors must be at least 10 years of age as of January 1.

Horse exhibitors do not need to have qualified at districts to enter the Ak-Sar-Ben 4-H Horse Show! Horse exhibitors MUST be 12 years of age as of January 1 AND have passed Level 2 for English and Western Pleasure, English Equitation, Western Horsemanship, Reining, Barrel Racing and Pole Bending. Level 3 must have been passed to enter Hunter Hack and all the Advanced classes. For more information, entry forms and tentative schedule, go to <http://aksarben.org/4-H>

### Entries Due Aug. 9

Entries from Lancaster County 4-H'ers are due to extension staff no later than Sunday, Aug. 9 (may give to them at the Lancaster County Fair). Please make sure to include all entry fees, chutes and parking fees. Ak-Sar-Ben will require 15-day health certificates for livestock and horses! *Note: Horses do not require an EIA (coggins) test.* Please call 441-7180 if you have questions.

## August

### Deb Badeer

Lancaster County 4-H is proud to announce Deb Badeer as winner of August's "Heart of 4-H Award" in recognition of outstanding volunteer service.

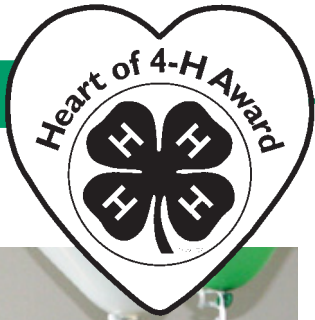
Deb has been a 4-H volunteer for 20 years and has helped with the Home School Express club (which had nearly 150 members) and Clover Buds club, and is currently leader of the High Flyers club. When Nebraska 4-H started the Public Service Announcement (PSA) Contest, Deb wrote introductory materials and for many years coached youth on PSAs and speeches at workshops and club meetings. In 1995, Deb wrote and produced a promotional video for 4-H Clover Buds (now called Clover Kids). As part of the Citizenship - Public Adventures 4-H project, she takes youth to the State Capitol to meet Senators, learn the legislative process, learn to speak out on issues/lobby and observe legislative debate. She has also volunteered in several 4-H areas at the Lancaster County Fair.

"I strongly believe in the educational benefit of 'learning by doing,'" says Deb. "4-H is an excellent way of enriching a child's life and education while building closer relationships with them. They also 'master' the material they are learning by putting it to use while completing projects and receiving input and rewards at the fair. My favorite experience as a 4-H volunteer was showing students they could write and speak before an audience. To see the light in their eyes and joy at their new found skill is truly rewarding."

Her clubs have put in many community service hours singing and performing at nursing homes.

Congratulations to Deb. Volunteers like her are indeed the heart of 4-H!

*Nominate your favorite 4-H volunteer by submitting the form available online at <http://lanaster.unl.edu> or at the extension office. Nominations of co-volunteers welcome.*



## 4-H'ers Test Animal Science Skills at PASE

Lancaster County 4-H Livestock Judging teams competed in various events at this year's Premier Animal Science Events (PASE) on June 29 & 30 at UNL East Campus.

Lancaster County had one intermediate livestock judging team competing in the state contest. Team members were: Chandler Kramer, Trevor Spath, Matthew Grimes and Rachel Johnson. The team finished 3rd overall. Individual honors went to Rachel Johnson, 4th place individual overall, Trevor Spath, 3rd place Sheep, and Chandler Kramer, 5th place Oral Reasons. All four individuals did a great job. Congratulations to the 3rd place Intermediate Livestock



Lancaster County 4-H'ers who participated in the Premiere Animal Science Events.

Judging Team.

Lancaster County had two Senior Livestock Judging Teams. Team members were:

Erica Peterson, Grant Schrick, Ryan Nelson, Emilia Woepfel, Cody DeWald and Taylor Johnson. All did a great job.

## 4-H'ers Test Family and Consumer Sciences Skills at Life Challenge

The 4-H Life Challenge contests focus on Family and Consumer Science project areas. Youth answer written questions and give an oral presentation applying what they have learned in their 4-H projects to a real-life situation.

**The county senior Life Challenge** contest was held May 30. Jaime Stephenson was awarded the Grand Champion rosette.

**The county junior Life Challenge** contest was held July 11 and Mary Dowd was awarded the Grand Champion rosette.

**The state Life Challenge** contest for seniors was held at UNL



Lancaster County 4-H'ers who participated in the state Life Challenge for seniors.

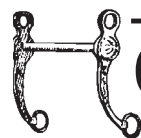
East Campus June 29 and 30. Three Lancaster County Teams participated. Team 1 participants were Anne Greff, Antonio Hoover, Charles Dowd and Molly Noel. Team 2 participants were Angelica Hoover, Helen

Dowd, Jaime Stephenson and Jessica Stephenson. They received 1st place out of 28 teams in the Wardrobe Challenge. Team 3 participants were Ceirra Austin, Dylan Hoover and Maddie Gabel.

## 4-H Bicycle Safety Contest

The 2009 4-H Bicycle Safety Contest was held on June 27 at the Lancaster Extension Education Center. Part of the Lancaster County Fair, the contest consists of a bike inspection, bicycle riding skills and a written

quiz. Top winners were Jaime Stephenson (senior champion), Anne Greff (senior reserve champion), Joshua Hoover (junior champion) and Michaela Hoover (junior reserve champion).



## HORSE BITS

### County Fair Horse Exhibitor Dress Code

#### Western Attire:

Shirts and blouses must be all white, including button, thread, etc., with convertible collars (one that is meant to be folded at the seam) and long sleeved. Tuxedo, turtleneck or other stand-up collars are not permitted. No national, county or club emblems, medals, etc., permitted. Shear, see-through or form-fitting blouses are inappropriate and not permitted. The bottom line — the traditional "pearl snap" western shirt or a white cotton oxford-type shirt are permitted. Plain, dark-blue denim jeans must be worn. No fringe is allowed nor are jeans that button down the side. A Western hat or a safety helmet must be worn. Hats and helmets are optional in the speed events. A belt, tie, 4-H armband (left arm above the elbow) and riding boots must be worn.

Boots with waffle-type tread greater than or equal to 1/8" will not be allowed in riding classes. The judging event requires a long-sleeved white

shirt with 4-H armband or the short-sleeved white 4-H T-shirt, blue jeans, belt and boots. A tie must be worn with the long-sleeved shirt.

#### English Attire:

1. Helmet — ASTM approved helmet required in all jumping classes.
2. White or light colored shirt with stand up collar — can be long or short sleeves or sleeveless. If the weather is extremely hot, the judge may waive the jacket. In which case, the white or light colored shirt or a short sleeved polo shirt in any color is acceptable.
3. Armband — left arm above the elbow — must be worn with long or short sleeves or sleeveless.
4. Broach or pin for collar
5. Jacket
6. Breeches
7. Belt if breeches have loops
8. Long boots or half chaps with a paddock boot or garter straps with paddock boots are acceptable!