



UNIVERSITY OF
NEBRASKA-LINCOLN
EXTENSION

Spotlight on ... 4-H!



MARCH, 2008

COMMUNICATING WITH FAMILIES

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SPECIAL POINTS OF INTEREST:

- By keeping communication lines open, you will help families stay involved in the lives of their children and 4-H!
- Clubs can showcase their successes with the 4-H Club of Excellent designation!
- Take technology outside with the GPS and geocaching!

In the best 4-H club settings leaders, members and families work as a team. As leader, one of your roles in this partnership is to promote good communications with families. It is important for leaders to develop and practice effective communication skills.



Sometimes parents admit to feeling guilty about not being more actively involved in their children's activities or fully understanding all the details of 4-H. These mixed feelings may cause families to be late in completing required paper work, not dropping their children off at the correct times, or not meeting program deadlines.

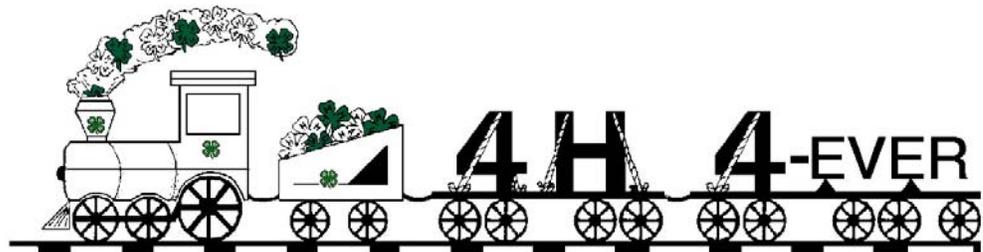
So what can you as a 4-H leader do to communicate with the families in your club? Thank parents for trusting you to work with them and for involving their children in 4-H. Just as you reach out to meet needs of families, they will reach out to meet your needs. Families who know what is expected of them and who feel that their leader approves of and values them will be more likely to respect policies and procedures.

Leaders should not wait for a family member to initiate conversation. Instead speak first, inquiring about the parent's day or commenting on the great time the child had or what the child accomplished at the event.

Communicating is an active process that involves both speaker and the listener. The speaker must send a clear message and the listener must accurately decode that message.

In today's busy environment, leaders that communicate in a variety of ways are more successful. At the beginning of the year share with families a list all club meetings and activities so that families can plan around them. Ask each family to volunteer for a specific activity or teach a lesson. Following meetings, send home a sheet with details families need to take care of. Develop a newsletter that shares specific details of up coming events and deadlines. Try sending your meeting announcements via e-mail to save time. Possibly set up a web page to share details of club activities and as a way of recognizing member's accomplishments.

By keeping communication lines open, you will help families stay involved in the lives of their children and 4-H and will avoid many problems.



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. The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

LEARN ABOUT NUTRITION BY READING THE LABEL

4-H is all about helping youth learn. In the 4-H Foods projects kids learn about nutrition as well as food preparation. Adults can help youth learn about nutrition by teaching them to read the Nutrition Facts label on food packages. A helpful resource for understanding the label is the website <http://www.cfsan.fda.gov/~dms/foodlab.html>. It shows an example of a label and explains the meaning of the information.

Activities

A fun way for youth to learn about the Nutrition Facts label is to do a scavenger hunt at the grocery store. Before the scavenger hunt, contact the grocery store manager to tell the manager what you plan to do, when you will be coming, the number of youth and adult chaperones who will be coming and the rules the youth will follow while in the store. Recruit other adults to chaperone help the youth while at the store. This way youth can work in small groups of 2-4. Practice reading the Nutrition Facts label yourself and decide how you will conduct the field trip.



Some suggestions for the scavenger hunt are to have one group compare cereal labels to find those with the most fiber or least sugar. Another group can compare beverages for the most nutrients or least sugar. Milk products could be compared to find the lowest fat or highest calcium. Snack foods could be compared to find the least sugar, least fat, fewest calories or highest fiber. Use your imagination and think

about the foods that youth tend to choose. You may want to create a worksheet with 3-5 questions for the groups to complete and give a prize to the group who finishes first. You may also want to have a prize for everyone who finishes.



If a scavenger hunt is not feasible to organize--collect empty food packages, clean them if needed, and do the same activities using the collected packages.

Nutrition Facts Overview

On the Nutrition Facts Label the manufacturer will list the serving size and the number of servings per package. The key concept to teach is that this is not a standard serving size. One manufacturer may state that 8 crackers are a serving while another manufacturer may state that 11 crackers are a serving.



The next part of the label will list the calories per serving and the calories from fat. Recommendations for selecting snacks are to select a snack of about 100 calories and to be sure the fat content is less than one half of the calories. Remember the calories are based on one serving. Will you really eat only one serving, two servings or the whole package?

The %DV (percent Daily Value) helps you determine if a serving of food is high or low in a nutrient. Key nutrients have recommendations which are based on an average 2000 calorie daily diet. If a nutrient is 5% or lower the food is considered low in that nutrient. If a nutrient is 20% or more the food is considered high in that nutrient. The Nutrition Facts label calculates the percent Daily Value for you. Foods low in fats, cholesterol and sodium are healthier. Foods high in fiber, vitamin A, vitamin C, calcium and iron are healthier. While there are no recommendations for sugar, the fewer grams of sugar the fewer calories in that food.

Another helpful website for teaching youth nutrition is the MyPyramid site for kids which can be found at <http://www.mypyramid.gov/kids/>. Youth may enjoy the MyPyramid Blast-off game on this site.

Canned Beans	
Nutrition Facts	
Serving Size 1/2 cup (130g)	
Servings Per Container: 3	
Amount per serving	
Calories 90	Calories from Fat 0
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans fat 0g	
Cholesterol 0mg	0%
Sodium 140mg	4%
Total Carbohydrate 16g	5%
Dietary Fiber 6g	0%
Sugars 3g	
Protein 5g	
Vitamin A 0%	Vitamin C 2%
Calcium 2%	Iron 8%

Learn all you need to know from the Nutrition Facts Food Label.

Adults can help youth learn about nutrition by teaching them to read the Nutrition Facts label on food packages. A helpful resource for understanding the label is the website <http://www.cfsan.fda.gov/~dms/foodlab.html>.



NEBRASKA 4-H CLUB OF EXCELLENCE!

The overall goal of a 4-H clubs is to develop enthusiastic young people who boldly take action to demonstrate life skills as capable, caring, confident, competent kids of character thus contributing to the improvement of themselves, their family, their club, their community, and their world. If you're like a lot of leaders you're probably wondering how to help your club members develop these skills while maintaining an organized club structure. One way to help your club members develop these skills while still staying organized is by using the Nebraska Club of Excellence standards. With the Nebraska Club of Excellence guidelines you will be able to meet the goal of a 4-H Club.

Receiving this designation as a Nebraska 4-H Club of Excellence is pretty simple. All your club needs to do is meet the following criteria:

- Have at least five members from at least two different families
- Recite the 4-H Pledge at meetings
- Meet at least six times per year
- Choose/elect youth officers
- Give youth leadership roles
- Have one club project (related to curriculum) which they do together
- Have adult role models/ (parental) involvement
- Are facilitated by organizational and project leaders who have successfully completed the Volunteer Profile
- Have members who perform a presentation or public speaking at the club level or above
- Complete one community service project
- Have members who participate in a county, district or state events)
- Celebrate member and club achievements

If your club meets all the requirements they will get a certificate and a seal the first year and an additional seal in subsequent qualifying years.



Challenge YOUR youth to be a 4-H Club of Excellence!

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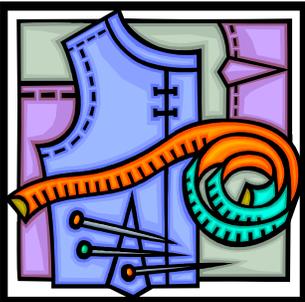


PERFECT FIT—BODY MEASUREMENTS FOR PATTERNS!

Before you buy a pattern, remember pattern sizes do not relate to ready-to-wear sizes and your measurements determine size. Ideally, measurements are taken in underwear or over a leotard. Upper chest, bust, waist, back waist length and hip measurements are always taken snugly with a tape measure that doesn't stretch.

- ✂ Measure upper chest by bringing tape measure across widest part of back, under arms, above full bustline. Upper chest measurement isn't listed with other pattern measurements. However, it is a truer indicator of appropriate garment size when there's a difference of 2 inches or more between upper chest and full bust measurements.
- ✂ Measure full bust by bringing tape measure across widest part of back, under arms, across full bustline.
- ✂ Measure waistline at natural indentation (tie string around middle to locate it).
- ✂ Measure back waist length from most prominent bone at base of neck to natural waistline.
- ✂ Measure hip around fullest part usually 7 to 9 inches below waist. Make a note of distance from waist.

Patterns fall into two categories. European patterns are Burda, Style, and New Look. American patterns are Stretch and Sew, Kwik Sew, and Folkwear. Both run true to measurement and are purchased by full bust measurement for a top and hip measurement for a bottom.



Other American patterns like McCalls, Simplicity, Butterick, and Vogue run slightly larger in the armhole to the neck (upper chest) area. If you purchase these patterns by the "full" bust measurement, you will have too much fabric above the armholes in the upper chest area. This is impossible to correct without taking it apart and re-cutting. However, matching upper chest measurement to bust measurement on the pattern size chart will provide a good fit and can easily be altered at the side seam from armhole to hem.

In the back of the pattern book you will find a chart for determining pattern size. If your measurement falls between sizes, use the larger size if you are full-busted and the smaller size if you are small-busted.

For all pattern companies, buy the pattern size according to hip measurement if you are purchasing a pattern for a skirt, shorts, capris, or pants. Don't worry if pattern waist size isn't the same as yours. The waist can be enlarged by letting out or eliminating darts or reduced by increasing dart size or adding darts.

Planning to make both top and bottom? Choose the pattern according to upper body measurements. Simple adjustments can be made at the side seams to make the bottom fit.

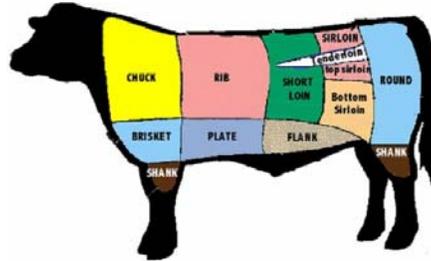


Patterns do not measure up the same, making measurements important to a good fit!

"Before you buy a pattern, remember pattern sizes do not relate to ready-to-wear sizes and your measurements determine size."

A CUT ABOVE THE REST— THE 4-H MEATS PROGRAM!

The 4-H Meats program is a great opportunity for 4-H youth to strengthen their understanding of animal science and increase their consumer savvy.



Why should 4-H members should be involved in the 4-H Meats Program? 4-H members learn to connect the production of their beef, swine or sheep 4-H project to the end product. They become wiser consumers of animal protein which is a major part of a family's food budget. Nutritional value, meat quality and an understanding of food safety principles related to meat handling, preparing and storing, are part of the 4-H Meats Program.

As with any 4-H activity, there are many challenges.

- How to get their interest is one. Appeal to their eating choices. For example: Where does the Canadian bacon on your pizza or the hamburger come from? What about prime rib?
- Be realistic on level of expectation. There is a lot of detail when learning about meats. First goal in retail cut identification - is it beef or pork, steaks (chops) or roasts, then primal cuts and finally retail cuts.
- Repetition is necessary to learn retail cuts.
- Relate the bones and muscle between the species to themselves since we are all mammals.
- Begin with pictures and move to actual retail cuts in a grocery meat department.
- Be a meats detective. Look for clues on each retail cut and omit what it is not.



Training materials are available from the UNL – Animal Science website at www.animalscience.unl.edu/extension/meats.html or you may also find good resources from the Nebraska Beef Council or Nebraska Pork Producers.



Youth must be 12 by January 1 in order to participate. The contest consists of 1) 25 retail cuts of beef counties are planning to enter the PASE state 4-H Meats Contest, the 4-H member and pork taken from the state list available from Dr. Dennis Burson, contest superintendent, 2) a class of 4 retail beef and 4 retail pork cuts, 3) food safety practicum, and 4) quiz on meats. Enter the PASE contest through your Extension Office.

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4-H Meats is an investment in time and effort that lasts a lifetime for 4-H members.



SPOTLIGHT ON 4-H!

EXPLORING YOUR ENVIRONMENT

So where are you going, which way are you going, how can we find you if you need help or we need help?

All those questions can be answered with one simple piece of technology that is available to 4-H youth and families across Nebraska and used all over the world, literally. The technology is called GPS – Global Positioning Systems and people of all ages can learn how to use a GPS receiver while having fun and enjoying the outdoors.

GPS is a system of 24 satellites that became available for use by the general public in 2000. The system originated as a tool for military use in gathering information on the location and movements of military forces.

Today, GPS is used in a multitude of careers as well as for recreational activities such as hunting, fishing, snowmobiling, trail riding and geocaching. So “what’s geocaching?” you ask. It’s the sport of finding hidden ‘caches’ - treasure boxes that other folks have hidden and it is a sport that is happening all over the world, 24-7.

Caches can come in a wide variety of shapes, sizes and types. There are micros which can be as small as of the tip of your little finger or up to the size of a magnetic key box; small caches are a bit larger like the size of a mint tin up to a margarine tub size; medium or regular size cache are like an ammo box; and large caches are even bigger.

There are several different types of caches: a regular cache is a one stop cache; multi-caches or offset caches which have several legs to finding the cache; event caches are ones in which large gathering of geocachers meet, CITO –



Cache In, Trash Out which geocachers clean up an area and then find caches placed for CITO participants; Mega Events happen when a huge group of geocachers, 500 plus, gather with people coming from all over the world; Mystery and Puzzle Caches which are for those who like solving complicated puzzles before going on to the actual cache; and Earth Caches where participants can learn about a unique geoscience feature or aspect of our Earth.

Many people have used very creative ideas when making their cache box. Some are decorated with natural grasses and vegetation similar to the area of where they are hidden. Others enjoy the challenge of making containers that are totally camouflaged and can be very challenging to locate. Containers need to be water-proof and able to withstand weather conditions in the area of placement.

This is a world-wide sport that has helped many youth and adults learn about geospatial sciences and there are several projects being done by 4-Hers such as community mapping, pollution problems, tourism awareness and much more!

So, how do you get started with GPS technology? Contact your local extension office and check-out the kit of GPS units along with the quick instruction pamphlets. Take time to familiarize yourself with the operation buttons on the unit. Take a look at the following website: <http://www.geocaching.com>



for more information. Look at where Nebraska 4-H cache boxes have been placed at <http://4h.unl.edu/kids> - scroll down to Nebraska GPS Geocaching. **GET CACHING WITH THE 4-H GEOSPATIAL PROJECT!**



CALENDAR OF EVENTS

Jammie Jamboree, April 12

Sew jammie bottoms on Saturday, April 12, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Bring your own pull-on pajama bottom pattern, pre-washed flannel or 100% cotton fabric (no one-way design fabrics or plaids) and matching thread. Also bring your sewing machine, basic sewing equipment such as scissors, pins, measuring tape, etc. and a sack lunch. Open to all youth (need not be in 4-H). Adults are welcome. Sign up by April 11 by calling 441-7180. Jammie bottoms may be entered at the county fair.

Scrapbooking Workshop, April 19

Make a 4-H or personal scrapbook by attending a workshop on Saturday, April 19 from 10 a.m. to 12 Noon at the Lancaster Extension Education Center. Open to all youth ages 10–18. Tools and supplies will be provided. Cost is \$37 for an 8” x 8” album that comes with real pages and page protectors or \$15 for a six page paper album kit and tape runner. Pay at the door. Bring related memorabilia and 25–45 pictures for large album, 10–20 for small album. Must RSVP by April 10 by calling 441-7180. Scrapbooks may be entered at the county fair (see Fair Book p. 44, under Heritage).

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