

2021 Extension Highlights



Nutrition Kits for Classrooms — This year, Lincoln Public Schools integrated the School Enrichment Nutrition Kits, developed by Lancaster County Extension 21 years ago, into its core health curriculum and helped provide kits for all elementary classrooms. The kits meet national health standards and contain teacher curricula and supplies for hands-on experiences. Since its beginning in 2000 for 3 grade levels in 12 schools, the program has expanded to grades K-5 in all 39 elementary schools and has helped teachers educate more than 165,000 students. Pictured is Extension Educator Alyssa Havlovic (right) with an LPS teacher.



Childcare Trainings — Extension Educator Jaci Foged delivered or co-delivered 86 professional development trainings to 3,303 childcare providers, generating 5,388 in-service hours approved by the Nebraska Department of Health & Human Services. Due to the ongoing pandemic, 76 of these trainings were held virtually, and 10 were delivered in person. Feedback indicates the trainings made a positive impact, such as, “CHIME has helped me identify my stressors and manage my feelings when I’m stressed,” and “I have more compassion in my interactions with the children.”

Extension helps people solve real-world problems

“The Master Health Volunteer classes helped me see what’s going on in the community. That there are a lot of problems, but we can work to help solve them by spreading knowledge to other youth and community members.”

—Naw Bue, Youth Master Health Volunteer, part of Extension’s Well Connected Communities



Diagnostic Services — Extension offers insect and plant identification and management recommendations. Extension’s horticulturists and entomologist assisted with more than 4,100 phone calls, emails and walk-in requests. Pictured is Extension Educator Kait Chapman identifying a bed bug.

Extension’s Volunteers Worth Over \$630,000

Lancaster County Extension’s estimated **1,896 volunteers** gave **23,878 total hours of service worth \$630,379*** to our community! Extension benefits from these volunteers who help extend the reach of programs such as 4-H, Master Gardeners and Master Health Volunteers.

*Based on Independent Sector’s estimate of Nebraska’s value of a volunteer hour in 2020 as \$26.40



Discovery Days — New this summer was UNL East Campus Discovery Days. Several Lancaster County Extension staff presented hands-on, science-focused activities to over 700 people. Pictured is Extension Associate Becky Schuerman (right) who serves as Extension’s statewide domestic water and wastewater coordinator, presenting aquifer in a cup.



Donation Gardens — Through “Growing Together Nebraska” gardens funded by SNAP-Ed, Extension staff and Master Gardeners grew 394 pounds of produce which was donated to people in need, mostly through the Connection Point pantry. In addition, 411 pounds of produce was donated by Master Gardeners and community members through “Plant A Row for the Hungry.”

MORE ON NEXT PAGE

- 24,313 Youth Engaged in 4-H Programs
- Other Extension Highlights



Food Calendar

Each month provides resources for selected national food-themed days, weeks, and/or months.



food.unl.edu — Extension Educator Kayla Colgrove coordinates Extension's statewide website, which received over 2.5 million pageviews and is one of UNL's top 5 domains. The website provides tips, recipes and resources to help people make healthy food choices, safely prepare food and increase physical activity. The Food Calendar was recently revamped and received over 90,000 pageviews.

Your Trusted Educational Resource

"Engaging with Nebraskans wherever they are, connecting them with resources, research and innovation of the University of Nebraska."

Nebraska Extension's newly revised mission statement reflects the commitment of dedicated Extension staff to help every



Nebraskan solve real issues.

The work and programs highlighted in this report are a small sample of how local residents, and beyond, count on Lancaster County Extension to be relevant, inclusive, innovative and responsive.

Unbiased information, delivered through a blend of

in-person and virtual methods, inspires Nebraskans to live prosperous and healthy lives. Education makes a difference to individuals and strengthens our community.

Have a safe and productive 2022.

Karen Wobig,
Extension Educator & Unit Leader

Learn more about our programs and connect with us

- <http://lancaster.unl.edu>
- Facebook, Twitter, YouTube, Flickr



Master Health Volunteers — As part of Extension's Well Connected Communities initiative, Educator Emily Gratopp (top right) started a Master Health Volunteers program and founded the Health Equity Coalition which has grown to over 50 members. 24 youth and 21 adult Master Health Volunteers are taking collective action to increase health in our community.



4-H Programs Engaged 24,313 Youth

through opportunities such as clubs, workshops, school enrichment programs, afterschool/out-of-school activities and camps



4-H Clubs — With 75 clubs ranging from 5 to 47 youth members, clubs are an important part of the Lancaster County 4-H program. 4-H clubs are led by adult volunteers, hold regular meetings, elect youth officers, recite the 4-H pledge, learn together and do community-service projects. Pictured are members of the N-Bots club demonstrating their programmed competition robots to members of the Clover Kids club.



4-H at Lancaster County Super Fair — Over 530 4-H/FFA exhibitors showcased over 4,100 exhibits (including static exhibits, animals, contest entries and Clover Kids exhibits). The Super Fair provides 4-H youth an opportunity to share the projects they've worked on throughout the year. This year, many youth created special theme exhibits to help celebrate 150 years of the Lancaster County Fair. Pictured are youth showing their meat goat projects.

4-H gives meaning to young people

Carrots & Radishes




- Well drained soil, free of rocks
- Direct seed, 55-75°F
 - Carrots – 7 to 21 days to emergence
 - Radishes – 3 to 4 days
- Light to medium fertility requirement; if needed apply preplant
- Spacing – 1/3-1/2" depth, 1-2" width in row; single or wide rows



Sarah Browning

GROBigRed — Three Lancaster County Extension staff, including Extension Educator Sarah Browning, contributed to the statewide GROBigRed Virtual Learning Series. This year, 23 live Zoom webinars drew 1,742 participants. The archived recordings have been viewed 2,085 times on YouTube (<http://go.unl.edu/grobigradtube>). In a season-end survey, 76% of participants indicated because of what they learned, they had adopted or changed a gardening practice.



4-H Clover College — Four days of hands-on workshops emphasize science, ag literacy, healthy living, career development and citizenship/leadership. 93 youth attended 48 workshops with a total 627 class registrations. Pictured is Extension Educator Tracy Anderson assisting with the Ozobot Robots workshop.



4-H School Enrichment — Lancaster County 4-H presents several programs in local schools and to homeschooled youth. These programs meet Lincoln Public Schools, Nebraska or national education standards. Pictured is Extension Assistant Calvin DeVries candling eggs as part of Embryology, which was presented to 62 schools, 216 classrooms and 3,784 students.

A New Year, A New You, A Renewed Community

By Emily Gratopp, Extension Educator in Lancaster County

January is the time when most people think of making healthy lifestyle changes — resolving to make new health habits or “kick” ingrained, unwanted ones. Which new habits are you seeking this year? How healthy do you want to be in 2022? Learning from the past couple of years with the COVID-19 pandemic — health matters and it is a fantastic focus for New Year’s resolutions. Health has a significant, multifaceted impact on the well-being of individuals, families and whole communities. Health is worth working on and investing time and resources in — both individually and as a whole community.

Well Connected Communities

Over the past year, Lancaster County has taken intentional action to invest time and resources into whole-community health. Through Well Connected Communities — a national health and well-being initiative of the Cooperative Extension System in partnership with National 4-H Council and supported by the Robert Wood Johnson Foundation — Extension has engaged in a community development process to learn from community members which habits or behaviors are most important for building health for the community as a whole, including hosting focus groups and a youth PhotoVoice project.

Participants outlined five defining areas of health:

- balance among health factors
- access to medical care
- transportation ease
- access to education and resources
- how everyone can increase

healthier communities & neighborhoods.

Based on what these community members have voiced, Lincoln’s Health Equity Coalition developed four task forces to propel action:

1. Building Trusting Relationships & Social Healing
2. Health Access & Anti-Discrimination in Healthcare
3. Resource Sharing & Collaboration
4. Transportation

Health Equity Task Forces

The task force members are diligently and cohesively working to build health equity into structures within the Lincoln community. In fall of 2021, the Health Access & Anti-discrimination in Healthcare task force hosted three virtual learning sessions featuring dedicated community professionals working toward health equity, including Nebraska Appleseed on healthcare coverage, The Malone Center on maternal wellness for women of color, and the Lincoln Community Learning Center’s director on the role they play in whole family and community health. To view the 20–30 minute video clips, visit <https://lancaster.unl.edu/wellconnectedcommunities>.

Building Health Equity Together

Amidst the vivid description of struggle for finding the balance and equitable access to health, the focus group discussions were inspired with hope by participants’ answer to the question of how to create a healthier community. Overwhelmingly, participants outlined the idea of social connection and neighborliness



to strengthen community ties and create a healthier community. As one stakeholder expressed, “There’s this socialization between people and groups ... that’s where people feel they can come

together and can work towards improving areas ... being connected with each other may be really critical to improving the health of the people in the community.” Another focus group participant summed up in one sentence how we can ensure health is within everyone’s reach in Lincoln, “... when we all work together we make stronger things.”

What You Can Do

As you consider healthy New Year’s resolutions, consider what you can do, what action you can take to not only make 2022 the healthiest year

yet for yourself, but also the community. What inspires you to give back to the health of the whole community? Can you join your neighbors in creating a healthier neighborhood or ensuring your workplace has a healthy environment? If you feel inspired to join the coalition’s efforts, please contact Emily Gratopp at emily.gratopp@unl.edu. The coalition and task forces are always welcoming new members. Read the full focus group report by requesting from Emily a printed booklet or visit <https://lancaster.unl.edu/wellconnectedcommunities>.



RECIPE OF THE MONTH

By Emily Gratopp, MS, ASCM-CPT Extension Educator in Lancaster County

Cold Nebraska winters call for warm soups and casseroles. Try this low-cost, baked lentil casserole this winter. Lentils are a great plant-based source of protein and fiber that will help you feel full and regulate your body — not to mention they are packed with vitamins and minerals. Lentils are about 1/4 the cost of lean ground beef and can be added to other common casserole dishes.

BAKED LENTIL CASSEROLE

(Makes 5 servings)

- 1 cup lentils (rinsed)
- 3/4 cup water
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon black pepper (optional)
- 1/4 teaspoon garlic powder (optional)
- 1 teaspoon chili powder (optional)
- 1/2 cup onion, scrubbed with clean vegetable brush under running water, chopped
- 1 (14 ounce) can “no salt added” diced tomatoes
- 2 carrots, scrubbed with clean vegetable brush under running water, shredded
- 1/2 cup shredded Cheddar cheese

1. Wash hands with soap and water.
2. Preheat oven to 350°F. Spray a 2-quart baking dish with non-stick cooking spray. Set aside.
3. In a medium bowl, combine lentils, water, seasonings, onion, tomatoes and carrots.
4. Place lentil mixture in prepared baking dish. Cover tightly with oven-safe lid or foil.
5. Bake for 60 minutes.
6. Remove cover and top with cheese.
7. Bake, uncovered 5 minutes or until cheese is melted.
8. Store leftovers in a sealed container in the refrigerator.

Nutrition Information: Serving Size (1/5 of recipe): Calories 77, Total Fat 5g, Saturated Fat 1g, Sodium 67mg, Total Carbohydrates 7g, Fiber 2g

Source: food.unl.edu



Photo by Craig Chandler, UNL Communications

GARDEN GUIDE

THINGS TO DO THIS MONTH

By Mary Jane Frogge, Extension Associate in Lancaster County

January is a good time to review your vegetable garden plans. Perhaps a smaller garden with fewer weeds and insects will give you more produce.

Check young trees and shrubs for rodent or rabbit damage. Prevent injury with fencing or protective collars.

To prolong bloom, protect poinsettias from drafts and keep them moderately moist.

Check stored fruits and vegetables such as potatoes and apples for bad spots which may lead to decay. Remove and use those which show signs of spoiling. Separate others into slotted trays or bins to increase air circulation and reduce decay possibilities.

Avoid heavy traffic on the frozen, dormant lawn. The crown of the plant may be severely damaged or killed.

Brush snow from evergreens as soon as possible after a storm. Use a broom in an upward, sweeping motion. Serious damage may be caused by heavy snow or ice accumulating on the branches.

January is a good time to order flower and vegetable seeds. Many varieties sell out early.

Turn and prune house plants regularly to keep them shapely. Pinch back new growth to promote bushy plants.

Check all house plants closely for insect infestations. Quarantine gift plants until you determine they are not harboring any pests.

Add garden record keeping to the list of New Year's resolutions. Make a note of which flower and vegetable varieties do best and which do poorly in your garden.

Use sand instead of salt for icy spots on the sidewalk.

Feed the birds regularly and see that they have water. Birds like suet, fruit, nuts and bread crumbs, as well as bird seed.

Extension's 2022 Master Gardener Training, Two Sites Available

If you have a strong interest in gardening and enjoy helping others, you are invited to become a Nebraska Extension Master Gardener volunteer.

This program will increase your knowledge and understanding of horticultural topics such as:

- Best cultural practices for growing flowers, vegetables and turf.
- Plant disease and insect pest identification.
- Control methods.
- Much more.

Instructors are Extension specialists, educators, associates and horticulture professionals.

To become a Master Gardener volunteer, you must attend all training sessions, pass an examination and

volunteer for Extension educational programming. Volunteer opportunities include answering gardening questions from the public, teaching 4-H youth gardening, assisting at the county or state fair and assisting community garden participants, among many others.

Training class size is limited. Those participating in the 2022 training class must pay a \$225 materials fee. There are two options for Master Gardener Training in Lincoln.

Lancaster County Extension

Announcing the 2022 Master Gardener training program, which will begin February 2022. Training hours are during the day, online and in person. For additional information, you may

call Mary Jane Frogge at 402-441-7180. Application deadline is Friday, Jan. 14. To apply online, visit <http://lancaster.unl.edu/mastergardener>.

Nebraska Extension Campus-Based

Master Gardener 2022 training program will begin January 2022. Training hours are in the evening and online. For more information, contact Terri James at 402-472-8973. Apply online at <http://mastergardener.unl.edu/master-gardener-application>.

Do not miss this opportunity to increase your gardening knowledge and the chance to share it with others in the community.

Upcoming Green Industry Conferences

NEBRASKA TURFGRASS CONFERENCE • JAN. 4-6

LaVista Conference Center, LaVista, NE
Agenda and registration — <https://nebraskaturfgrass.com/conference>



GREAT PLAINS GROWERS CONFERENCE • JAN. 7-8

Missouri Western University, St. Joseph, MO
Hybrid conference — in person + virtual.
Agenda and registration — <https://greatplainsgrowersconference.org>



NEBRASKA ARBORIST ASSOC. WINTER CONFERENCE • JAN. 17-18

Embassy Suites, Lincoln, NE
Agenda and registration — <https://nearborists.org>



TUESDAY, FEB. 8
8:30 a.m.—4 p.m.

Nebraska Extension in Lancaster County conference rooms,
444 Cherrycreek Road, Lincoln

Workshops for nursery & green industry professionals, public works employees, landscape managers, arborists, tree board volunteers and cemetery & grounds keepers.

Cost \$20/person

ISA and NAA CEU credits available

REGISTRATIONS MUST BE CALLED IN OR POSTMARKED BY FEB. 2

To pay with credit card, call 402-441-7180 (small convenience fee). To pay by check, download a registration form at <https://go.unl.edu/prohort>.

For more information, including a full agenda, visit <https://go.unl.edu/prohort> or call Sarah Browning at 402-441-7180.

2022 Pesticide Applicator Trainings

If you have a pesticide applicators license expiring April 2022 — either private or commercial, or you need to get a new license — classes begin soon. Make plans now to attend the training option that fits your needs.

Commercial/ Noncommercial Applicators

Commercial/noncommercial applicators are professionals who apply restricted-use pesticides for hire or compensation. 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 applicators license. Public employees (those employed by a town, county, state) applying mosquito control pesticides whether restricted- or general-use, must also hold a commercial or noncommercial certification.

Commercial/noncommercial applicators have four options to recertify or get a new license.

Traditional Training Classes

Visit <https://pested.unl.edu> for dates, locations and registration. Preregistration is required. Cost is \$80 per online preregistration or \$90 per mail/fax or walk-in registration. Trainings will be held at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Lincoln.

- **Initial trainings starting** at 8:30 a.m. — Tuesday, Feb. 1, Thursday, Feb. 24, Tuesday, March 15 and Thursday, April 7.
- **Recertification trainings** starting at 8:30 a.m. — Thursday, Feb. 3, Tuesday, Feb. 22, Thursday, March 24 and Wednesday, April 6.

In-person trainings are a supplemental learning opportunity; they DO NOT replace pre-class



studying of category manuals or flip charts for test preparation. Study materials for all commercial categories must be purchased online at <https://pested.unl.edu>.

Conference Options

Crop Production Clinics — For those commercial/noncommercial applicators needing **recertification only** for General Standards (00), Ag Plant (01) or Demonstration/Research (D/R) categories. See related article at right or go to <https://agronomy.unl.edu/cpc>. Pre-registration is required, cost \$80/person.

Urban Pest Management Conference — For those commercial/noncommercial applicators needing **recertification only** for General Standards (00), Structural Health (08), Wood Destroying Organisms (08w) and Fumigation (11) categories. Visit <https://www.nspca.org> for more information.

Nebraska Department of Agriculture Testing-Only Options

Closed-book exams are given by the Nebraska Department of Agriculture (NDA). Visit <https://pested.unl.edu> for a list of available test-only dates, times and locations.

NDA computer-based testing is provided through the Pearson-Vue company. Testing only, no training. Visit https://nda.nebraska.gov/pesticide/pearson_vue_testing.html for a list of testing sites, categories available, dates and registration

information. Cost \$55 per exam. (For applicators with multiple categories on their license, each category is charged the full testing fee.)

Private Applicators

Private applicators are farmers or producers raising an agricultural commodity on land

they own or rent or an employee making pesticide applications on their employer's farm. Private applicators have four ways to recertify or get a new license.

Traditional In-Person Training Classes

Call your local Extension office, <https://epd.unl.edu>, for training dates in your area and to preregister. Lincoln dates will be Friday, Feb. 11, 9 a.m., Wednesday, Feb. 16, 2 p.m. and Friday, Mar. 11, 9 a.m. Cost \$50 per participant collected at the door. Pre-registration required at <https://croptechcafe.org/training/>.

Crop Production Clinics

Initial training in General Standards (00) and Ag Plant (01) is available for private applicators. See related article at right or go to <https://agronomy.unl.edu/cpc>. Pre-registration is required, cost \$80/person.

Online Self-Study Program

This is a 100% online, self-paced training with 10 modules. There are questions within the modules and a score of 100% is needed to pass. Visit <https://pested.unl.edu/certification-and-training> for more information and a link to registration. Cost is \$50.

NDA Testing Options

Take a written, closed-book exam given by the Nebraska Department of Agriculture. Visit <https://pested.unl.edu>, for a list of available test-only dates, times and locations.

Crop Production Clinics In-Person and Zoom

In January 2022, the Crop Production Clinics sponsored by Nebraska Extension will be presented in-person at eight locations across the state and one virtually via Zoom. They offer practical, profitable, environmentally sound, high-impact training for agricultural professionals and producers. All clinics will offer pest management topics (meets pesticide applicator recertification requirements) and crops, economics, soils and water management topics.

All trainings will be 8:45 a.m.–3:30 p.m. Cost \$80 per participant, includes lunch (for in-person trainings) and training materials (which will be mailed to Zoom participants).

The in-person Crop Production Clinics in southeast Nebraska will be:

- Thursday, Jan. 13 — Beatrice (Holiday Inn Express, 4005 N. 6th St.)
- Friday, Jan. 21 — Ithaca (Eastern Nebraska Research, Extension and Education Center, 1071 Co. Rd. G)
- Wednesday, Jan. 26 — York (Holthus Convention Center, 3130 Holen Ave.)

The Zoom training will be Friday, Jan. 28.

If you are planning to receive recertification as an applicator:

- For in-person trainings, arrive early and register with Nebraska Dept. of Agriculture (NDA) at the check-in table.
- For the Zoom training, you'll receive a participant code after each session which will be collected at the end of the day and forwarded to NDA.

Certified Crop Advisor credits will be available for: crop production, nutrient management, integrated pest management, water management and precision agriculture.

For more information and to register, go to <http://agronomy.unl.edu/cpc>.



HEART OF 4-H VOLUNTEER AWARD

Phil Wharton

Lancaster County 4-H is proud to announce Phil Wharton of Lincoln as winner of the January "Heart of 4-H Award" in recognition of outstanding volunteer service.

A volunteer for six years, Phil has helped in a variety of roles:

- Lancaster County 4-H Council member and chair of the chicken dinner fundraiser at the Lancaster County Super Fair. He has also helped at 4-H food stand at fair and 4-H Information Night.
- Horse Volunteers in Program Service (VIPS) committee member.
- Clover College helper by bringing his family's miniature horse for "Horse Course" workshops.
- Volunteer at Teen Council's Overnight Lock-Ins for 4th & 5th graders.

"As a kid, I was not in 4-H, so I also get to learn more every year along with the kids," he says. "I want to continue to help 4-H kids grow in different aspects such as confidence and community involvement. I truly enjoy being involved at the county fair. You get to watch the older 4-H kids helping the younger ones with their exhibits and getting ready for their livestock shows."




HEART OF 4-H VOLUNTEER AWARD

Jenny DeBuhr

Lancaster County 4-H is proud to announce Jenny DeBuhr of Lincoln as winner of the February "Heart of 4-H Award" in recognition of outstanding volunteer service.

Jenny is in her third year as co-leader of the Lancaster Leaders 4-H club, which was named a Nebraska Club of Excellence last year. She has helped her club with several community service projects. Jenny has been an instructor at 4-H Clover College and assisted with 4-H workshops. Growing up, Jenny was part of a big 4-H family and in three Gage County 4-H clubs. She has volunteered with 4-H at Lancaster, Gage and Johnson county fairs, as well as the Nebraska State Fair.

"4-H gives kids the opportunity to learn so many different hands-on things, and I love seeing them gain the confidence to be tremendous leaders. They work hard to complete a project and often times realize they like doing things they would not have tried to do before. I love watching their faces light up when they learn something new, complete something they didn't think they could do, get that ribbon or trophy at the fair, or are able to help out in the community to do something good. 4-H develops the potential in youth and gives them an avenue to learn, grow and be a part of something positive."



Dog Club Accepting New Members, Starts Jan. 10

The 4 On the Floor dog 4-H club for youth ages 9–18 will start on Monday, Jan. 10, 2022 at the Lancaster Event Center Fairgrounds – 4-H office located by Pavilion 3. Meetings will begin at 6:15 p.m. and last about an hour, held every other Monday. Summer schedule (after May) to be determined. Youth should be able to maintain general control of their dog and their dog should not show aggressive behaviors before joining this club. A training collar (also known as a choke chain) will be required and a 6-foot leather leash. All dogs must have updated vaccination records and a copy must be provided to the club leader. For more information or to RSVP, contact leader John Croghan at 402-957-3651 by Jan. 9.

4-H Club Gives Youth With Special Needs Opportunity to Show Lambs

The Unified Showing 4-H club empowers youth with special needs by pairing them with buddies who ensure the safety of the youth showman and lamb. There will be a selection process for both showmen (ages 8–18) and buddies (ages 14–18). Applications will be accepted Jan. 1–March 13. The club has meetings once a month. During the summer, practices will be held once a week at project leader Allison Walbrecht's farm in southwest Lincoln. Youth will practice with a lamb that Allison's family owns. The showmen will be able to show the sheep at the Lancaster County Super Fair. For more information or to request an application, contact Allison via the Unified Showing Facebook group or email amnwalbrecht@gmail.com.

Watch Chicks Hatch on EGG Cam <http://go.unl.edu/eggcam>



UPCOMING DATES

- Day 7 candling: Jan. 17, 1 p.m.
- Day 14 candling: Jan. 24, 1 p.m.
- Hatch date: Jan. 31 – Feb. 1
- Day 7 candling: Feb. 21, 1 p.m.
- Day 14 candling: Feb. 28, 1 p.m.
- Hatch date: March 7–8

4-H Rabbit Show, March 19

The 4-H Spring Rabbit Show will be held Saturday, March 19, 9 a.m. at the Lancaster Event Center Fairgrounds – Exhibit Hall. Registration 7:30–8:30 a.m. Open to all youth ages 8–18, with a Clover Kids class for youth ages 5–7. This is a great opportunity for youth to talk to other 4-H'ers about where to purchase a good rabbit for a 4-H project, and to learn and practice showmanship. Rabbit Quiz and Breed Identification contests are free to enter! All rabbits must be in carriers with leak-proof bottoms. Show flyer is at <https://lancaster.unl.edu/4h/companionanimal>. For more information, call Bob at 402-525-8263 or the Extension office at 402-441-7180.



4-H Announcements

FOR 4-H'ERS AND VOLUNTEERS

See the 4-H e-newsletter at <https://go.unl.edu/Lan4Hnews> for complete details. The 4-H Youth Development Program is open to all youth ages 5–18 and free to join in Lancaster County. If interested in joining or volunteering, call 402-441-7180.

IT'S TIME TO RE-ENROLL USING 4-H

ONLINE 2.0 — It's time for youth and volunteers to re-enroll in 4-H for the 2022 4-H year! Nebraska 4-H has transitioned to 4-H Online 2.0 at <https://v2.4honline.com>. New members and fair projects may be updated through June 15. For returning families, please do not create a new account — use your previous log-in credentials for 4-H Online 1.0. Step-by-step instructions for new and returning members, as well as new and returning club leaders, are at <https://4h.unl.edu/enroll>. NOTE: The only required health information is regarding allergies.

VOLUNTEER RESCREENING IN 2022

— This year, all Lancaster County direct volunteers must be rescreened through the Nebraska Dept. of Health and Human Services' Central Registry Check. Cost of the screening is \$5. For 4-H club leaders and parents/guardians who volunteer, the process will be initiated when you re-enroll through 4-H Online 2.0 at <https://v2.4honline.com> (select Organizational Leader, Project Leader or Program Volunteer). If you are a volunteer who works directly with youth and not a 4-H club leader or parent/guardian, contact Emily Kern at lanaster4H@unl.edu or 402-441-7180 for a link to get rescreened.

2022 4-H CALENDARS — Lancaster County 4-H has compiled three handouts of 2022 events:

- Overall Calendar at <https://go.unl.edu/4hcal>
- Horse Calendar at <https://go.unl.edu/horcal>
- Rabbit Calendar at <https://go.unl.edu/rabcal>

HORSE INCENTIVE PROGRAM BEGINS

JAN. 1 — Any Lancaster County 4-H'er may participate in the horse incentive program and earn points by participating in horse-related activities. The more points you earn, the more valuable the reward! Log hours/points by participating in various horse-related activities Jan. 1–July 15. To be eligible for rewards, families must have paid annual \$20 family dues to Lancaster County Horse VIPs. Instructions and forms are available online at <http://lanaster.unl.edu/4h/horse> and at the Extension office.

FURNITURE PAINTING WORKSHOP,

FEB. 12 — 4-H youth ages 8 and up are invited to participate in a Furniture Painting workshop on Saturday, Feb. 12, 9 a.m. until about noon at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road. No cost to attend. Adults are welcome to attend to help youth. Must register by Monday, Feb. 7 by calling 402-441-7180 or emailing kristin.geisert@unl.edu. Bring a small piece of unpainted furniture, such as a shelf, stool or chair. All paints, brushes and finishes are provided. Wear old clothes.

ACHIEVEMENT CELEBRATION, FEB. 15

— Lancaster County 4-H and 4-H Council invite ALL 4-H'ers, 4-H families and volunteers to the 4-H Achievement Celebration on Tuesday, Feb. 15, 6:30 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road. 4-H members, clubs and volunteers receiving awards, scholarships or milestone pins will be mailed invitations. The evening's theme is "You Can Make a Difference." Award winners are asked to submit award-related photos to <http://go.unl.edu/Lanaster4HPhotos> by Tuesday, Feb. 1.

PILLOW SEWING WORKSHOP, FEB. 19

— 4-H youth ages 8 and up are invited to learn beginning sewing skills while constructing a pillow at the Pillow Party sewing workshop on Saturday, Feb. 19, 9 a.m. until about noon at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road. No cost to attend. Must register by Monday, Feb. 7 by calling 402-441-7180 or emailing kristin.geisert@unl.edu. Bring your sewing machine, basic sewing equipment (scissors, pins, measuring tape), etc. Also bring 3/4 yard each of 2 coordinating/contrasting woven fabrics, pre-washed, 100% cotton (NO PLAIDS, NO KNITS, NO FLANNELS) and matching thread. Pillow forms will be provided. Parents/adults are encouraged to attend to help youth.

SPEECH & PSA CONTESTS

— 4-H Speech & PSA Contests are open to all 4-H'ers ages 5–18. The 4-H Speech Contest will be held Sunday, March 6 at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road. Check-in between 1–1:30 p.m., contest begins at 1:30 p.m. Register by Wednesday, March 2 by calling 402-441-7180 or emailing kpulec3@unl.edu with your name, speech title and age division. In the Public Service Announcement (PSA) Contest, 4-H'ers submit a 60-second "radio commercial" promoting 4-H. Submit a PSA as a .wav, .mp3 or .m4a file electronically to kpulec3@unl.edu or on a CD to the Extension office by Wednesday, March 2. The 2022 PSA theme is "Opportunity 4 All." For rules, helpful resources and examples, go to <https://lanaster.unl.edu/4h/speech>.

HORSE STAMPEDE ENTRIES

— The statewide 4-H Horse Stampede is planned for Saturday, March 26 on UNL East Campus. This event offers a variety of 4-H horse contests that don't require live horses, including public speaking, demonstration, quiz bowl, art and photography. All entry forms are due to county offices by Friday, March 4. Lancaster County 4-H Council will pay entry fees for Lancaster County 4-H youth. More information and entry forms can be found at <https://4h.unl.edu/horse/stampede>.

Outgoing 4-H Council Members



The November 4-H Council meeting marked the final meeting for seven outgoing 4-H Council members.

Youth Members:

- Nathan Gabel served one term plus an additional year, one year as Vice President.
- Abigail Kreifels served one term plus an additional year.
- Madelyn Kreifels served one term plus an additional year, two years as Secretary.
- John Sump served one term.

Adult Members:

- Mary Ann Gabel served one term.
- Brenda Nepper served one term plus an additional year, two years as Treasurer.
- Mitch Sump served two terms, two years as President.

Lancaster County 4-H thanks them for their leadership!

Lancaster County 4-H Teen Council presents

4★H FUN NIGHT

for 4th & 5th graders (need not be enrolled in 4-H)

Friday, Jan. 21, 6–10 p.m.

Nebraska Extension in Lancaster County conference rooms,
444 Cherrycreek Road, Lincoln

Fun Projects!
Games!
Snacks!

Cost \$15/person

No refunds

Theme:
**WESTERN
ROUNDUP**



For more information, call 402-441-7180.
(Lobby phone during 4-H Fun Night is 402-441-7170)

4-H FUN NIGHT REGISTRATION FORM

DUE BY JAN. 14: Make check payable (\$15/person) to Lancaster County 4-H Teen Council and mail with registration form to: Tracy Anderson, Nebraska Extension in Lancaster County, 444 Cherrycreek Rd., Suite A, Lincoln, NE 68528

Name of participant(s) _____ Age(s) _____

Address _____

City/State/Zip _____

Phone _____ Email _____

Parent/Guardian contact name _____

Special needs or other information (such as food allergies) _____

I give permission to use my child's image in photographs taken at the Fun Night in publications, news articles, advertisements or websites pertaining to 4-H. Yes No

Parent/Guardian Signature: _____ Date: _____

Nebraska Extension in Lancaster County
444 Cherrycreek Road, Ste. A, Lincoln, NE 68528
402-441-7180 • lancaster.unl.edu

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.

Nebraska Extension educational programs abide with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

NEBLINE

Subscriptions via mail are free to Lancaster County residents. There is an annual \$5 mailing and handling fee to addresses in zip codes other than 683–, 684–, 685–, 68003, 68017 and 68065.

Would You Prefer Digital?

E-newsletter and PDF versions are at lancaster.unl.edu/nebline

Subscribe to Digital or Print Versions

Subscribe/unsubscribe to the print and/or digital versions by going to lancaster.unl.edu/nebline or by calling 402-441-7180.

Copyright ©2021

Early Childhood Conference, March 19

The Lincoln Early Childhood Conference sponsored by the Southeast Early Learning Connection will be Saturday, March 19, 8:30–3 p.m. at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Lincoln. National presenter will be Jennifer Nehl on the topic of Emotional Poverty. Cost \$30 (includes lunch and book). Registration will open soon at www.esu6.org. More information will be in the next NEBLINE.



EXTENSION CALENDAR

All events will be held at the Nebraska Extension in Lancaster County conference rooms, 444 Cherrycreek Road, Lincoln, unless otherwise noted.

January

- 1 4-H Horse Incentive Program Begins
- 3 4-H Award and Scholarship Applications Due to Extension
- 4 4-H Council Meeting 6 p.m.
- 7–8 Great Plains Growers Conference — In-Person & Virtual,
Missouri Western University, St. Joseph, MO
- 9 4-H Teen Council Meeting 3 p.m.
- 14 Extension Board Meeting 8 a.m.
- 14 Deadline for Master Gardener Applications
- 21 4-H Teen Council's 4th & 5th Grade Fun Night 6–10 p.m.
- 26 Prescribed Fire Basics Workshop 9 a.m.–4 p.m.

February (FEBRUARY IS NEBRASKA 4-H MONTH)

- 1 Commercial Pesticide Applicator Initial Training 8:30 a.m.
- 1 4-H Council Meeting 6 p.m.
- 3 Commercial Pesticide Applicator Recertification Training...8:30 a.m.
- 8 ProHort Lawn & Landscape Workshop 8:30 a.m.–4 p.m.
- 11 Private Pesticide Applicator Training 9 a.m.–12 p.m.
- 12 4-H Furniture Painting Workshop 9 a.m.–12 p.m.
- 13 4-H Teen Council Meeting 3 p.m.
- 15 4-H Achievement Celebration 6:30 p.m.
- 16 Private Pesticide Applicator Training 2–5 p.m.
- 19 4-H Pillow Sewing Workshop 9 a.m.
- 22 Commercial Pesticide Applicator Recertification Training...8:30 a.m.
- 24 Commercial Pesticide Applicator Initial Training 8:30 a.m.

EXTENSION NEWS

Staff Earn Extension Awards

Lancaster County Extension staff members recently earned Nebraska Extension awards.

- **Excellence in Extension Individual** award in the area of “impact” was presented to Extension Educator **Emily Gratopp**. She coordinates the Expanded Food and Nutrition Education Program (EFNEP) in Lancaster County and assists in the coordination of EFNEP statewide. She strives to make healthy living equitable for all. Through hands-on coaching and classes, she helps colleagues, partners and limited-resource families reach their potential.
- **Excellence in Extension Team** award in the area of “relevance” was presented to the **Farm to School team**, which includes Lancaster County Extension Educators **Emily Gratopp** and **Alyssa Havlovic**, as well as other Extension staff throughout the state. Farm to School includes numerous projects across Nebraska. Emily serves as team coach and Alyssa is a team member and provides nutrition education at Pius X High School's Farm to School program. Students gain access to healthy, local foods as well as education opportunities such as school gardens, cooking lessons and farm field trips.



Emily Gratopp

Outgoing Extension Board Members

The December Lancaster County Extension Board meeting marked the final meeting for two outgoing board members:

- Patricia Heather served two 3-year terms.
- Jim Pinkerton served two 3-year terms, including 2 years as vice president.

Lancaster



(L–R) Patricia Heather and Jim Pinkerton

County Extension thanks them for their service, advocacy, guidance and leadership. Their countless volunteer hours to Extension-related activities is greatly appreciated! The Extension Board is comprised of nine members appointed by the Lancaster County Board of Commissioners and one ex officio member from Lancaster County 4-H Council.