Extension Salutes Our Dedicated Volunteers, Worth Half a Million Dollars Annually

The Lancaster County Extension Board is comprised of 10 members of the community who serve three-year terms.

Vicki Jedlicka
Extension Assistant

A recent report, “Volunteering and Civic Life in America,” released by the Corporation for National and Community Service showed Americans continued to strengthen their communities though volunteering. The report also found in Nebraska in 2013, 34.8% of residents volunteer, ranking the state sixth among the 50 states and Washington, DC. Nebraska Extension in Lancaster County benefits from numerous volunteers who help extend the reach of Extension’s programs. In 2014, an estimated:

- 12 Extension Board members volunteered 325 hours,
- 1,526 adults supported the 4-H program for 22,800 hours,
- 41 Master Gardeners volunteered 1,677 hours, and
- 12 attorneys volunteered to co-teach Extension’s Guardianship/Conservator trainings for 48 hours.

These 24,850 total hours of service are worth nearly $500,230 to our community. (based on Independent Sector’s estimate of Nebraska’s value of a volunteer hour in 2013 as $20.13.)

Extension Interim Unit Leader Karen Wobig says, “The volunteers involved with Extension are dedicated individuals who care about providing leadership and serve as exemplary role models to our youth. Without these volunteers, programs would be drastically cut and services to the residents of Lancaster County would suffer.”

In addition, Extension volunteers keep going even after their children have aged out of 4-H. Our county has several parents who are going the extra mile. What’s remarkable is many volunteers continue to serve nearly 20 years! This level of generosity is priceless.”

Volunteers are the Heart of 4-H

How can a handful of Lancaster County 4-H staff provide life-changing experiences to nearly 1,252 club members and 313 independent members? With the help of 1,526 volunteers!

The Nebraska 4-H mission, “4-H empowers youth to reach their full potential working and learning in partnership with caring adults,” depends on volunteers.

In Lancaster County, 4-H volunteers help in a wide variety of ways, including:

- club leaders (also known as organizational leaders) provide overall club leadership,
- project leaders teach club members specific projects,
- parent volunteers provide valuable guidance to youth,
- superintendents at the Lancaster County Super Fair oversee specific project areas,
- instructors and helpers present over 50 workshops during the annual 4-H Clover College held each June,
- 4-H Council, comprised of adult and youth volunteers, determine long- and short-term goals and policies for Lancaster County 4-H — and raise funds by operating a food booth at the Super Fair,
- Volunteers in Program Service (VIPS) Committee provides leadership and help raise funds for the horse, rabbit and dog project areas,
- the Production Livestock Booster Club raises funds for the livestock project areas and oversees the annual 4-H/FFA Livestock Premium Auction at the Super Fair, and
- volunteers also help at many other 4-H workshops, contests and activities.

4-H staff provide guidance and resources to volunteers.

Most project manuals have accompanying leader guides. Volunteers can get ideas and inspiration from other volunteers.

Extension Associate and 4-H staff member Tracy Anderson says, “Many 4-H volunteers are parents who are going the extra mile. What’s remarkable is many volunteers keep going even after their children have aged out of 4-H. Our county has several volunteers who have helped for more than 20 years! This level of generosity is priceless.”

It is worth noting many 4-H youth make a difference in their community by volunteering. (See November January 2014 feature, “4-H Youth Serve Their Community,” online at http://go.unl.edu/bi00).
6 Ways to Workout While Cooking

Alice Henneman, MS, RDN
Extension Educator

While we often think of the kitchen as a place where we cook up calories, it’s also possible to burn additional calories while cooking. There are several advantages to building some “workout” time into the time we spend preparing food.

1. Cooking is a time already reserved for an activity and is on our schedule.
2. You have to eat — so, it is less likely you’ll have a schedule conflict.

The following examples are some simple ways to burn more calories while you cook.

Values for approximate calories burned are from MyFitnessPal at http://www.myfitnesspal.com/exercise/lookups and are for a 150 pound person. You can adjust the weight and amount of time entered in the online calculator up or down.

These activities aren’t meant to replace regular physical activities such as walking, biking, weight-lifting, etc. However, while the individual amounts appear rather small; just by adding together a few activities, one can see how it is easy to burn 100 or more calories during a regular ongoing event such as food preparation. As an extra 100 calories daily could lead to a weight gain of 10 pounds a year, this amount of energy expenditure could be significant over a period of time.

Burn Calories by Cooking!

Just by cooking, you’re burning more calories than eating out or picking up a take-out meal. Plus, you’re more likely to eat a healthier meal.

Activity (time): Cooking or Food Preparation (20 minutes)

Approximate calories burned: 37

March in Place While Stirring at the Stove

Many recipes say to “stir frequently.” Use the time between stirs to add some activity such as marching in place.

Activity (time): Marching rapidly, military style (5 minutes)

Approximate calories burned: 37

Dance While Dinner is in the Oven

Rather than sit and read the paper or have a cup of coffee while dinner is cooking, dance the time away. Have a couple of lively tunes at the ready and begin to boogie! Or, simply head outdoors and take a brisk walk while dinner is cooking.

Activity (time): Dancing, general (10 minutes)

Approximate calories burned: 51

Workout While Waiting for Water to Boil

Just walking around, waving your arms in circles, raising your legs, etc. will burn calories.

Activity (time): Calories burned from light calisthenics, home, light/moderate effort (3 minutes)

Approximate calories burned: 20

Make Kitchen Items Less Convenient

Short on space in your cupboards? Perhaps there are some items you could store up- or down-stairs. Rather than inconvenience, they become an opportunity to add a little extra activity into your day.

Activity (time): Walking, upstairs (2 minutes)

Approximate calories burned: 18

Join the Clean Team

Thoroughly clean as you cook. Clean the stove top, give your countertops a good scrubbing and wipe those spills from the floor. Your kitchen will look better for it and so may you! You might even do some squats as you load the dishwasher. The more vigorously you clean, the more calories you burn.

Activity (time): Cleaning, light/moderate effort (5 minutes)

Approximate calories burned: 14

EnjoY NeBrAksA foOdS!

See “red” on Valentine’s Day and throughout the year. Red fruits and vegetables contain many health-promoting phytochemicals including anthocyanins and lycopene. This color group may help promote:

• A lower risk of some cancers
• A healthy heart
• Memory health
• Urinary tract health

Red fruits and vegetables include: tomatoes, spaghetti sauce, pizza sauce, tomato juice, red peppers, red onions, beets, red cabbage, kidney beans, apples, pink grapefruit, red grapes, strawberries, cherries, watermelon, raspberries, cranberries and pomegranates.

Some “red” ideas for Valentine’s Day (or any day) include:

♥ Heart-shaped pizza. Shape pizza dough into a heart. Or, use a heart-shaped cookie cutter to make individual hearts from pizza dough. Spread with your favorite tomato pizza sauce. Add your choice of toppings.
♥ Pasta with tomato sauce. For added fun, serve heart-shaped pasta — check with stores offering specialty pasta shapes or order some online. Check delivery time if you order online.
Add a few of those tiny red hot cinnamon heart candies to a popcorn snack.
♥ Oatmeal topped with a heart shape, made with dried cranberries or dried cherries.

Nutrition

Red fruits and vegetables

They are rich in phytochemicals like anthocyanins and lycopene. These phytochemicals help support: 

• a lower risk of some cancers
• a healthy heart
• memory health
• urinary tract health

They are also rich in other vitamins and minerals. 

Red fruits and vegetables are:

• Tomatoes
• Spaghetti or tomato sauces
• Tomato juice
• Red peppers
• Red onions
• Beets
• Red cabbage
• Kidney beans
• Apples
• Pink grapefruit
• Red grapes
• Strawberries
• Cherries
• Watermelon
• Raspberries
• Cranberries
• Pomegranates

Some “red” ideas for Valentine’s Day (or any day) include:

♥ Heart-shaped pizza. Shape pizza dough into a heart. Or, use a heart-shaped cookie cutter to make individual hearts from pizza dough. Spread with your favorite tomato pizza sauce. Add your choice of toppings.
♥ Pasta with tomato sauce. For added fun, serve heart-shaped pasta — check with stores offering specialty pasta shapes or order some online. Check delivery time if you order online.
Add a few of those tiny red hot cinnamon heart candies to a popcorn snack.
♥ Oatmeal topped with a heart shape, made with dried cranberries or dried cherries.

Nutrition

Red fruits and vegetables

They are rich in phytochemicals like anthocyanins and lycopene. These phytochemicals help support: 

• a lower risk of some cancers
• a healthy heart
• memory health
• urinary tract health

They are also rich in other vitamins and minerals. 

Red fruits and vegetables are:

• Tomatoes
• Spaghetti or tomato sauces
• Tomato juice
• Red peppers
• Red onions
• Beets
• Red cabbage
• Kidney beans
• Apples
• Pink grapefruit
• Red grapes
• Strawberries
• Cherries
• Watermelon
• Raspberries
• Cranberries
• Pomegranates

Some “red” ideas for Valentine’s Day (or any day) include:

♥ Heart-shaped pizza. Shape pizza dough into a heart. Or, use a heart-shaped cookie cutter to make individual hearts from pizza dough. Spread with your favorite tomato pizza sauce. Add your choice of toppings.
♥ Pasta with tomato sauce. For added fun, serve heart-shaped pasta — check with stores offering specialty pasta shapes or order some online. Check delivery time if you order online.
Add a few of those tiny red hot cinnamon heart candies to a popcorn snack.
♥ Oatmeal topped with a heart shape, made with dried cranberries or dried cherries.
Parents and grandparents want the children we love to be the best they can be. This is why we provide children opportunities to explore their passions, learn from a variety of caring people such as 4-H leaders and Sunday School teachers. The Search Institute has identified 40 assets that are important for youth to have in order to grow and develop (see below). Several of those assets are described as support — “Young people need to experience support, care and love from their families, neighbors and many others.”

Parents are naturally a child’s first line of support, but it should not stop there. Youth need many more positive influences in their lives in order to develop to their full potential. Sometimes these relationships actually become safety nets as teens go through relationships actually become lives in order to develop to their not stop there. Youth need many others.”

support, care and love from their people need to experience described as support important for youth to have in

Learning from a variety of caring ties to explore their passions, want the children we love to be succeed in school.

5. Caring Neighborhood
6. Caring School Climate
7. Other Adult Relationships
8. Community Values Youth
9. Parent Involvement in Schooling
10. Commitment to Service
11. Service to Others
12. Youth as Resources
13. Neighborhood Boundaries
14. School Boundaries
15. Family Boundaries
16. Interpersonal Competence
17. Cultural Competence
18. Use of Time
19. Expectations
20. Self-Esteem
21. Personal Power
22. Resistance Skills
23. Honesty
24. Responsibility
25. Honesty
26. Interpersonal Competence
27. Cultural Competence
28. Social Skills
29. Self-Esteem
30. Positive Relationships
31. Personal Power
32. Social Skills
33. Service to Others
34. Youth as Resources
35. Family Boundaries
36. School Boundaries
37. Neighborhood Boundaries
38. Commitment to Service
39. Service to Others
40. Youth as Resources

Parents are naturally a child’s first line of support, but it should not stop there. Youth need many more positive influences in their lives in order to develop to their full potential. Sometimes these relationships actually become safety nets as teens go through relationships actually become lives in order to develop to their not stop there. Youth need many others.”

support, care and love from their people need to experience described as support important for youth to have in

Learning from a variety of caring ties to explore their passions, want the children we love to be succeed in school.

5. Caring Neighborhood
6. Caring School Climate
7. Other Adult Relationships
8. Community Values Youth
9. Parent Involvement in Schooling
10. Commitment to Service
11. Service to Others
12. Youth as Resources
13. Neighborhood Boundaries
14. School Boundaries
15. Family Boundaries
16. Interpersonal Competence
17. Cultural Competence
18. Use of Time
19. Expectations
20. Self-Esteem
21. Personal Power
22. Resistance Skills
23. Honesty
24. Responsibility
25. Honesty
26. Interpersonal Competence
27. Cultural Competence
28. Social Skills
29. Self-Esteem
30. Positive Relationships
31. Personal Power
32. Social Skills
33. Service to Others
34. Youth as Resources
35. Family Boundaries
36. School Boundaries
37. Neighborhood Boundaries
38. Commitment to Service
39. Service to Others
40. Youth as Resources
Landlord/Tenant Lease Workshop, Feb. 13

Nebraska Extension will present a FarmLand Landlord/Tenant Cash Lease Workshop on Friday, Feb. 13, 9:30 a.m.–12 noon at the Lancaster Extension Education Center, 444 Cherrycreek Road. This program is free, but please preregister by Feb. 11 by calling 402-441-7180. The work shop is designed to help landlords and tenants put together a lease that is right for both parties and maintain positive farm leasing relations. It is very helpful if both the tenant and landlord can attend together. It is also helpful if the spouse attends.

Allan Vyhnalek, Extension Educator in Platte County, will present this workshop. Topics include:

• Latest information about land values and cash rental rates for the area and state.

• Expectations from the lease, including goal setting for the rental property.

• Lease termination, including terminating handshake or verbal leases.

• Lease communication, determining appropriate information sharing for both the tenant and landlord.

• Alternative cash lease arrangements, flexible provision considerations for your situation; and

• Other topics, like irrigation systems, hay rent, pasture rental agreements, and grain bin rental will be covered as time allows.

This workshop is sponsored by the Nebraska Soybean Board. Refreshments and handouts are provided.

For more information or assistance, please contact Allan at avyhna42@unl.edu or 402-563-4901.

Sarah Browning
Extension Educator

Rain Gardens - A Green Solution to Acreage Stormwater Management

Commercial/noncommercial applicators are professionals who apply restricted-use pesticides for hire or compensation, on property that is not owned or rented by themselves or their employer. Anyone who applies pesticides to the property of another person, either restricted- or general-use products, for control of pests in lawns, landscapes, buildings or homes must also have a commercial pesticide applicator license. Public employees (those employed by a town, county, state) applying mosquito control pesticides whether restricted or general-use, must also have a commercial or noncommercial certification.

The Nebraska Department of Agriculture (NDA) is responsible for the certification and licensing of pesticide applicators in Nebraska. A commercial/ non-commercial license is good for three years.

Initial and Recertification

To become licensed as a commercial or noncommercial applicator, professionals must pass a written examination. All participants must be tested in the general standards category, then each chooses one or more additional categories for testing. Once licensed in a category, professionals can maintain their commercial certification by attending a recertification training session or by passing a written examination, with a few exceptions as explained below.

Nebraska Extension offers training to prepare those seeking a pesticide applicator license for the first time, and recertification for those needing to keep their license active. The program cost for both initial and recertifying participants who register online is $60/person; for those registering by mail, fax or at the door, the cost is $70/person.

In 2015, Nebraska Extension in Lancaster County will offer training and testing in the following categories:

• general standards (00)
• agricultural pest control – plants (01) (initial only)
• ornamental and turf pest control (04)
• aquatic pest control (05)
• right-of-way pest control (07)
• structural/health related pest control (08)
• wood destroying organisms (08w)
• public health pest control (09)
• wood preservation (10)
• fumigation (11)
• wildlife damage control (14)

You may only participate in the general standards (00) and two category sessions on any training date.

Note: Due to time and space limitations, training will not be offered in all the categories on every day of training. Check the schedule listing when each category training will be offered.

Initial commercial certification training and testing sessions will be offered at the Lancaster Extension Education Center, 444 Cherrycreek Road, on the following dates:

• Tuesday, Feb. 3 (categories offered 00-01-04-07-08-08w)
• Thursday, Feb. 5 (categories offered 00-04-05-07-08w-10)
• Thursday, Feb. 19 (categories offered 00-01-04-07-09-11-14)
• Thursday, April 9 (categories offered 00-04)

The general standards session will begin at 8:30 a.m. It is highly recommended you obtain and review the written study materials prior to attending. This will greatly improve your chances of passing the written examination. Study materials for all commercial categories may be purchased online at http://pested.unl.edu (click on “Classes & Study Materials”).

Commercial recertification training sessions will be offered at the Lancaster Extension Education Center, 444 Cherrycreek Road on the following dates:

• Thursday, Feb. 5 (categories offered 00-04-05-07-08w-11)
• Tuesday, Feb. 17 (categories offered 00-04-05-07-08w-11)

NDA Licensing Procedures

Commercial applicators meeting the requirements for certification or re-certification will receive an invoice from the NDA for $90 for the license fee. Upon remittance, the fee, the license will be issued.

For more information about pesticide licensing, go to www.aeg. ne.gov/pesticide.
Keeping Nuisance Wildlife from Bird Feeders

Soni Cochran, Extension Associate

My parents have multiple bird feeders set up in areas around their home where they can easily watch and enjoy many species of songbirds. Feeding birds is a fascinating hobby that lends to food to keep away squirrels and other animals. It is always a challenge for bird feeding enthusiasts to try to attract the wildlife we want at our feeders without encouraging unwanted nuisance wildlife. Here are some tips to try if you are trying to prevent wildlife problems at your feeders.

Choose the best location for your feeders: Squirrels, raccoons and other animals can access feeders by climbing up or leaping onto your feeders from perches. Using a pole to hang your feeder gives you the most control over dealing with unwanted species.

Proper placement of feeders is important for a number of reasons. Hungry animals will tolerate the repellent if the alternative is starvation. Proper placement of feeders and using physical barriers work better than taste and smell deterrents to food to keep away squirrels and other nuisance wildlife. The AAS Judges loved these vigorous spreading plants that keep their shape all summer, plus, they do just well in full sun as in shade. These low-maintenance plants are perfect for gardeners looking for impatients that are resistant to downy mildew. This selection is available in plant form only.

2015 Flower All America Selections

Impatients — Bounce Pink Flame ‘Balboafink’ Flower Award Winner
Impatients Bounce looks like an Impatiens walleriana in habit, flower form and count, but is completely downy mildew resistant. These impatients will last from spring all the way through fall. Bounce Pink Flame has a massive amount of stunning bright pink-bicolor blooms with tons of color to brighten your garden. It can be planted in shade or sun. This selection is available in plant form only.

Impatients — SunPatiens Spreading Shell Pink Flower Award Winner
The truly unique genetic background of SunPatiens Spreading Shell Pink delivers unsurpassed garden performance with season long, soft pink flowers that never slow down. Strong roots help to hold quickly after transplanting and these impatients thrive under high heat, rain and humidity. The AAS Judges loved these vigorous spreading plants that keep their shape all summer, plus, they do just well in full sun as in shade. These low-maintenance plants are perfect for gardeners looking for impatients that are resistant to downy mildew. This selection is available in plant form only.

Salvia — Summer Jewel White Bedding Plant Award Winner
A third color in the popular Salvia series, White brings a much-needed color to compact salvias. This dwarf sized, compact plant has a prolific bloom count throughout the season. As a bonus, the blooms appear almost two weeks earlier than other white salvias as used as comparisons. Judges noted how the bees, butterflies and hummingbirds loved the larger flowers, making it perfect for a pollinator garden. Because of the compactness and number of flowers, Summer Jewel White is great for large landscaped areas, as well as containers and small beds.

Petunia — Trilogy Red Bedding Plant Award Winner
The Petunia series has a new color with this stunningly rich, vibrant red version! Trilogy petunias are known for their compact dome-shaped habit sporting large non-fading blooms throughout the season. The plants can flower and recover themselves in upright blooms providing a constant mass of color in flower beds, baskets, and containers. Gardeners in high heat areas will appreciate the heat-tolerance of this variety and all gardeners will like how quickly Trilogy bounces back after a rain.

Petunia — Trilogy Red Bedding Plant Award Winner
The Trilogy petunia series has a new color with this stunningly rich, vibrant red version! Trilogy petunias are known for their compact dome-shaped habit sporting large non-fading blooms throughout the season. The plants can flower and recover themselves in upright blooms providing a constant mass of color in flower beds, baskets, and containers. Gardeners in high heat areas will appreciate the heat-tolerance of this variety and all gardeners will like how quickly Trilogy bounces back after a rain.

American Goldfinch eating nectar thistle seed from a feeder especially designed to attract these birds.

Birds do not use grease on poles to prevent animals from climbing. Greasing a pole is ineffective because eventually the grease gets tacky and makes it easier for animals to climb up. Grease will harm wildlife by matting feathers and fur.

Minimize fallen seed: Birds will scatter seed as they feed. The fallen seed will attract squirrels, mice, voles and more. Seed scattering happens for several reasons:

1. Birds needseed to remove from the shells or hulls to get to the meat or kernel of the seed. Just like when we eat sunflower seeds.

• Inferior seed mixes contain filler seeds and grains that birds do not eat. Birds sort through the seed as they scatter for the fillers and end up on the ground where they attract rodents and other seed-eating animals.

• Mixed seed blends forces birds to “sweep” through the seed to look for their favorites. Cardinals prefer sunflower and safflower seed and will sweep out millet. Sparrows will sweep out the sunflower seed to get to the millet.

To prevent seed from falling onto the ground, use a tray hung directly below the feeder to catch the seeds the birds scatter. Clean your trays regularly to prevent mold growth — at least weekly. Use a tray with drainage holes or one that has a lip around the edge to catch the seeds. Use a mosquito-wire screen to allow for optimal drainage. These require less cleaning and are more sanitary.

You can also minimize fallen seed by adjusting the type of seed you are using. Learn about the birds you want to attract and what their preferences are for seed. Black-oil sunflower seeds are preferred by many desirable birds. To really prevent waste, purchase hulled sunflower. While this is more expensive, you aren’t buying the hulls and will have less waste. What about adding repellents to food to keep away squirrels and other animals? We don’t recommend the use of repellents for a number of reasons. Hungry animals will tolerate the repellent if the alternative is starvation. Proper placement of feeders and using physical barriers work better than taste and smell repellents when managing your bird feeding stations.

Check out the Bouncing Pink Flame Balboafink (EC1789) and other resources are online at http://lancaster.unl.edu/pest/birds.shtml.

Earth Wellness Festival Needs Volunteers
Volunteers are needed for the 2015 Earth Wellness Festival on Saturday and Sunday, March 28 and 29, at the University of Nebraska-Lincoln, 20th Street and Woodland Drive. The festival will feature speakers, booths and activities teaching people how to grow and use earth-friendly gardening tips and recipes. The festival is sponsored by the University of Nebraska Extension’s Environmental Education Office and the Nebraska Foundation for Science, Mathematics and Engineering Education. For more information contact Sara Winn at swinn2@unl.edu or 402-472-0636 by Jan. 30. Visit http://lancaster.unl.edu/efw to register online.

For more information on this topic, check out "Selective Bird Feeding: Detering Nuisance Wildlife from Bird Feeders" (EC1783) and other resources are online at http://lancaster.unl.edu/pest/birds.shtml.

Do not start your vegetable transplants indoors too early. Six weeks ahead of the expected planting date is early enough for the fast-growing species such as tomatoes. Eight weeks allows enough time for the slower-growing types such as peppers.

Check stored bulbs, tubers and corms. Discard any that are soft or diseased.

This year plan to grow at least one new vegetable that you have never grown before; it may be better than what you are already growing. Look for dwarf varieties in the market which use less space while producing more food per square foot just may be what you are looking for.

Check any vegetables you have in storage. Dispose of any that show signs of shriveling or rotting.

Prune fruit trees and grapes in late February or early March after the worst of the winter cold is passed but before spring growth begins.

Order gladiolus corms now for planting later in the spring after all danger of frost has passed. Locate in full sun in well-drained soil. Branches of forsythia, pussy willow, quire, spirea and dogwood can be forced for indoor bloom. Make long, slanted cuts when collecting the branches and place the stems in a vase of water. Change the water every four days. They should bloom in about 3 weeks.

Send off seed orders early this month to take advantage of seasonal discounts. Some companies offer bonus seeds of new varieties to early buyers.

Late February is a good time to air-layer such house plants as dracaena, driftenbush and rubber plant, especially if they have grown too tall and leggy.

Order perennial plants and bulbs now for cut flowers this summer. Particularly good choices are bae balm, coneflowers, veronica, daisies, coreopsis, asters and lilies.

Check all five growing factors if your house plants are not growing well. Light, temperature, nutrients, moisture and humidity must be favorable to provide good growth.

Repair and paint window boxes, lawn furniture, tools and other items in preparation for outdoor gardening and recreational use.
New In 2015 — 4-H Members MUST Be Enrolled Online by Jan. 31

Nebraska 4-H is introducing a new 4-H online enrollment system, called “4-H Online,” in 2015. 4-H members MUST enroll online by Jan. 31 — paper enrollment is no longer accepted. The website to enroll is https://ne4honline.com. The process is easy and only takes a few minutes per member.

NOTE: only parents/guardians may enroll 4-H members. Each 4-H household will need to set up a profile in which the 4-H youth for the household will be added.

The health information is optional! However, if the 4-H member goes to a 4-H camp or participates in a state or national event, Nebraska 4-H highly recommends you fill it out. A step-by-step instruction guide with pictures is online at http://lancaster.unl.edu/4h/StuPtaEnroll.pdf. If you have questions about the process or need to enroll on a computer, call Karen Evasco at 402-441-7180.

Current 4-H members who are not enrolled online by Jan. 31 will no longer be officially enrolled members. New members and fair projects may be updated through June 15. For now, volunteers and leaders must still enroll using the form at http://lancaster.unl.edu/4h/chub/thenrollforonliner.pdf by June 15.

4-H Pillow Sewing Workshop, Feb. 21
4-H youth ages 8 and up are invited to learn basic sewing skills and make a pillow at the “Pillow Party” sewing workshop on Saturday, Feb. 21, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend. Adults are welcome to help. Sign up by Feb. 18 by calling 402-441-7180. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. Also bring 1/3 yard and 2 1/2 yard contrasting fabrics, pre-washed, 100% cotton (no plain, no knits) and matching thread. Pillow forms provided.

4-H Crocheting Workshop, Feb. 7
4-H youth ages 10 and up are invited to learn how to crochet a washcloth utilizing the single crochet stitch at the “Basic Crocheting” workshop on Saturday, Feb. 7, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost — all supplies will be provided. Adults are welcome to attend to help 4-Hers. Must preregister by Feb. 4 by calling 402-441-7180.

If you previously attended this workshop, you are welcome to attend again. 4-H’ers may enter washcloths at the Lancaster County Fair 4-H Fair in 4-H Clothing — Level 1 Crochet.

4-H Jammy Workshop, March 28
4-H youth ages 8 and up are invited to practice their basic sewing skills and make jammine bottoms at the “Jammine Lamboree” sewing workshop on Saturday, March 28, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road. No cost to attend. Adults are encouraged to attend to help 4-H’ers. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape, etc.), simple pull-on pajama bottom pattern, pre-washed flannel or 100% cotton fabric (no one-way design fabrics or plaids), elastic as recommended by pattern and matching thread. Sign up by March 26 by calling 402-441-7180.

Joe’s Clover Knights Named Nebraska 4-H Club of the Month
Congratulations to Joe’s Clover Knights 4-H Club for being selected as the December 2014 4-H Club of the Month! Each month, the Nebraska 4-H Foundation and Nebraska 4-H Ambassadors award one club in the state with a certificate and $50 cash card. Joe’s Clover Knights has grown from its original six members to 92 members in just seven years. The club is now Lancaster County’s largest 4-H club. Members range from 5 to 14 years old.

The club meets monthly and does many community service (see article on next page) and 4-H projects together. Some of the 4-H projects they’ve done include rockets, woodworking, photography and baking. Members also volunteer at the 4-H food booth at the Lancaster County Super Fair. Clubs can nominate themselves for Nebraska 4-H Club of the Month by going to http://ne4hfoundation.org.

4-H Dog Workshop, Feb. 21
A statewide 4-H Paws-On Dog Workshop will be held Saturday, Feb. 21, 9 a.m.—3 p.m. at the Greater Lincoln Obedience Club Building, 5740 Johanna Road. This one day workshop allows 4-H members time to learn about their dog and its care, as well as work hands-on with training activities with their dogs. Sessions will be held on obedience, agility, showmanship, health and working with your dog. Fee is $15 per person which includes a lunch. Adults may purchase a lunch for $5. More information and registration is at www.companionanimal.unl.edu.

NEW 4-H Companion Animal Challenge, March 14
A new statewide Companion Animal Challenge for 4-Hers 8–18 will be held Saturday, March 14 at the Animal Science Building on UNL East Campus. It provides youth a chance to participate in a variety of contests that do not require animals, but allow youth to learn more about their dog, cat, rabbit or other companion animals. Contests include:

- Dog quiz bowl
- Dog Skill-a-Thon
- Dog Bowl
- Dog Showmanship
- Dog Agility
- Dog Horsemanship
- Dog Jammie Bottoms
- Dog/Pet Essay
- Dog/Pet Art
- Dog/Pet Jammie Bottoms
- Dog/Pet Essay/Art
- Dog/Pet Article
- Dog/Pet Art/Article
- Dog/Pet Essay/Art/Article
- Dog/Pet Challenge for 4-H’ers 8–18 will be held Saturday, March 14 at the Animal Science Building on UNL East Campus.

Lancaster County 4-H Council will pay the contest entry fees for Lancaster County 4-H’ers. Entry forms are due to the Extension office no later than Feb. 13. Additional information on entry forms and contest fee rates for Lancaster County 4-H’ers. Entry forms are due to the Extension office no later than Feb. 13.

Pick-A-Pig Club Accepting New Members
The Pick-A-Pig 4-H club is accepting new members for anyone who wants to learn about pork production and show a pig at the Lancaster County Super Fair. The club is open to all city and rural youth. For additional information, contact Harry Muhlbach at 402-450-7767. Deadline to join is March 15.

4-H Horse Incentive Program Has Begun
Any Lancaster County 4-H’er can participate in the Lancaster County 4-H Horse Incentive Program and qualify for awards by participating in various horse-related activities Jan. 1–June 30. Again this year, a belt buckle will be included as a gold-level reward option. However, due to the high cost, a buckle can only be chosen as an incentive reward for 4-H’ers and by seniors only. Horse Incentive Program information and forms are available at Extension office and online at http://lancaster.unl.edu/dh/hornews.shtml.

Horsemanship Level Testing Dates
Now is a good time to start thinking about new 4-H horsemanship level goals! The 2015 group testing will be held at the Lancaster Event Center — Amy Countryman Arena on the following Tuesday evenings: April 14, April 28, May 12, June 2 and June 30.
Joe’s Clover Knights 4-H club was excited to receive a Governors Agricultural Excellence award in 2014. As part of this award, Nebraska 4-H Foundation and Nebraska Investment Finance Authority give $500 to 25 clubs each year to be used as described in the award application. Joe’s Clover Knights has received the award twice before for community service projects.

The club had a number of ideas for service projects in 2014, but during the February club meeting, they voted to provide tied fleece blankets to the less fortunate. The club’s leaders, Anne Johnson and Kelly Neal, called various agencies to see where the club’s gift would help the most. Club members voted to give the blankets to St. Gianna’s Women’s Homes which assists women and their families fleeing domestic violence.

The club, who currently has 86 members, tied blankets together on each side. Blankets ranged from 7½ feet adult blankets to 4 feet toddler blankets. Club member Ellie Bunz said, “I really enjoyed making the tied blankets knowing that what we do in 4-H could better someone’s life.”

Anne said, “It’s amazing to see how generous the club member’s hearts are for giving to others! The older 4-H’ers did a fantastic job at guiding and teaching the younger members.”

A group of 5th graders from A group of 5th graders from the club made an additional 10 blankets outside of club meetings. One of the 5th graders, Meredith Gaura, said, “I made those blankets out of love and respect for the children of St. Gianna’s. I believe in my heart that every child deserves a nice warm blanket that makes them feel safe.”

Club members then gathered over 100 gently used and new children’s books. They tied books to each of the blankets with ribbons as an extra gift to the children at St. Gianna’s.

On Nov. 20, the club delivered the blankets and books to Catholic Social Services to be given to St. Gianna’s Women’s Homes. Club members were given a tour of the facility. Megan Neal, the club’s news reporter said, “Making and delivering those blankets and books made me feel like a hero when we were done. I knew what our 4-H club had done with our award money made a big difference to the people that received the blankets and books.”

4-H Clubs Needed to Help Provide Booths at Kiwanis Karnival, April 10

The annual Kiwanis Karnival, a FREE family event, is sponsored by the Lincoln Center Kiwanis. This year, it will be held Friday, April 10, 5:30–7:30 p.m. at Elliott Elementary School, 225 S. 25th St., Lincoln (note change from a Saturday to Friday). The Karnival features carnival type games for the kids, bingo for adults, prizes, snacks, fun and fellowship. Lincoln Center Kiwanis has sponsored this event for over 50 years — providing prizes and snacks. 4-H clubs are needed to provide carnival-type booths. This is a great community service and leadership activity for clubs. If your 4-H club or family would like to have a booth or for more information, call Lorene at 402-441-7180. Come join the fun!

4-H Achievement Celebration

Tuesday, Feb. 10 • 6:30 p.m.

Lancaster Extension Education Center
444 Cherry Creek Road, Lincoln

4-H members, clubs and volunteers receiving awards, scholarships or pins will be mailed detailed information.

Congratulations to all 4-H youth who commit themselves to excellence!

Light snack provided.

Joe’s Clover Knights Donated Blankets and Books to Women’s Homes

Joe’s Clover Knights 4-H club has 86 members from ages 5–14, spent one meeting in October making 26 blankets. Older 4-H members teamed up with younger members in groups of four, and each group made one or two blankets. They had patterns to cut the corners and edges. Then they tied the layers together on each side.

Club members tied books to each of the blankets with ribbons.

Older 4-H members teamed up with younger members to teach them how to make tie blankets.

Megan Neal, the club’s leader, said, “I made a big difference to the people that received the blankets and books.”

The club’s older members were given a tour of the facility. Megan Neal, the club’s news reporter said, “Making and delivering those blankets and books made me feel like a hero when we were done. I knew what our 4-H club had done with our award money made a big difference to the people that received the blankets and books.”

Spring Rabbit Show

Saturday, March 21, 9 a.m.
Lancaster Event Center – Exhibit Hall
84th & Havelock, Lincoln

All rabbits must be tattooed in the left ear (available at the show 7:30–8:30 a.m. — $1 per rabbit). All rabbits must be in-cornices with leak-proof bottoms.

For more information, call Bob at 402-523-6263 or Marty at 402-441-7180

Sponsored by Lancaster County 4-H Rabbit VIP’s Committee and UNL Extension in Lancaster County

Governor’s Ag Excellence Award Forms Due March 1

The Governor’s Agricultural Excellence Awards are sponsored by the Nebraska 4-H Foundation and Nebraska Investment Finance Authority (NIFA). Each year, 25 4-H clubs are awarded $500 to be used as described in the award application form completed by the club.

Clubs may use the award dollars for many different programs. A few examples are: conferences or workshops for others in the community, trips or tours for club members and community improvement projects. The intent is to increase 4-H’ers awareness of agricultural careers. Consider “agricultural” in the broadest terms for this program.

Forms are due by March 1. Applications are online at www.ne4hfoundation.org. If you have questions, contact Lori Petersen at lpetersen5@unl.edu or 402-472-1178.

4-H clubs or family would like to have a booth or for more information, call Lorene at 402-441-7180. Come join the fun!
Extension Volunteers
continued from page 1
Master Gardeners
The Nebraska Master Gardener program has been part of Extension since 1976. Master Gardeners receive horticulture training by Extension staff, and in return, they share their knowledge with the community through volunteer activities. In Lancaster County last year, Master Gardeners:
• answered phone calls and helped with walk-in questions at the Extension office during the growing season,
• taught composting workshops and demonstrations,
• answered questions and helped maintain gardens at Lincoln Children’s Zoo, Southview Gardens and People’s City Mission,
• helped with 4-H exhibits at the Lancaster County Fair and Nebraska State Fair, and
• presented the session “Do the Rot Thing” at Earth Wellness Mission.

Extension Associate Mary Fyvoge, who coordinates the Lancaster County Master Gardener program, says, “Master Gardeners are devoted to education and helping others. We are able to provide quality horticulture educational programs because of their time and effort volunteering to Extension.”

Volunteer Attorneys
Nebraska Extension in Lancaster County offers monthly Guardian/Conservator education classes which fulfill Guardian/Conservator education requirements set by the Nebraska Probate Code. These classes are co-taught by volunteer attorneys through the Nebraska State Bar Association who answer general legal questions.

In 2014, 318 guardians/conservators participated in one of the 12 classes presented in Lancaster County.

Extension Educator Maureen Burson who presents the classes in Lancaster County says, “These attorneys are a vital part of the partnership which teaches guardians and conservators how to keep vulnerable Nebraskans safe and secure.”

Benefits of Volunteering
Perhaps the first and biggest benefit people get from volunteering is the satisfaction of incorporating service into their lives and making a difference in their community and country. The intangible benefits alone — such as pride, satisfaction and accomplishment — are worthwhile reasons to serve. In addition, when we share our time and talents we:
• solve problems,
• strengthen communities,
• improve lives,
• connect to others, and
• transform our own lives.

Last year, the Corporation for National and Community Service (CNCS) released “Volunteering as a Pathway to Employment,” a research which found unemployed individuals who volunteer over the next year have 27 percent higher odds of being employed at the end of the year than non-volunteers. Among rural volunteers and volunteers without a high school diploma, the likelihood increases by 55 and 51 percent, respectively.

Research presented by CNCS in a report titled “The Health Benefits of Volunteering: A Review of Recent Research,” has established a strong relationship between volunteering and health; those who volunteer have lower mortality rates, greater functional ability and lower rates of depression later in life than those who do not volunteer.

Source: CNCS’s website at www.nationalservice.gov.

Applications Open for 4-H Camp Staff
The two 4-H Camps in Nebraska are currently accepting applications for summer staff. The camps offer outstanding opportunities for young adults to learn leadership skills, gain valuable experience for future careers and make lasting memories. Need not be in 4-H to apply.

• Summer Program Staff (ages 18 and above) — Seasonal, paid, full time staff who live at camp mid-May to August who are responsible for daily programming and teaching groups of all ages. Must be available mid-May through mid-August. Application deadline is Feb. 1.
• Junior/Senior Counselors (ages 15 and above) — Cabin supervisors who volunteer and select which weeks they can work throughout the summer. Provide valuable leadership to a group of campers by day and assist with cabin supervision at night. Must complete Counselor Leadership Training at one of the sites. Application deadline is May 1.

More information and applications are online at http://4h.unl.edu/camp.

Meet the Extension Board
The Lancaster County Extension Board serves as an advocate for Nebraska Extension in Lancaster County. Members of the board are appointed by the Lancaster County Board of Commissioners. The Extension Board provides guidance to Extension staff in establishing and accomplishing Extension education program goals and objectives. Annually, it assists in developing an operating budget and local educational priorities. The board meets monthly (usually the second Friday at 8 a.m.).

Extension board members for 2015 are:
• Jim Bauman, President
• L. Ronald Fleckes, Vice President
• Sharlyn Sieck, Secretary
• Marty Minchow, Treasurer (newly appointed)
• Allen Blezek
• Pat Heath (newly appointed)

The 2015 Extension Board officers are Vice President L. Ronald Fleckes, President Jim Bauman and Secretary/Treasurer Sharlyn Sieck.

Watch Chicks Hatch Online with EGG Cam! http://go.unl.edu/eggcam
Embryology resources include incubation, candling, and more! Chicks are due to hatch Jan. 27/28, Feb. 24/25 and April 28/29.

30 All events will be held at the Lancaster Extension Education Center, 444 Cherry creek Road, Lincoln, unless otherwise noted.

EXTENSION CALENDAR
EXTENSION NEWS