NEBLINE, February 2015

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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 through 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 training 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 benefits from community partners who contribute thousands of hours to help extend the reach of Extension’s programs, such as:

• organizations and agencies which assist with educational programs,
• teachers who help present 4-H School Enrichment programs to nearly 18,800 youth,
• after-school staff who incorporate 4-H activities into their programs, and
• the Lancaster County Agricultural Society and Lancaster Event Center which produce the Lancaster County Super Fair and host many 4-H events.

Extension Board Members

The Lancaster County Extension Board provides guidance to Extension staff in establishing and accomplishing educational priorities. The board also assists in developing Extension’s annual budget and interviewing new Extension Educators. Board members are volunteers who are appointed by the Lancaster County Board of Commissioners.

Lancaster County Board of Commissioners Chair Larry Hudkins says, “Volunteer Board members are the heart and soul of Extension. Their expertise and dedication are essential to the delivery of reliable, unbiased information and knowledge to all of our Lancaster County residents.”

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) Committees provide 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 Nebraskaland January 2014 feature, “4-H Youth Serve Their Community”, online at http://np.unl.edu/b000, see EXTENSION VOLUNTEERS on back page)

Lancaster County Master Gardeners teach composting demonstrations held at the Pioneers Park Backyard Composting Demonstration area and composting workshops held at Lincoln City Libraries.

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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/exerciselookup 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

Workout While Waiting for Water to Boil

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

Activity (time): (5 minutes)

Approximate calories burned: 20

March in Place While Stirring at the Stove

Many recipes say to "stir frequently." Use the time between stirs to add more 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

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

See "red" on Valentine's Day and throughout the year. Red fruits and vegetables contain many health-promoting phytochemicals including lycopene and anthocyanins. 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.

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We will only use your phone number in case there is a problem with your mailing address.
Parents and grandparents want the children they love to be the best they can be. This includes providing children opportuni-
ties to explore their passions, learning 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 salient to others some of the help they discover resources and encour-
gage new behaviors, attitudes and ambitions. Besides the benefit for the youth, being a mentor provides an avenue for adults to give to others some of the help they have received, and brings a sense of purpose to their lives.

Do your children have mentors? Do they have adults who are taking an active interest in their lives? It may or may not be a formal relationship. It is the positive relationship that makes the difference.

If you do not see any of these special relationships in your child’s life, you may want to introduce them to adults who have interests similar to your child’s. It may be possible for your child to spend more time with a grandparent or other special relative. The benefits of these mentoring relationships can last a lifetime.

**Local Mentoring Opportunities**

Lincoln and Lancaster County has a variety of educa-
tional opportunities in which parents are able to connect their children with experts. Some grandparents and parents choose to give their children “educa-
tional experiences” rather than “things” for birthday gifts and special occasions.

The primary one-on-one mentoring programs in Lancaster County are: • Heartland Big Brothers Big Sisters (www.hbbbs.org) • Teammates in Lincoln Public Schools (3rd–12th grade), (www.lpscommunity.org) Sources: Search Institute, and Memphis mentoring Partnership.

**40 Developmental Assets for Adolescents**

The Search Institute has identified the following building blocks of healthy development that help young people grow up healthy, caring and responsible. This particular list is intended for adolescents (age 12–18). For more information, go to www.search-institute.org.

Category | Asset Name and Definition
--- | ---
**Family Support** | Family lives provide high levels of love and support.
1. Positive Family Communication — Young person and her or his parent(s) communicate positively, and young person is willing to seek advice and counsel from parents.
2. Other Adult Relationships — Young person receives support from three or more non-parent adults.
3. Caring Neighborhood — Young person experiences caring neighbors.
4. School Climate — School provides opportunities to engage in a positive environment.
5. Parent Involvement in Schooling — Parent(s) of child are actively involved in helping young person succeed in school.

**Community Values & Boundaries** | Community values are shared by adults in the community youth. Youth are part of a community. Youth use resources and participate in community events.
6. Community Values Youth — Young person perceives that adults in the community value youth.
7. Youth as Resources — Young people are given roles in the community.
8. Young People to Others — Young person serves in the community one hour or more per week.
9. Safety — Young person feels safe at home, school, and in the neighborhood.

**Social Competence** | Youth develop social skills that facilitate peer relationships.
10. Family Boundaries — Family has clear rules and consequences and monitors the young person’s whereabouts.
11. School Boundaries — School provides clear rules and consequences.
13. Adult Role Models — Parent(s) and other adults model positive, responsible behavior.
15. High Expectations — Parent(s) and teachers encourage the young person to do well.

**Constructive Activities** | Young person spends three to more hours per week in lessons or practice in music, theater, or other arts.
16. Community Activities — Young person spends three or more hours per week in sports, clubs or organizations in the community.
17. Religious Community — Young person spends one or more hours per week in activities in a religious institution.
18. Time at Home — Young person is out with friends “with nothing special to do” two or fewer nights per week.

**Achievement Motivation** | Young person is motivated to do well in school.
19. School Engagement — Young person is actively engaged in learning.
20. Homework — Young person reports doing at least one hour of homework every school day.
21. Banding to School — Young person cares about her or his school and neighborhood.
22. Reading for Pleasure — Young person reads for pleasure three or more hours per week.
23. Caring — Young person places high value on helping other people.
24. Equality and Social Justice — Young person values and places high value on promoting equality and reducing hunger and poverty.
25. Integrity — Young person acts on convictions and stands up for her or his beliefs.
26. Honesty — Young person “tells the truth even when it is not easy.”
27. Responsibility — Young person accepts and can handle responsibility.
28. Restraint — Young person believes it important not to be sexually active or use alcohol or other drugs.
29. Positive View of Personal Future — Young person is optimistic about her or his personal future.

**External Assets** | Assets beyond the home that are beneficial to young people’s lives.
30. Fire Safety — Young person knows how to plan ahead and make choices.
31. Interpersonal Competence — Young person has empathy, sensitivity, and friendship skills.
32. Cultural Competence — Young person has knowledge and comfort with people of different cultural/ethnic backgrounds.
33. Stress Management Skills — Young person can resist negative peer pressure and dangerous situations.
34. Peaceful Conflict Resolution — Young person seeks to resolve conflict nonviolently.
35. Personal Power — Young person feels he or she has control over “things that happen to me.”
36. Sense of Purpose — Young person reports that “my life has a purpose.”
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 workshop 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 Vynhalek, Extension Educator in Platte County, will present:

• Other topics, like irrigation systems,
• Alternative cash lease arrangements,
• Latest information about land values

Educator in Platte County, will present helpful if the spouse attends.

Sarah Browning
Extension Educator

A New Way of Thinking

However, stormwater management is changing. Current techniques imitate natural systems by capturing and using rainwater close to where it falls. New practices, often referred to as green infrastructure, treat runoff as an asset, not a waste product or nuisance. Green infrastructure relies on plants, soils and the microbial action of soil organisms to encourage stormwater infiltration, evaporation and filtering. It lessens the negative impacts of stormwater runoff by mimicking the functions of natural ecosystems.

Stormwater management functions best when it works together with the existing landscape. This is frequently called low impact development. Low impact site design can greatly reduce runoff problems by: preserving natural areas and natural vegetation, reducing the amount of impervious surfaces that produce runoff, and integrating stormwater management into the landscape.

This decreases the amount of runoff, reduces erosion and helps keep polluted runoff out of streams, rivers and lakes.

Effective stormwater management reduces the amount of runoff and runoff pollution by slowing runoff and allowing it to soak in. When stormwater stays close to where it falls, less soil erosion occurs and fewer pollutants are carried to surface water. Green infrastructure encourages water infiltration into the soil, which filters runoff to remove and neutralize many kinds of pollutants.

Rain Gardens and Bioswales

Two techniques that can be used on acres to manage stormwater are rain gardens and bioswales.

Rain gardens are ornamental landscape areas in shallow depressions which act like small ponds to hold water for about 48 hours or less.

Bioswales are a broad, shallow, gently sloped, vegetated channel designed to convey, filter and infiltrate stormwater. Bioswales slow runoff velocity, trap sediment and other contaminants, promote infiltration and help direct runoff. Bioswales are sometimes used adjacent to streets in place of curbs and gutters.

FOR MORE INFORMATION

Visit: www.ianrpubs.unl.edu and search for the following:

• “Rain Garden Design Site and Selection Guide” (available online, www.iaenpubs.unl.edu/semi7dla.pdf)
• “Stormwater Management: Installing Rain Gardens for Homeowners,” at www.ianrpubs.unl.edu/semi756.pdf
• “Stormwater Management: Plant Selection for Rain Gardens in Nebraska,” at www.ianrpubs.unl.edu/semi759.pdf
• “Stormwater Management: Installing Rain Gardens in Your Yard,” at www.ianrpubs.unl.edu/semi7860.pdf

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-10)
• Thursday, Feb. 5 (categories offered 00-04-05-07-08w-11)
• Tuesday, Feb. 17 (categories offered 00-01-04-07-08w-10)
• Thursday, March 19 (categories offered 00-01-04-07-08w-11-14)

The general standards session will begin at 9 a.m.

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• Thursday, Feb. 5 (categories offered 00-04-05-07-08w-11)
• Tuesday, Feb. 17 (categories offered 00-04-05-07-08w-11-14)

The general standards session will begin at 9 a.m.

Note: There are no certification training sessions for Agricultural Pest Control – Animal, Fumigation of Soil, Pest Control, Sewer Root Control with Metam Sodium, Seed Treatment, Aerial Pest Control, Regulatory Pest Control (subcategory) and Demonstration/Research Pest Control (subcategory). There are self-study manuals. The operator must pass the state test to take the examinations in these categories. The only way to certify an operator in these categories is to pass a written examination.

For statewide training locations, dates and categories, go to http://pestsd. nebul.edu. For more information about the trainings in Lancaster County, call 402-441-7180.

NDA Licensing Procedures

Commercial applicators meeting the minimum qualifications for re-certification will receive an invoice from the NDA for $90 for the license fee. When the NDA receives the fee, the license will be issued.

For more information about pesticide licensing, go to www.agr.ne.gov/pesticide.

Commercial Pesticide Applicator Training

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 applicators 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/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 applicators 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)
• root-right 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 category (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.

For more information about pesticide licensing, go to www.agr.ne.gov/pesticide.

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• Tuesday, Feb. 3 (categories offered 00-01-04-07-09-11-14)
• Thursday, Feb. 5 (categories offered 00-04-05-07-08w-10)
• Thursday, April 9 (categories offered 00-64)

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://peted.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)
• Thursday, Feb. 17 (categories offered 00-04-05-07-08w-11-14)

For more information about pesticide licensing, go to www.agr.ne.gov/pesticide.
2015 Flower All America Selections

Impatiens — Bounce Pink Flame ‘Balboufink’ Flower Award Winner

Impatiens Bounce looks like an Impatiens walleriana in habit, flower form and count, but is completely downy mildew resistant. These impatiens 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.

Soni Cochran, Extension Associate

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 cover 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 love how quickly Trilogy bounces back after a rain.

2015 Earth Wellness Festival

Earth Wellness Festival Needs Volunteers

Volunteers are needed for the 2015 Earth Wellness Festival on Wednesday, March 25 and Thursday, March 26 at Southeast Community College in Lincoln. For more information, contact Sara Winn at swinn2@unl.edu or 402-472-0636 by Jan. 30. Visit http://lancaster.unl.edu/ecwf to register online.
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.” 4-H online enrollment MUST be enrolled online by Jan. 31 — paper enrollment is no longer allowed. The website to enroll is https://ne.4honline.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/StepsToEnroll.pdf. If you have questions about the process or need help on a computer, call Karen Dyce at 402-441-7180.

Current 4-H members that 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/club/enrollformleader.pdf by June 15.

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 Cherry Creek Road. No cost — all supplies will be provided. Adults are welcome to attend to help 4-H’ers. 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 Super Fair under 4-H Clothing — Level 1 Crochet.

4-H Pillow Sewing Workshop, Feb. 21

4-H youth ages 8 and up are invited to learn sewing skills and make jammer bottoms at the “Pillow Party” sewing workshop on Saturday, Feb. 21, 9 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek 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 2/3 yard contrasting fabrics, pre-washed, 100% cotton (no plaids, no knits) and matching thread. Pillow forms provided.

4-H Jammie Workshop, March 28

4-H youth ages 8 and up are invited to practice their basic sewing skills and make jammer bottoms at the “Jammie Jamboree” sewing workshop on Saturday, March 28, 9 a.m. at the Lancaster Extension Education Center, 444 Cherry Creek 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 plaid), elastic as recommended by pattern and matching thread. Sign up by March 26 by calling 402-441-7180.

State 4-H Horse Stampede Entries Due Feb. 13

The annual 4-H Horse Stampede will be held Saturday, March 14 at the UNL Animal Science Building on UNL East Campus. Stampede includes the 4-H state horse-related competitions which do not require a horse: Horse Bowl, Public Speaking, Demonstration and Art Contest. Open to 4-H’ers ages 10-14 enrolled in the 4-H horse project (with the exception of the Art Contest). The 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. T-shirts will be awarded. $5. More information is available at http://go.unl.edu/4hcac.

The Pick-A-Pig Club is accepting new members for anyone who wants to learn about porcine husbandry 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 430-430-7304. Deadline to join is March 15.

New Heart Of 4-H Volunteer Award

Karen & John Cooper

Lancaster County 4-H is proud to announce Karen and John Cooper as co-winners of February’s “Heart of 4-H Award” in recognition of outstanding volunteer service.

Six years ago, the Coopers started helping with the Pick-A-Pig 4-H show. Their seven-year-old son, Joe, was a member of the 4-H Horse Show Grievance Committee.

They were nominated by Kate Cooper who said, “My mom seems to find time to be a co-leader of our horse 4-H club, run our practices and help teach all the members riding skills. My dad helps with the baby show and being our chuckwagon driver.

Fair is a really stressful time of year for everyone including dad, because the kids are required to do all the care, practice and show. The thing that we enjoy most is watching all of the kids work with their animals — the kids are required to do all the care, practice and show. The thing that we enjoy most is watching all of the kids work with their animals. The kids are required to do all the care, practice and show. The thing that we enjoy most is watching all of the kids work with their animals. They always make an effort to make it a little easier for themselves.”

Joe’s Clover Knights Named Nebraska 4-H Club of the Month

Congratulations to the Joe’s Clover Knights 4-H Club for being selected as the December 2014 Nebraska 4-H Club of the Month! The club has 20 members and is located in Lancaster County. 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 fair at the Lancaster County Super Fair.

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NEW 4-H Companion Animal Challenge, March 14

A new statewide Companion Animal Challenge for 4-H’ers 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:

• Demonstrations (a demonstration or illustrated presentation)
• Photography and art contests (open to all companion animal projects)
• Dog quiz bowl
• Dog Skill-a-Thon
• Dog Bowl
• Dog Skill-a-Thon

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. T-shirts will be awarded. $5. More information is available at http://go.unl.edu/4hcac.

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 it’s 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. Sessions will be held on obedience, agility, showmanship, health and working with your dog. Sessions will be held on obedience, agility, showmanship, health and working with your dog. Sessions will be held on obedience, agility, showmanship, health and working with your dog. Sessions will be held on obedience, agility, showmanship, health and working with your dog. Sessions will be held on obedience, agility, showmanship, health and working with your dog. 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.

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 do so 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 by a 4-H’er and by seniors only.

Horsemanship Level Testing Dates

Now is a good time to start thinking about new 4-H horse
eiring the level tests! 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.

The Pick-A-Pig Club is accepting new members for anyone who wants to learn about porcine husbandry 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 430-430-7304. Deadline to join is March 15.

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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 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. 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-Hers did a fantastic job at guiding and teaching the younger members.”

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.”

Joe’s Clover Knights 4-H 4-H Achievement Celebration Tuesday, Feb. 10 • 6:30 p.m. Lancaster Extension Education Center 444 Cherrycreek 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.
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,” 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. 15.
• 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.