

# Spotlight on ... 4-H!



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DISCOVER 4-H

## SPECIAL POINTS OF INTEREST:

- How judges do their job is more than just a pretty plate....
- Exploring our roots through family history is a growing project!
- How do you grow a purple ribbon petunia and other tips for displaying horticulture and floriculture projects at the fair.

## TALKING YOUR WAY TO A PURPLE!!

### JUDGING CRITERIA

4-H exhibits are judged on three major criteria: the learning involved, the workmanship and techniques used, and the general appearance and design. All three of these criteria are taken into account when the judge assigns a ribbon placing.



**Learning involved:** The judge will ask the 4-H'er about their exhibit goal. What was your goal or purpose in creating this exhibit? The judge will ask what the 4-H'er learned while creating the exhibit. The 4-H'er should have learned something new about themselves and about the exhibit.

**Workmanship and Technique:** The judge will ask the 4-H'er about how the exhibit was created. What techniques were used? The judge will make sure that proper techniques were used in the creation of the exhibit.

**General Appearance and Design:** The judge will look at the exhibit to see if it looks good. Did the 4-H'er create a neat and attractive exhibit?

### THE IMPORTANCE OF STANDARDS.

Standards are part of the learning experience provided by judging/exhibiting/. Judging is done according to standards of excellence established by research and/or knowledgeable experts and not a matter of personal tastes or whims of the judge.

Characteristics of educational standards are: high but attainable; stimulate youth to move ahead; appropriate to different age and skill

levels; known by 4-H youth and volunteers.

Criteria for establishing standards include: items should be useful or purposeful; qualities for the use or purpose should be established; the whole is more important than the parts; enable the judge to give reasons for choice or decision.

Members should know qualities or standards. Standards can be learned from: project material, pictures, tours and trips; observations, check sheets, etc.

Check the web for score sheets:

[www.4h.unl.edu](http://www.4h.unl.edu)

### WHY DOES 4-H HAVE JUDGING?

4-H is an educational program. Its goal is the growth and development of young people. Projects and activities are the method by which young people are challenged and learn. They are both mean and ends. 4-H'ers "Learn by Doing."

Judging and being judged provides for learning by: making use of incentives and competition as teaching strategies, and as a strategy for helping young people understand and develop standards.

4-H judging has the elements of a "true" educational experience. It provides for the possibility of success for all by having categories for contestants in different stages of development. 4-H judging has fair rules that are understandable, defensible and applied by a good judge. It has real challenges with standards high enough to ensure "an earnest effort on the part of the contestant.



## FAMILY MEALTIMES

Families are busy, including 4-H families, so how can you get your 4-H members and their families eating more often together as a family? Why should you? There is a growing body of research showing that family mealtimes have a positive impact on all aspects of a child's development—physical, mental, behavioral, social and educational. Research suggests that five or more family meals per week are probably best for kids. This evidence along with numerous concerns about the nutrition and health of America's young people is why leading health and education organizations, including 4-H, are promoting family mealtimes.



A family that plays together stays healthy together.

### Club meeting ideas:

Answer **roll call** with conversation starters. Examples: What was the nicest thing you experienced today? How was your day? Describe the best party you could imagine having.



**Demonstrate** how to make one new recipe from the Fast Foods 4-H manual. Have club members plan a menu to go with the recipe to make a healthy family meal. Use the MyPyramid worksheet on page 21. Discuss what food groups this meal included. Or use the menu planning worksheet on page 64. How did the menu rate? Discuss ways to make family meals more appealing to everyone. More resources can be found at [www.mypyramid.gov](http://www.mypyramid.gov).

**Encourage** club members to take the **family meal time challenge**. Download the Weekly Planner from the [www.family-mealtimes.org](http://www.family-mealtimes.org) website. Have club members keep track of their family meals and report back at the next meeting. Provide inexpensive prizes for the challenge winners.

Ask club members to write down a favorite family recipe. Put all of the recipe cards in a basket. Each club member draws out a different recipe. Encourage club members to make the recipe at home with their family. Now everyone has new recipes to add to their **recipe file** for a Fast Foods exhibit at the county fair.



Try a **community service project** by encouraging families to participate in Celebrate Family Day on September 22, 2008. Learn more at <http://www.casafamilyday.org>

Have members research the benefits of family meals and share through a **presentation or a speech** at a meeting or county contest.



Invite a school nurse or health care provider as a **guest speaker** to help families understand the importance of the Body Mass Index (BMI) as a screening tool to identify possible weight problems for children and adults. Learn more at [www.cdc.gov/nccdphp/dnpa/bmi](http://www.cdc.gov/nccdphp/dnpa/bmi).

A family that plays together stays healthy together. Have members share fun family activity ideas. Try some of the ideas for your **recreation activity** at a future meeting.



**THERE IS A GROWING BODY OF RESEARCH SHOWING THAT FAMILY MEALTIMES HAVE A POSITIVE IMPACT ON ALL ASPECTS OF A CHILD'S DEVELOPMENT—PHYSICAL, MENTAL, BEHAVIORAL, SOCIAL AND EDUCATIONAL.**

## EXPLORE YOUR HERITAGE

*“Family faces are magic mirrors. Looking at people who belong to us, we see the past, present and future. We make discoveries about ourselves.”*

Gail Lumet Buckley

Exploring our heritage can be an incredible experience as we discover our roots and where we came from. We are all curious about the lives our parents’ and grandparents’ have led and hearing stories of “way back when” are exciting. Here are some things to consider when working on your heritage projects.

**Start Simple** You don’t have to research the whole family when you are first starting out. Start simple by looking at just one side of your family or even just one person. Taking a picture of your great grandma and writing her history and stories about her make a great heritage exhibit. Maybe you have something special of hers, that you can add to it. Put it all together in a nice frame and have your documentation attached to the back or attractively included in the frame. You want your exhibit to be something you could hang on your wall. If your supporting information distracts from that, just attach it to the back. It must be included or you will be lowered a ribbon placing.



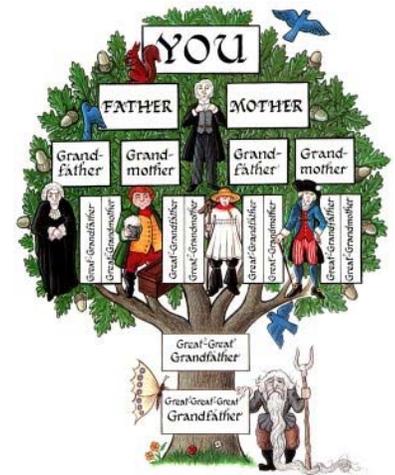
**Be Creative** Use your imagination or explore ideas of ways you could creatively display your heritage. Using artist canvas panels can be a beautiful way to display a picture or an item. Simply painting the canvas or adding scrapbook paper to it and then adding your picture, scrapbook embellishments and ribbon can soon make this simple work a family keepsake. You can even tie two panels together with ribbon and include two people as a part of your exhibit.

Use a simple storage container and decorate it with copies of old pictures, postcards, and news clippings. You soon have a great way to store those things that just end up in a plain old box or sack. Remember every exhibit must have the supporting information or documentation.



**Documentation** It’s very important to include documentation or your supporting information to all exhibits. You should include for each person in your exhibit, their full name, birth date, death date, marriage date and any other information that relates to your exhibit. If you have a picture of your great-great grandma, write about her. Are there any stories you would like to tell? Is there something interesting that people might like to know? Your documentation needs to include more than just name and dates.

*Have fun discovering your family heritage!*

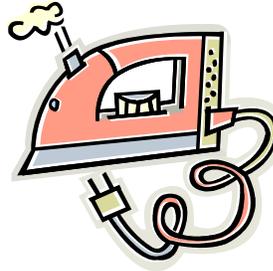


Have your 4-H’ers explore their Family Tree

**YOU DON’T HAVE TO RESEARCH THE WHOLE FAMILY WHEN YOU ARE FIRST STARTING OUT. START BY LOOKING AT JUST ONE SIDE OF YOUR FAMILY OR EVEN JUST ONE PERSON. TAKING A PICTURE OF YOUR GREAT GRANDMA AND WRITING HER HISTORY AND STORIES ABOUT HER MAKE A GREAT HERITAGE EXHIBIT.**

## THE FINAL PRESS PLUS OTHER PRESSING TIPS

An important rule to follow for professional-looking clothes is to press as you sew. Pressing is not ironing. Pressing is the process of lifting the iron and setting it down again in the proper position. Always test a scrap of fabric for the best technique. Pressing is done on the wrong side of the fabric first. Darts and curved seams should be pressed over a tailor's mitt or ham. Straight seams should be pressed flat along the stitching line, then pressed open over a seam roll or rolled Turkish towel to prevent the seam allowance edges from leaving lines on the face of the fabric. Always press a seam before crossing with another.



The last pressing operation should just be a mere touch-up job, never a cure-all for haphazard pressing during construction. Soft pleats, collars, gathers, rolled lapels and other areas that need "setting" should be pressed with garment on a dress form or a hanger. Just steam and pat into position without touching iron to fabric. You may use tissue paper padding under collars, inside sleeve caps, and in other areas to hold them in place while the fabric dries. Do not remove garment from dress form or hanger until fabric is completely dry.

Certain fabrics will require special pressing techniques.

- ⇒ Corduroy, pushes, velveteen and velvet should be steamed rather than pressed. If a steam iron is used, place the fabric right side up on the pressing board. Steam the fabric well, holding iron about 2 inch above the surface. After steaming, brush gently with a soft brush while the fabric is still damp. Let dry without handling. To press on the wrong side, place fabric on a piece of self fabric, a Turkish towel or a needle board and steam press lightly. Brush and let dry.
- ⇒ Crepe and ribbed fabrics should be place right side down on a Turkish towel and pressed lightly using very little moisture or steam to prevent the crushing the crepe.
- ⇒ Embroidered, embossed and quilted fabrics should be pressed from the wrong side over a thick padding such as a heavy Turkish towel.
- ⇒ Glazed chintz and other glossy fabrics usually are pressed on the right side to retain the shine.
- ⇒ Dark cottons should be pressed on the wrong side to prevent shine.
- ⇒ Gabardines and other hard-finished twills should be pressed lightly using little steam. Try finger pressing on seams and folded edges.

Sources:

Pressing Pointers Guide C-90

New Mexico State University Cooperative Extension Service

<http://www.cahe.nmsu.edu/pubs/c/C309.pdf>

Mississippi State University Extension Service 4-H Clothing Project Reference Manual

<http://msucares.com/pubs/publications/p1302.htm>

Scott R. Robinson Theater Arts at cwu.edu

[http://www.cwu.edu/~robinso/ppages/resources/costxt/costxt\\_5.htm](http://www.cwu.edu/~robinso/ppages/resources/costxt/costxt_5.htm)



Pressing as you sew makes a your sewing project sharp for entry in the fair!



**PRESSING IS NOT IRONING. PRESSING IS THE PROCESS OF LIFTING THE IRON AND SETTING IT DOWN AGAIN IN THE PROPER POSITION.**



## HERDSMANSHIP-WORKING AS A TEAM



If you are involved in a 4-H Club exhibiting livestock, it is important to involve your livestock exhibitors in herdsmanship. Herdsmanship is implemented at livestock shows to insure a safe and healthy environment for all livestock projects. Herdsmanship demonstrates the pride 4-Hers have of their animals and it also helps portray a positive appearance of the livestock industry to members of the public who are attending the event. How well a 4-H club's aisle, stall or pen is kept says a lot about how 4-Hers care for their animals.

No one wants to walk through the livestock barns tripping over brooms, feed pans, chairs or avoiding manure. Herdsmanship is something that works the best if done by all exhibitors in the club. Herdsmanship organization can be assigned to a team of older 4-Hers in your club. This gives them a specific responsibility and they can better serve as role models for other members.



Herdsmanship assures a safe and healthy environment for all livestock projects.

At a summer 4-H meeting, the team could review with all 4-Hers the herdsmanship expectations that the club has for fair and other shows. The team may also review a herdsmanship score sheet from the Extension Office.

The team may develop a sign up sheet in which each youth in their club can sign up for at least one time to be responsible for herdsmanship. If a herdsmanship schedule is set up within your club, it allows for more 4-Hers to be involved.

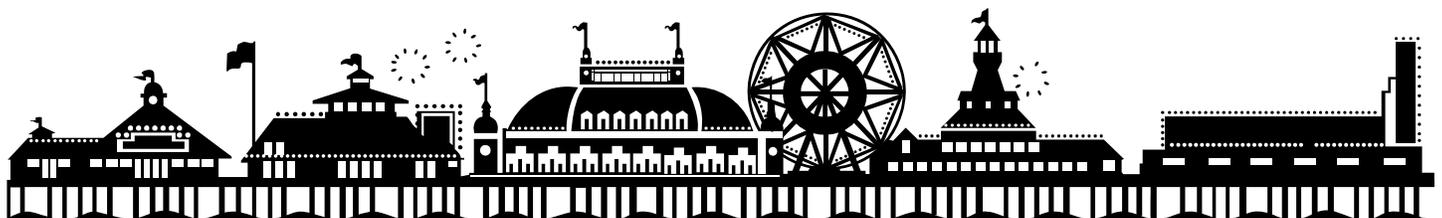
Club members with larger livestock may also want to coordinate which members are bringing which supplies to the show. There is no need to clutter the aisles with unnecessary equipment since space is often limited.



It is important to remember that the purpose of 4-H animal projects is to teach 4-Hers how to feed, fit, show, and properly care for their animals. Herdsmanship is one way that they care for their animals. A nicely kept area shows others how responsible 4-Hers are with their projects. If a

club is prepared to work together as a team for their herdsmanship responsibilities, it makes the process a positive and fun one.

**NO ONE WANTS TO WALK THROUGH THE LIVESTOCK BARNs TRIPPING OVER BROOMS, FEED PANS, CHAIRS OR AVOIDING MANURE. HERDSMANSHIP IS SOMETHING THAT WORKS THE BEST IF DONE BY ALL EXHIBITORS IN THE CLUB.**



## SPOTLIGHT ON 4-H!

### WHAT 4-H'ERS NEED TO KNOW ABOUT EXHIBITING VEGETABLES, FLOWERS AND CROPS



Every year, plant exhibits are one of the most popular projects for 4-H'ers. A few simple tips can help ensure that these exhibits will look just as good to the judge as they do the exhibitor.

First of all, always check the fairbook to make sure that you have the right number of items. This simple step is important with vegetables, fruits, flowers, and crops, as any deviation from the required number is sure to result in a lowered ribbon placing.

Next, when out in the garden, always look for uniformity over size. When trying to decide which exhibits to bring, instead of selecting the biggest available, pick those that match the best. This is most common with zucchini, which are meant to be picked when they are 4 to 8 inches long, not the size of a cavemen's club. Pick exhibits that you would like to eat!

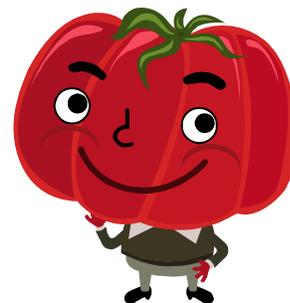


Another tip that is often overlooked is how to clean up an exhibit. This can be confusing because each exhibit can have different requirements. To avoid confusion, the best tip is to get a copy of the 4-H publication "Selecting and Preparing Vegetables, Herbs, and Fruits for Exhibit." With this guide in hand you will know to leave at least one dry outer scale for an onion, or that snap bean stems



should be trimmed to  $\frac{1}{4}$  inch. These little details go along way toward deciding a ribbon placing.

Proper harvest and storage also go a long way toward having a good exhibit. To ensure that a flower that is not wilted, only cut flowers in the early morning or in the evening with a sharp knife. Also immediately after cutting, place the flower into water and recut the stem any time you transfer the flower to another container.



Another detail that judges look for is the proper labeling. This requires some planning ahead, as information about cultivar or variety on a seed packet is often lost by fair time. So plan ahead, either by writing down important information at planting time or by saving all seed packets or plant labels.

Lastly, 4-H'ers looking for a different plant project should look at the changes to the field crops project. Several new Crops Project books are available, each full of new activities focusing on how crops are grown, what they are made into, and how interest in crops can lead to a career. Also, changes have been made to the crop exhibits at fair, so check out what else can be entered at fair!



## CALENDAR OF EVENTS

### Sign Up for Interview Judging

Interview judging is Tuesday, Aug. 5 starting at 9 a.m. in the Lincoln Room. 4-H'ers have the opportunity to talk to judges about their fair exhibits and share their trials and lessons they learned. 4-H'ers also learn what the judge looks for and how to improve skills. 4-H'ers may interview judge ONE exhibit from each project area. Refer to page 38 of the Fair Book for project areas which have interview judging (note: there will be no Forestry interview judging this year). Members, parents or leaders can **call the extension office at 441-7180 to sign up members for a five-minute time slot—preregister between July 7 and Aug. 1.** If slots are still available, may sign up during Static Exhibit Check-in on Monday, Aug. 4, 4–8 p.m.

### Presentations Contest

This year's presentation contest will be Saturday, July 19 beginning at 9 a.m. at the Lancaster Extension Education Center. Open to all 4-H'ers ages 8-18. Choose between three classes, all based on method of presentation. See Fair Book page 35 for complete contest information. A handout is available at <http://lancaster.unl.edu/4h/Fair> and the extension office. All participants are strongly encouraged to read the handout. Must preregister by July 11.

