

## Two Lancaster County 4-H Clubs Use Governor's Ag Excellence Award Money for Community Service Projects

### Joe's Clover Knights Provides Meals to 45 Low-Income Families



Joe's Clover Knights delivered 20 meal bags to the Catholic Social Services kitchen to go to St. Gianna Women's Home.

Last June, 25 Nebraska 4-H Clubs won Governor's Agricultural Excellence Awards sponsored by the Nebraska Investment Finance Authority (NIFA). Each club received \$500 to fund its project. Three Lancaster County clubs received awards (the third club was the Pick-a-Pig-Project).

### Fantastic 4 Hosts "Tea" Party for City Mission Youth



Fantastic 4 club hosted a "tea" party for girls living at the People's City Mission.

**Nomar Guerra**  
*President Elect, Joe's Clover Knights*

Our 4-H club, Joe's Clover Knights, was selected as a recipient of the 2011 4-H Governor's Award of \$500 to use to help our community and promote the great things 4-H does to educate and help others. As a group, we decided to plan out nutritious meals on a budget and give them to low-income families and the homeless (enough to provide 45 families with one meal).

To get prepared to do this project, we learned about what a nutritious meal consists of. Some of the things we learned were what the food pyramid looks like, and which foods are in each section, how to use the food pyramid to plan a healthy meal, how to budget for a meal, and how to create a grocery shopping list. We made a huge plate on the wall and everyone drew their favorite foods and put them in the right categories on the plate.

One of our members, Grant Johnson, said, "We learned a lot about how to prepare healthy meals."

At our next meeting, we had two main entrees (and included the recipes) along with other food items that would make up a healthy meal. All of the items were labeled with how much they cost, so each small group had to write out a dinner plan that covered all the food group categories with a budget of \$11 per bag. We filled 45 grocery bags that would be distributed to the families with the non-perishable food and attached tags

with the 4-H pledge on them.

Club member Megan Neal said, "Not everyone knows 4-H can be in the city too."

This was an important goal, to show that 4-H is not just in the country and to show how much you can learn from being involved in it.



The club delivered 25 meal bags to the Matt Talbot Kitchen.

On Nov. 1, we started at our church filling the grocery bags with the additional fresh food items, such as vegetables and fruits needed to complete the healthy meal. We then went as a group to the Matt Talbot Kitchen and St. Gianna Women's Home to distribute the food.

Club member Luke Johnson said, "I loved seeing the kitchen at Catholic Social Services and learning about St. Gianna and how much those families needed our meal bags."

We learned just as much from distributing the meals as we did from putting them together.

Through this project, we definitely used our head for clearer thinking, by planning ahead and figuring out how to budget a healthy meal, as well as thinking about others who are in need. Our hearts were feeling great loyalty to the 4-H organization and leaders for all they taught us. Our hands were used for larger service, packing bags of groceries and carrying them to those in need. And finally, we learned our health is our wealth, and how to feed our bodies so we can be healthy and help others.

We are grateful for the opportunity to do this project for our club and our community.

**Jen Smith**  
*Club Leader, Fantastic 4*

The Fantastic 4 4-H club hosted a "Dreams Come True" tea party in October for the girls living at the People's City Mission. The goal was for the girls to have a day of inspiration, hope, and fun while being treated with dignity and respect.

To fund the party, the club did fundraising the past two summers and received two \$500 grants (Governor's Ag Excellence Award and Lincoln Benefit Life Company Corporate Giving Program). The club had tremendous support from both businesses and community members, allowing them to host up to 40 girls.

When the day arrived, the guests made an entrance by walking the "red carpet" escorted by a club member. Next, they selected a dress and were able to try on/wear as many dresses as they desired throughout the day. The club collected almost 100 old prom/formal dresses to provide the "dress-up" dresses, so there were plenty to choose from!

The guests entered the main party room to find sparkly crowns and jewelry to complete their look. After the greeting, the girls headed off to enjoy the activity stations. Each member of the club was in charge of a station:

- jewelry making
- manicures/nail painting



The girls could select from nearly 100 prom/formal dresses

- make-up
- temporary tattoos
- karaoke
- sketching costumes for dogs
- photo booth

Next, the guests ate snacks — the club's version of tea. Guest speaker, Nancy Smith (2011 Scottish Rite Distinguished Teacher of the Year), spoke to the girls about finding the power inside to follow their dreams.

If the squeals and applause were any indication, the highlight of the day was the two fashion shows featuring the club members modeling, complete with music and a lit white runway.

The first show featured clothing lines by each 4-H designer, with the garments either made or designed by each member. The second show featured formal gowns with a wedding dress finale. Then, the guests modeled their new looks as they walked the runway.

The day ended with the guests receiving roses and gift bags filled with more than \$60 worth of goods — from personal care items to fun stuff — all put in nylon backpacks. The girls were shocked to find out they could keep the crowns and jewelry, and even their dresses.

Common parting phrases included, "My dreams really did come true!" and "When are you doing this again?"



Activity stations included jewelry making.

## EXTENSION NEWS

### Sarah Browning Receives 2011 UNL Extension Distinguished Educator Award



Extension Educator Sarah Browning received the Distinguished Educator award, presented by Extension Dean and Director Elbert Dickey

University of Nebraska-Lincoln Extension Educator Sarah Browning received the 2011 "Distinguished Educator" award presented by UNL Extension at its annual conference in November.

Sarah joined UNL Extension in Lancaster County in December 2010, and was with UNL Extension in Dodge County from 1998 to 2010.

Sarah is involved with several Extension educational program areas:

- horticulture education for homeowners, Master Gardeners, green industry professionals, and commercial vegetable growers
- regular panelist on NET's *Backyard Farmer*; featured in *Backyard Farmer's* popular *How to Grow Tomatoes* DVD; co-leader for development and maintenance of *Backyard Farmer* website (<http://byf.unl.edu>)
- horticulture column is published in the *Lincoln Journal Star* every Sunday

- coordinates Hort Update, an email newsletter for professionals in the green industry (<http://byf.unl.edu/web/byf/hortupdate>)
  - leader of Southeast District Acreage team, creating and maintaining the Acreage Insights website, monthly email newsletter, Facebook page, and Twitter (<http://acreage.unl.edu>)
  - co-leader of Southeast District Urban Agriculture team, helping create an Urban Agriculture website earlier this year (<http://food.unl.edu/urbanag>)
- Sarah's co-workers say she is a respected leader and teacher. One of her strengths is her technology skills. Sarah is the team member others turn to when advanced technology skills are needed to increase educational outreach. She also willingly steps into leadership roles and has been an effective co-leader of action teams.