



Spotlight on ... 4-H!



LEADER LETTER

INSIDE THIS ISSUE:

THINK YOUR DRINK! 2

WHAT'S YOUR QUILT QUEST? 3

GROWING IT GREEN WITH 4-H GARDENING PROJECTS 4

SHOWMANSHIP SUCCESS TIPS 5

HANDS ON 4-H LEARNING 6



DISCOVER 4-H

SPECIAL POINTS OF INTEREST:

- How to make a no-sew quilting project!
- Grow some special plants of interest with special gardening projects!
- What makes one 4-H'er a successful showman? Learn how to prepare for your county livestock shows

WE ARE IN 4-H, NOW WHAT?

You have made the decision to join, filled out the forms and now are officially in 4-H. The next thing you may be thinking is now what? Now is the time to learn a little about the 4-H program and all it has to offer

You as a volunteer are essential to making a 4-H'er's experience memorable, rewarding and successful. The most important thing to remember is 4-H is an informal educational program designed to teach youth life skills. These skills will assist in their development into contributing and caring members of society. This informal education happens in three ways: cooperatively, individually, and competitively.



Helping Leaders Be 4-H Savvy

In 4-H, learning occurs by taking part in hands on experiences. These experiences are where 4-H members watch, study, experiment, and accomplish. These experiential learning experiences teach a variety of

skills both tangible and intangible. Through their projects youth acquire knowledge, make decisions, experience ownership and take responsibility.

Your responsibility as a volunteer is in assuring the educational purpose of 4-H is achieved by creating a community that fosters learning. 4-H creates this community through: "learning by exploring"; "learning by doing"; and "learning by receiving feedback" when work is done. You are not alone in creating this community, 4-H is the Youth Development program of the University of Nebraska – Lincoln (UNL). UNL provides support to its 4-H volunteers through local extension staff and educational resources. Also, in your local community is a network of experienced 4-H volunteers willing to share their knowledge, experiences and talents.



The most important point to remember is 4-H could not happen without **you**, the volunteer. It is you who works one-on-one with the youth, teaching, guiding, helping and mentoring them. It is you, who helps shape tomorrow's citizens.

THANK YOU!



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.

WHAT IS YOUR FAVORITE DRINK AND WHY?

Have you ever stopped to look at the Nutrition Facts label on one of your favorite drinks? If so you may be alarmed by some of the information such as total calories. An awareness of the Nutrition Facts label will help you determine the calories in the drink. For a club activity you may have members bring a favorite drink to one of your meetings so that they can look at the Nutrition Facts label. This activity will guide them in choosing nutritious drinks.



Often times the label lists the calories per serving size. For example on a 20 ounce bottle of soda, it lists the number of calories in an 8 ounce serving. The bottle actually contains 20 ounces or 2.5 servings. Be sure when you figure the calorie content you multiply the calories per serving by the servings per container.

Sugar content is a concern in many drinks. This adds to the calories of the drink. Sometimes drinks have natural sugars. Natural sugars are already in the food. Fruits have natural sugars or fructose in them. Orange juice and apple juice may taste sweet because of the natural sugars in the fruit.



Some drinks however have added sugar. This means that a sweetener is added to the drink. Chocolate milk adds chocolate syrup with sugar in it, causing it to taste sweeter than plain milk. Look at the label to see if your favorite drink has natural sugar or added sugar.

How much sugar is in your drink? Four grams of sugar equal one teaspoon of sugar. 4-H'ers can figure out how many teaspoons of sugar are in their favorite drink and measure that amount into a cup for everyone to see. It will be interesting to compare the amounts of sugar in the different drinks.



Remind 4-Hers that a healthy drink choice is water. Water is a nutrient that they body can not live without. It helps our body perform the functions that it needs. If thirsty choose a glass of water instead of a favorite sweetened drink. The water will quench your thirst much better.

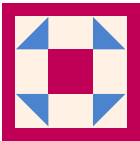


Rethink your drink. Department of Health and Human Services, Centers For Disease Control and Prevention.



Rethink your drink. Department of Health and Human Services, Centers For Disease Control and Prevention.

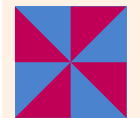
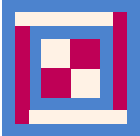
QUILT QUEST EXHIBITS THAT AREN'T QUILTS



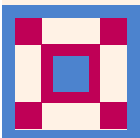
Classes 10, 20, 30, and 40 in **Quilt Quest** are quilt related exhibits but are not actually quilts. There are hundreds of possibilities. To help your 4-H'ers get started, here are some "what if's".



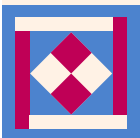
Class 10. Exploring Quilts. Encourage your 4-H'ers to write a fictional story about quilts. See the book for examples. Print and display in a booklet or on a poster. Poems would be fun to try, too. Have them look for an old quilt made by a relative, take a picture of it, with the relative if possible. How would it be preserved? Who made it and how old is it? How can the findings be displayed? What if the 4-H'er found a pattern but there are no directions. Using the information in the book, work with them to figure how much fabric is needed of each color. That, plus possibly templates that you make for the quilt, could be the entire exhibit. Making the quilt is a different exhibit. If the 4-H'er finds a pattern that fascinates them, have them do a search to find other patterns from a similar background. Examples would include Hawaiian appliqué, Native American designs such as Seminole piecing, Mariner's designs, and much more.



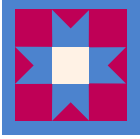
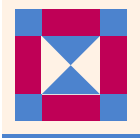
Class 20. Quilt Designs Other than Fabric. Those who like woodworking might decide to do an Ohio Star in wood, using two or three kinds of wood to vary the colors, stained, varnished and framed. Choose a quilt pattern such as Schoolhouse, and make the parts in stained glass. Those interested in jewelry making may make an elegant necklace using beads, friendly plastic, or clay that you bake. This could be a great idea for a long-term hobby or even a home based business. Try using 8 sheets of identical printed scrapbooking paper. Stack and tape them together so the designs are in the same spot on each page. Choose a quilt design such as Dresden Plate or LaMoyné Star, trace the template (seams removed) on the back side of the paper in several places, cut out, and arrange each little stack into a quilt block. Fascinating.



Class 30. Computer Exploration. For those that enjoy technology, quilting may be done on computers! Locate software for quilt design, such as EQ 5. Your local Extension office may have a copy, or visit someone who has the software on their computer. Have the 4-H'er choose and color one block. Then set it into a quilt, recolor it several ways, add sashing on some and not others, reverse colors, set it on point, and try lots of other ideas. Print each idea and display in a notebook or on a poster.



Class 40. Wearable Art. Many vest or jacket patterns are available that use quilt patterns as part of the design that are fun to wear. 4-H'ers may also choose a quilt design and iron the parts onto a sweatshirt or tee shirt. Put iron on stabilizer on the back side of the garment where the design will be. Use double sided iron-on interfacing on the parts of the design, iron them onto the shirt, and use a close zig zag stitch on your machine to stitch around the edges. Let imagination is the guide. Have fun!



Explore the world of quilts—without actually making a tradition one!

CLASSES 10, 20, 30, AND 40 IN QUILT QUEST ARE QUILT RELATED EXHIBITS BUT ARE NOT ACTUALLY QUILTS. THERE ARE HUNDREDS OF POSSIBILITIES. TO HELP YOUR 4-H'ERS GET STARTED. READ THROUGH HERE FOR SOME "WHAT IF'S".

GROWING GREEN IN 4-H

Spring is the perfect time to “**Grow Green**” with your 4-H Horticulture Projects. It is easy to organize a “Special Vegetable or Flower Project” that the club can work on together. The club could purchase seeds or plants as a group or members could be given a topic and then each club member shares their ideas with the group. Below are some ideas that your club could use and tailor to the needs and size of your group.



COLOR SPECIFIC - Choose a color theme such as “Grow Big Red” or a color to match school colors, or try a rainbow garden and select a flower or vegetable for every color in the rainbow.

UNUSUAL VEGETABLES - Clubs could select unusual colors, shapes, sizes or even types of vegetables that they have not grown. Think about selecting yellow carrots, purple snap beans or blue potatoes, most club members and their families will have never thought about raising odd colored vegetables. Clubs could also explore growing vegetable they may not have every grown such as Kohlrabi or unusual summer squash such as patty pan or eight ball zucchini.



HEIRLOOM VEGETABLE OR FLOWER GARDENS – Members could research and plant varieties of vegetables and flowers that were grown at the turn of the century. This project could be used to teach club members the difference between hybrids and varieties and how that affects the types of plants commonly planted in gardens in the 21st century.

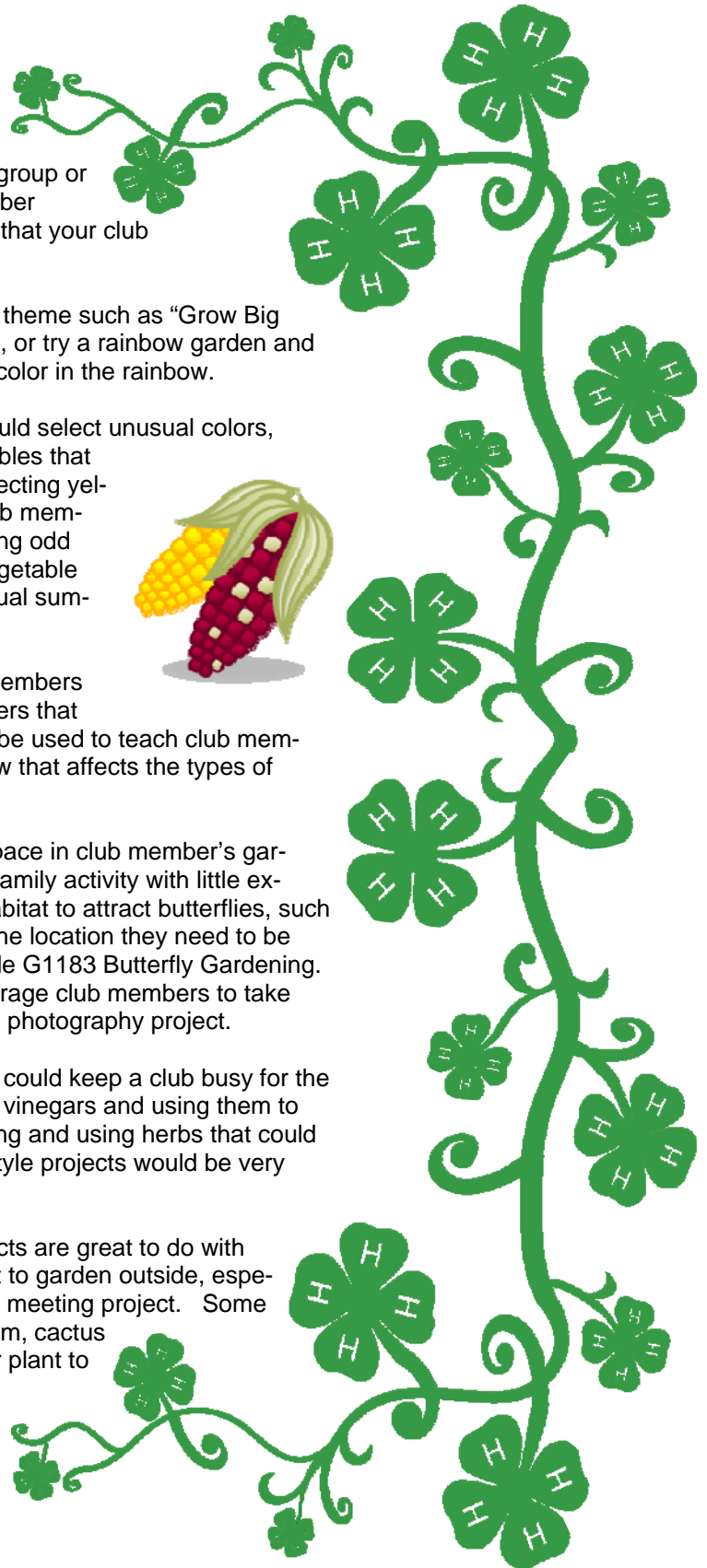


BUTTERFLY GARDEN - Using little space in club member’s gardens, butterfly gardening is a very fun family activity with little expense. Members could learn about habitat to attract butterflies, such as plants for butterfly’s and larva plus the location they need to be planted. A great resource is Neb-Guide G1183 Butterfly Gardening. If you want to add to the project, encourage club members to take pictures of the butterflies to enter in the photography project.

HERBS – There is so much to learn about herbs that this could keep a club busy for the entire year. Selecting herbs for cooking, making flavored vinegars and using them to add scents to your home are some of the topics on growing and using herbs that could be shared with your club. Pairing herbs with healthy lifestyle projects would be very easy to do for a club.



HOUSEPLANTS – Houseplant projects are great to do with clubs in the months when it is difficult to garden outside, especially if you are looking for a one club meeting project. Some great topics include making a terrarium, cactus gardening in a pot and using a spider plant to teach about propagation.



GOT ANSWERS?

Share the following tips with your 4-He'rs as they prepare for livestock shows.

Exhibiting during showmanship is an art. Using the following tips you will be able to exhibit your animal and present yourself to your greatest advantage.

Prior to the show: Train, prepare, groom and become familiar with your animal to the best of your ability. Find out as much as you can about the rules and dress code of the show and understand them.

At the Show: Be friendly towards other exhibitors and take the opportunity to meet other 4-H members. Do your own work on your project animal. 4-H is about learning by doing.

In the Ring:

Be alert at all times.

Keep eye contact with the judge so you will be ready for directions.

Make sure you're prompt in entering the ring.

Be polite and courteous to the judge and exhibitors.

Keep your animal under control.

Be prepared to answer questions.

Never stand between your animal and the judge.

Keep showing until you exit the ring.

Smile and Relax! This portrays confidence.

In addition to knowing what to expect, there are numerous questions that could be asked by the judge. Here are a few that could prepare you for the big day!

Is your animal a ewe, wether, steer, heifer, barrow, gilt, etc.?

Be sure to use the correct terminology.

How much does your animal weigh, when was it born, how old is it, or what's its breed?

Know ahead of time all of your animal's important information.

What kind of feed do you use or how much?

If you don't know, ask your parents ahead of time.

What would you change about your animal or what is the best feature of your animal?

This question is frequently asked by judges. This is to see how well you know your animal.

Where is the (body part) on your animal?

Get with your parents or 4-H group and practice naming the parts of your animal on a live animal to better prepare you if you are asked where something is.

What are the top 3 animals in this class and why?

Be prepared to give details, placing, and reasoning on why you chose the animals that you did.

Why did you pick this animal to show?

Be prepared to tell the judge details as to why you picked your animal.

What is the perfect weight, most expensive cut, or gestation period for your species of animal?

Do some research to find out more about your animal project!



SPOTLIGHT ON 4-H!

INVOLVING YOUTH IN HANDS ON LEARNING

4-H promotes youth learning-by-doing and utilizes a methodology called Experiential Learning, which engages learners in an activity that:

- is direct and hands-on
- uses open-ended questions that invite further discussion and interaction.
- allows participants to discuss the experiences they had doing the activity.
- results in active reflection and discussion of the activity by the participants.
- makes connections between the activity and real-world examples.
- applies the outcomes of the activity to one or more independent situations.

As a leader it is important that you support this key element of the 4-H program by utilizing activities at club meetings that engage youth in hands-on learning.

Experiential Learning



By making meetings more hands-on through member demonstrations, involvement of members in the making of a project and members leading the meetings, youth will become more engaged, feel more connected, learn more skills and want to attend future meetings.

As a teaching method, hands-on learning is defined as a technique used to help a student acquire knowledge and skills outside of books and lectures. Learning can occur through work, play and other life experiences. 4-H is the prime experience for hands-on learning to occur, but it all starts with club leaders.

As a leader our focus must be on finding ways for the members of our clubs to be involved. Use club manuals for guidance and find club activities on the State 4-H website at <http://4h.unl.edu/volunteers/InfoSeries.htm>. Community service projects also serve as an excellent way to get members involved in a hands-on activity.



CALENDAR OF EVENTS

Life Challenge Contests Teach Family & Consumer Science

4-H Life Challenge judging contests help youth learn more about issues related to family and consumer science (FCS). Contests are open to all 4-H'ers, need not be enrolled in a specific project. Contact Tracy or Jami at 441-7180 for more information.

County-level Senior Life Challenge (for ages 12 and up) is scheduled for Saturday, May 30, 9:30 a.m. at the Lancaster Extension Education Center. Preregister by May 28 by calling 441-7180. Study materials may be checked out prior to the contest.

Statewide FCS Life Challenge (for ages 12 and up) will be held Monday, June 29 and Tuesday, June 30 on UNL East Campus. To participate, please call 441-7180 by June 8. Information is online at <http://pase.unl.edu>

County-level Junior Life Challenge (for ages 8–11) will be held Saturday, July 11 at 9:30 a.m. at the Lancaster Extension Education Center. Preregister by July 9 by calling 441-7180. Study materials may be checked out prior to the contest.

