



MARCH 2012

Adams County 4-H Newsletter

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Thank You

- Thank you to all who made the 4-H Council's Soup Supper a huge success. The chicken noodle, chili, and desserts were delicious. A special thank you goes to the 4-H Council fund raising committee for taking charge of the event along with the business sponsors. The CWF baskets were beautiful and unique, along with outstanding decorated cakes for the cake auction. A special thank you to Randy Ruhter for being the auctioneer.
- Thank you to all the 4-H'ers and leaders for making Nebraska 4-H Month successful.

4-H Parents, Volunteers & Leaders 2012 Jump Start

Do you participate in or help with Adams County 4-H'ers? Then attend an **engaging program** to get you revved up for the 2012 4-H Program Year on **Thursday, March 22nd at 6:30 p.m. in the Assembly Room** at the Adams County Office Building. You will walk away with new program or exhibit ideas, updates on the State and Adams County 4-H program, and great resources. It will be well worth your time to attend! Prizes will be given. Please contact UNL Extension in Adams County at (402) 461-7209 by Monday, March 19th if you plan on attending. Cost is \$5.00 per family.

ENROLLMENT DEADLINE – APRIL 16!!!

The 2012 4-H enrollment is fast approaching. Please fill out your enrollment forms and look for a special project this year to challenge your 4-H career. There are a variety of 4-H projects; therefore, you can make your 4-H experience unique. One way to make projects more fun is to find a friend, even if they are not in 4-H, and get them to sign up and do the same projects together. Remember this information is time sensitive with enrollments due on April 16, 2012 along with new 4-H members signed Code of Conduct. Just a reminder that projects can be added to previously turned in enrollment forms (Shooting Sports participants) until April 16th.



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska–Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska–Lincoln and the United States Department of Agriculture.

Leaders & Parents Corner



Junior Leader News

The Adams County 4-H Junior Leaders will meet on Sunday, March 18th, from 7 - 8 p.m. at Good Samaritan Village - Perkins. Our community service project will be Bingo with residents of Perkins. We are still recruiting members! Anyone 13 years or older is welcome to join. You must be an active member of the Adams County 4-H program by being a member of an organized 4-H club or an Independent member. Junior Leaders engages in a variety of learning and leadership development activities. Some of the activities include: pancake feed and food booth at the county fair, help with Leaders' banquet, help members and younger 4-H'ers with 4-H projects and serve as positive role model for younger 4-H'ers. Bring a friend and make new friends. Also, you are eligible to earn a college scholarship. If you have any questions, please contact Marilyn Shaw (402-756-6636) or the Adams County Extension Office (402-461-7209).

4-H Club of the Month

The Nebraska 4-H Foundation, along with the Nebraska 4-H Ambassadors, put together a new program for Nebraska 4-H Clubs. Any 4-H club can nominate themselves to be the "Club of the Month"(this must be done by the second Friday of the month). Each month, a winner will be chosen and will receive a \$50 cash card from the Nebraska 4-H Foundation and a certificate which can be displayed. Also, the Club of the Month's story will be displayed on the 4-H Foundation's website, Facebook and Twitter and a news release will be sent out to their local newspaper. Nomination forms can be found on the Adams County 4-H page at <http://adams.unl.edu>. Please send the nomination forms to: ne4hambassadors@unl.edu

4-H Council Information

February 4-H Council Happenings

- Motions moved and passed:
 - Livestock Auction will remain on Monday for 2012 County Fair
 - County Fair Calendar was approved
- Nebraska 4-H Month Plans
- Shooting Sports Update

March 4-H Council Agenda Items

- Livestock Auction Survey Results
- Recap of Nebraska 4-H Month
- Workshop Ideas for 2012

Youth Information

Adams County Camp: June 11th – 13th

Our second annual County Camp at the South Central Camp in Alma will be **June 11th – 13th, 2012!!** Adams, Clay, Fillmore, & Webster Counties invite any youth ages 8 to 12 to attend a full camping experience plus 4-H activities! The camp will begin at 10:00 a.m. on Monday, June 11th and end at 10:00 a.m. on Wednesday, June 13th. The cost of the County Camp is still being determined. This camp is not only for 4-H'ers, so tell all of your friends! Beth hopes to see you there!



Camp Counselors needed for County Camp!

Become a camp counselor! We need boys and girls, 14 and older, to be a counselor at County Camp from June 11th to the 13th. It is recommended that counselors attend the State Camp Counselor Training. Dates and locations for Counselor Training will be coming out soon! By attending the counselor training, you may be a counselor at more than just the County Camp! If interested, please let Beth know!

Big Red Summer Academic Camps

Online registrations through the UNL Marketplace (<http://marketplace.unl.edu/ne4h/brc>) are currently being accepted for the 2012 Big Red Summer Academic Camps, to be held **June 10-15, 2012**. These career exploration camps are open to ALL youth entering grades 10-12 in the fall of 2012. New camp offerings for the upcoming summer include Crop Science and Education. Other focus areas include Culinary Arts and Food Science, Entrepreneurship, Environment, Fiber Arts, Filmmaking, Unicameral Youth Legislature, and Veterinary Science. Additional information, along with a printable brochure, can be found online at <http://bigredcamps.unl.edu>.

The Experience of a Lifetime - 2013 Citizen Washington Focus

The countdown begins for an experience of a lifetime! We have T – 16 months till we venture east for those youth who are ages 15 to 19 in 2013. We will travel to the nation's capital to have an interactive classroom with workshops, seminars, and field trips. Traditionally, Adams, Clay, and Webster County 4-H'ers have joined together to take the trip but we will welcome 4-H'ers from other counties. We need more youth to fill our bus. Please talk with friends and relatives about attending the 2013 CWF Trip! We do fundraisers throughout the year to help with costs.

Career Explorer by Nebraska 4-H

Get started on the right path to making smart life choices with the Career Explore Web Site and Career Explorer iPad App! Career Explorer will help you connect the dots between the choices you make every day and the opportunities you could have in the future. You will begin with a Luck of the Draw card and from there you will be in control, making ongoing decisions about your education and future career opportunities. At each stage of the game, you will be able to enter the workforce, get additional education, or explore training programs. You will have access to more than 450 careers with up-to-date salary information and summaries for each!

Rural Youth Loans

As you begin looking for your project for next year, you may want to consider an opportunity that is available to you. The U.S. Department of Agriculture's Farm Service Agency makes operating loans of up to \$5,000 to eligible individuals between the ages of 10-20 to finance income producing, agriculture-related projects. The individual must be participating in 4-H, FFA, or a similar organization. The program must be planned and supervised with the assistance of the organization's supervisor and the individual's parent or guardian. This assistance will help the individual to produce a sufficient income to repay the loan and provide the youth with practical business and educational experience in agriculture-related skills. The loan funds may be used to purchase livestock, feed, seed, equipment, and supplies for the project. They may also be used to buy, rent, or repair needed tools or equipment. Rural Youth Loans have a maximum loan amount of \$5,000 (total principal balance owed at any one time on the loan) and the term can range from one to seven years. After the loan is made the interest rate will not change for the entire term of the loan. A parental signature is required on the application for the loan, but not on the promissory note or the other documents used to secure the loan. You can contact your local County FSA for more information.

FCS America Project Loans

Farm Credit Services of America will help students obtain financing for 4-H & FFA production projects up to \$2500 to be repaid within an annual production cycle, including such things as feeder pigs, feeder calves, and feeder lambs. For those of you interested in starting a breeding herd, individual student breeding livestock loans up to \$10,205 offer future producers first-hand experience in business planning and farm financing. Other types of projects will also be considered. **Scholarships:** They also will be giving scholarships of \$2,000 to qualified college juniors and seniors and will offer \$500 annual scholarships to qualified freshman and sophomore students studying agriculture or ag business at land grant colleges in our area. For more information on this student loan program got to: <http://www.fcsamerica.com/products/youngbeginningprogram.aspx>

Scholarships Available

Seniors and even some juniors in high school should be looking at scholarships to continue their education. There are numerous agricultural companies, organizations and colleges that offer scholarships to students who have long-term career goals in agriculture. There are many local, county, and national scholarships, as well as numerous agriculture scholarships offered at the state level. Now is the time to put together a well written resume – it helps! It also helps to have a good cover letter to include with your application.

- **Scholarships on the Web:**
 - <http://brownfieldagnews.com/site-map/scholarships/>
 - Agricultural Scholarships and can be found at <http://www.agriculturescholarships.us/>
 - Other scholarship opportunities can be found at: <http://www.nextstudent.com/directory-of-scholarships>
- **College Scholarships for Adams County 4-H Members:**
 - **Nebraska Association of County Extension Boards** - two scholarships to UNL College of Agricultural Sciences and Natural Resources or College of Education and Human Sciences. Deadline is March 15.
 - **Ag. Scholarship** - The Hastings Chamber of Commerce Agriculture Committee is offering a \$750.00 scholarship for students with at least a C average pursuing a college or university education and major in an agricultural field. The student must attend a 2 or 4 year college or university within Nebraska to qualify. Please contact the Extension Office to receive an application form.
 - **CASNR Scholarship** - Any graduating senior planning to attend the University of Nebraska-Lincoln CASNR with an ACT of 26 or higher may be eligible for a \$1,000 scholarship. Contact Ron or Beth for more details.
 - **Marilyn Spiker Memorial Scholarship** - Any woman who will begin first or second year college studies taking an agricultural course is eligible to apply for a \$500 scholarship offered by WIFE (Women Involved in Farm Economics). Please contact the Extension Office to receive an application form.
 - **Adams County Farm Bureau Scholarship** - Any graduating senior who lives in Adams County that is pursuing an agricultural major may apply by April 1, 2012 for 1 – \$1,000 to the top candidate and 2 – \$500 scholarships to the second and third place candidates. For more information and application contact a Farm Bureau Board Member or Beth at the Adams County Extension Office.
 - **Nebraska Independent Fabric Shops Scholarship** – Is offering a \$500 is for any youth interested in pursuing a career in family and consumer science, textiles and designs, quilt or museum studies or a related field of interest. Contact Marie Glenn from Heavenly Treasures, 402-852-2970, heavenly4124@yahoo.com. Or Lisa DeBord, The Quilt Rack, 308-532-2606, lisa@the-quilt-rack.com. **Application Deadline is Mar. 31.**
 - **Adams County FCE Scholarship** - The Adams County Family and Community Education Clubs have established two \$500.00 scholarships. Applications are available at the Extension Office. **Application deadline is April 4.**
 - **Jarvis Memorial 4-H Scholarship** – Available for female 4-H members to reside at Love Memorial Residence Hall on East Campus at UNL, download scholarship form at www.lmhaa.org.
 - **Daisy/4-H Shooting Sports Scholarship** – Is offering a \$500 scholarship available to a 3 year participant in the shooting sports program. Applications are available at the Extension Office. Application deadline is May 1.

Project YES! Internship Opportunity

We are happy to announce that Project Youth Extension Service (YES!) is now accepting internship applications for 2012-2013. Project Y.E.S! is a national internship program engaging college students in service to meet the needs of military families. Specifically, Project Y.E.S! expands the resources of the Yellow Ribbon Program (YRP) and other youth & teen oriented programs. Applications will be accepted through Feb 29, 2012 and students will be notified of the status of their application by April 2012. More information and application materials can be found at <http://militaryfamilies.extension.org/yes-intern-program/application-requirements/>. Please contact JC Johnson at james_johnson@ncsu.edu or 919-513-3165 for more information.

Community Service

March is Bake and Take Month. Since starting in 1970, Bake and Take is observed annually on the last Friday and Saturday of March. Many organizations participate in Bake and Take Days as a community service project to demonstrate their care and concern for the elderly or shut-ins in their communities. Individuals can use this opportunity to do something special for a teacher, neighbor or friend. Nebraska Wheat Board recommends participants obtain permission from shelters, nursing homes or other institutions before delivering baked goods. Happy Baking!

4-H Project Information

Shooting Sports



Calendar for Adams County Shooting Sports Activities:

- Shooting Sports Picnic – March 25th

4-H BB Gun/Air Rifle Tournament

- Douglas/Sarpy 4-H Shooting Sports Club is sponsoring a tournament on March 31, 2012 in Springfield, NE. Shooters can pre-register by calling or emailing Monte Stauffer at 402-444-4092, mstauffer1@unl.edu.

Leader Certification Workshop to be Held in Seward on March 17-18, 2012

A Nebraska 4-H Shooting Sports Leader Certification Workshop has been scheduled for **March 17-18, 2012**, at the Seward County Fairgrounds in Seward. Registration deadline is March 8th. Adult volunteers and junior leaders can choose one of six disciplines to become certified. Hunting-Wildlife, Archery, Rifle, Shotgun, Muzzleloading and Pistol will be offered. Participants will learn under expert instruction from members of the Nebraska State 4-H Shooting Sports Team and National instructors. The registration fee is \$90 per person for initial certification and \$80 per person that are adding an additional discipline. This fee includes meals, supplies and program materials. Participants must make their own lodging arrangements. Registration on Saturday runs from 8 a.m. to 8:45 a.m. Registration information is available on the 4-H Shooting Sports web page at <http://4h.unl.edu/programs/environment/shootingsports>, or contact your local University of Nebraska-Lincoln Extension Office or Steve Pritchard at 402-395-2158 or 308-536-2691.

New Extension Program – Nebraska Outdoor U

4-H is a Family Affair and so is the new Nebraska Outdoor U! extension program. Families are encouraged to sign up online to discover pathways in Camping, Fishing, Hunting, and Shooting Sports. Each person can create a log-in page, and earn awards (flashlights, journals, campfire starters and more!) for each level achieved. Visit the website at www.OutdoorU.org, and like us on Facebook at Nebraska Outdoor U! Any questions can be directed to program coordinator, Scott Stuhr, at outdoors@unl.edu. This is a nice addition to any of your environmental education, healthy lifestyles, and SET 4-H projects.



Communications

Photography

The 2012 photography themes are:



- **UNIT II NEBRASKA PHOTOGRAPHY CAREER EXHIBIT PRINT:** Explore a career as a Nebraska photo journalist. The goal of a photo journalist is to tell a story through their work. Capture a photo of a newsworthy event in your Nebraska community.
- **UNIT III NEBRASKA PHOTOGRAPHY CAREER EXHIBIT PRINT:** Explore a career as a Nebraska photographer. The goal of an artistic photographer is to portray a unique or interesting image through their work. Capture photos of Nebraska landscapes where creative composition is the goal.

Speech, PSA, & Performing Arts Contest

If your love is public speaking or entertaining an audience this contest is for you! Now is the time to start gearing up for this contest. You can register until April 17th and the contest is on April 22nd at 2:30 p.m. The theme for PSA is “Join the Revolution of Responsibility”. Classes available are:

- Speech for Junior, Intermediate, & Senior
- PSA for Junior, Intermediate, & Senior
- Performing Arts – Drill or Dance Routine (Individual or Group), Song Group, Combo or Band, Individual Vocal, Individual Instrumental, Whole Club Performance, Duet – Vocal, Duet – Instrumental, Other: such as one-act plays, musical performances, pantomimes etc.

Family and Consumer Science

Spring Worksops

- **Quilts of Valor** – Community Service Project - March 3rd
Quilting to Honor and Comfort our Wounded. If you love to make quilts or would you like to try your hand at making them, then this workshop is for you. Mark your calendar for this starting date, we will be adding numerous sewing sessions to complete a group project that will be donated to the Quilts of Valor Foundation and then be given to wounded military personnel. The workshop will be held at Julie’s Xpressions from 10:30 a.m. – 4:00 p.m. This will be a come and work (at any time for any length of time) at no cost for the workshop.

4-H Quilts of Valor Two-Year Challenge

Nebraska 4-H youth, families, and/or volunteers are being asked to participate in a statewide community service effort by creating and donating quilts to the service men and women who are protecting our country and who are “touched by war.” The quilts will be collected and given through the Quilts of Valor Foundation, who has already donated over 36,000 quilts. 4-H members and volunteers can work alone or in groups to make the quilts(Adams County’s group is starting March 3). In addition to the free fabric donated by national fabric companies, 4-H youth may also choose to contact a Quilt Guild, American Legion, other service organization, or a local quilt shop in his/her community to help provide funds or fabric, batting, or machine-quilting to complete your project. Quilts made with the free Quilts of Valor fabric must be finished and delivered to the Nebraska State Fair in 2012. During the 2011 Nebraska State Fair, 40 Quilts of Valor were presented to the National Quilts of Valor Foundation. If you are interested in participating in this project, please review the 4-H Quilts of Valor Statewide Challenge Guidelines, which fit into the Quilts of Valor criteria, and review the Nebraska Quilts of Valor Challenge Lessons Learned. We appreciate your support of the United States Military through your participation in this project!

Fashion Board Meeting

Mark your calendar for **Sunday, March 4th at 6:30 p.m. in the Assembly Room** for this meeting. The Fashion Board is open to any 4-H'er, 12 years and older involved in Clothing and Consumer Education. The purpose of this board is to enhance personal development in clothing selection and construction, build leadership skills, and explore career choices in the fashion industry.

Clover Challenge / Life Challenge

There is still time to join us! We are looking for interested 4-H'ers, 12-years of age or older, to represent Adams County on the different family and consumer science teams. Please call Julie at the Adams County Extension Office, 402-461-7209 for a practice schedule if you are willing to make a time commitment to the Adams County Challenge teams. The Life Challenge Contest will take place on June 25-26 at UNL, East Campus. You will have a good time while you learn.

Healthy Lifestyles



Tennis

Lessons are planned for May 29, May 30, May 31, June 5, June 6 & June 7 at the Hastings College outdoor courts. From 7:00 PM to 9:00 PM (the first hour will be for beginners and intermediates and the second hour will be for the advanced.) Parental consent/medical release forms must be signed and returned as well as a \$5.00 fee for lessons only, to the Extension Office by May 11th (this is mandatory). The tournament will be held on Thursday, June 21 at 4 p.m. Tennis Tournament - one does not need to take the tennis lessons to compete at the tournament, but you must have enrolled in the Tennis project by April 16th and have pre-entered with medical release forms into the Extension Office by June 1st. Release forms will be mailed out to 4-H'ers enrolled in the tennis project, late April.

Golf

The 4-H golf program is being planned with practices on Friday, July 6th and Monday, July 9th beginning at 9 a.m. at Southern Hills Golf Course. The fee is \$5 for non-members and \$1 for members. The tournament (also at Southern Hills Golf Course) will begin at 8 a.m. on July 12th. If you would like to participate, please remember to sign up for the golf project by April 16th. Release forms will be mailed out to 4-H'ers enrolled in the golf project.



Bowling

The bowling tournament is set for Monday, June 18th, with an afternoon and evening session. Just a reminder, you must be enrolled in the bowling project by April 16th to participate in the tournament

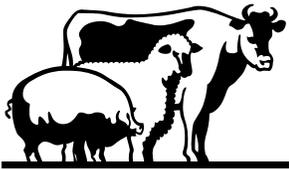
Environmental Ed & Earth Science

Crops Webpage for Youth

The objective of this webpage is to provide a one spot stop with crop production information, some of it specific for Nebraska and some general crop information that can be used for a variety of locations. The webpage is divided into four main sections: crop and plant science facts, activities for youth, 4-H & FFA projects, and teaching activities & resources. "Crop and plant science facts" provides a short summary of crop statistics and other fun facts. "Activities for youth" has some fun crossword puzzles, word searches and other interactive activities for youth to participate. The 4-H and FFA project page has some of the opportunities available through 4-H and FFA such as Crop Science Investigation workshop series and other events related to crops. Finally, the "Teaching Activities and Resources" page currently has nine lessons available for anyone to download and teach hands-on activities to any age group. Check it out at <http://cropwatch.unl.edu/youth>

Special Gardening Project

Winter is a good time to start thinking about spring projects. 4-H members will again have a chance to grow an unusual and fun project in their gardens. This year a special project is focused around the unique Firecracker sunflower. The plant itself is a dwarf plant, only reaching 10-17" in a 4-6" pot or 12-42" in a flower bed, and works well in containers. It also has a branching habit which allows for multiple flowers per stem. The red and gold bicolor flowers are pollenless. It will take on average 55 days from planting to bloom. 4-H'ers that enroll in the Special Garden Project will: Receive seeds for the Firecracker Sunflower (one 'packet' per family) in early April and a newsletter about planting & growing sunflowers, sunflower problems & insects, cutting, using, drying and exhibiting sunflowers, and horticulture careers. 4-H members are able to enter these unique sunflowers in a Special Garden Project Class at County Fair. We have ordered a limited number of seed packets. Final cost of the seeds (approximately \$2.00) will be determined at time of delivery so please contact the Extension Office if you are interested. Please note that in Adams County you will still need to enroll in the regular horticulture projects to participate in this activity.



Livestock

Heads Up on Enrollment & ID Deadlines

As a friendly reminder here are some important deadlines that will be here before we know it! They are:

- April 16th – 4-H Enrollment, Market Broilers Order, Swine Bred & Fed, & Bucket Calf Tags Purchased
- May 11th – Horse ID's Due to UNL Extension Office in Adams County
- May 11th – Sheep & Goat Weigh Day
- June 1st – Animal ID's & Vaccinations (tags need to be purchased and in the animals ear)
- June 15th – Pre-Fair Entry Forms Due

First Year Bucket Calf Reminder

Just a reminder for those of you ages 8-12 who are thinking of enrolling in the 1st year bucket calf project, your calves must be born between January 1st and April 15th, owned by you and tagged by April 16th. ID sheets are not due until June 1st, but this is just a reminder of the required birth, ownership and tagging date of April 16th, due to April 15th being on Sunday.

Second Year Bucket Calf

Reminder! To show at the Adams County Fair you must be enrolled in **2nd Year Bucket Calf project**. Remember that 2nd year bucket calf must have been shown as a First Year Bucket Calf. This project follows the Identification and Deadlines of regular beef projects.

Market Broilers

Adams County will once again be ordering all of our counties market broilers together. The deadline for ordering Market Broilers is April 16th and must be paid for when ordering. The cost is \$9.48 per lot (\$1.58 per cockerel). They must be ordered in lots of 6. The birds should arrive sometime the first full week of June. If you miss this ordering deadline you will not be able to exhibit market broilers at the fair this year.



Swine Bred and Fed

Registration for Swine Weigh-day and project enrollment is due in the Extension Office on April 16th, if you want to participate in the Swine Bred and Fed contest at the county fair. The swine weigh-in has been set for the week of April 9th but we must get at least five entries to conduct the contest.

Sheep and Goats Weigh Day



Weigh-in is scheduled for May 11, 5:30 p.m. to 7:00 p.m. All market lambs and goats must be weighed and ear tagged at this weigh date. Tags are \$1.00 each. If you are planning on showing at State Fair or Ak-Sar-Ben, your animals will need to be DNA identified at this weigh-in. Cost will be \$6.00 per head for DNA identification. Please unload your sheep at the north end of the sheep barn, we will weigh and then reload at the south end.

Adams County 4-H Carcass Contest

The carcass contest is a project where youth may enter a beef, sheep, and/or swine to understand the cycle of livestock production. The contest consists of three parts: the carcass, the interview, and the record book. To successfully participate in the contest, all three segments must be fulfilled. Below are important dates for you to know about if thinking of taking this project.

- **Sheep/Swine**
 - July 9th – Drop Off (a.m.)
 - July 10th – Viewing (p.m.)
- **Beef**
 - July 10th – Drop Off (a.m.)
 - July 12th – Viewing (p.m.)
- **ALL SPECIES**
 - July 17th – Record books due by 8 p.m.
 - July 21st – Interviews (afternoon)

Animal Science Series – For any and all interested in Livestock

Are you interested in learning more about the livestock industry, the science of animals and are 12 or older? Then plan on getting involved with the Animal Science Series. You will get to have hands on experiences with dissections, feed stuffs, meats, and much more. **Those interested in attending Premier Animal Science Events (PASE) on June 25th & 26th in Lincoln, NE must tell Beth by April 16th.** Sessions will be held from now until June. The dates are:

- Tuesday, February 28th from 6:30 p.m. to 8:00 p.m.
- Tuesday, March 13th from 7:15 p.m. to 8:30 p.m.
- Monday, March 26th from 7:15 p.m. to 8:30 p.m.
- Tuesday, April 10th from 7:15 p.m. to 8:30 p.m.
- Tuesday, April 24th from 7:15 p.m. to 8:30 p.m.
- Tuesday, May 8th from 7:15 p.m. to 8:30 p.m.
- Tuesday, May 22nd – Large Animal Showmanship Clinic in Grand Island, NE
- Tuesday, June 5th at 5:30 p.m.
- Thursday, June 14th at 5:30 p.m.
- Monday, June 18th at 5:30 p.m.

Hope to hear from you!

Spring Rabbit Show

Rabbit exhibitors mark your calendars for another opportunity to learn and practice your showmanship. Lancaster County is hosting a spring rabbit show on Saturday, March 24, 9 a.m. at the Lancaster Extension Education Center in Lincoln. For more information, call Bob at 402-477-6888 or Marty at 402-441-7180.

District & State Horse Show Entry Forms Due

All youth wanting to participate in District and State Horses must complete, pay, and turn in entry forms by Friday, May 11, 2012 by 5:00 p.m. to the Adams County Extension Office. No late forms will be accepted based on State 4-H Rules.

Horse Show Dates

2012 District 4-H Horse Shows

- June 11 – Buffalo County – Kearney
- June 12 – Box Butte County – Hemmingford
- June 13 – Cherry County – Valentine
- June 14 – Lancaster County – Lincoln
- June 20 – Knox County – Bloomfield
- June 21 – Lincoln County – North Platte



2012 State 4-H Horse Show – July 15 – 19, 2012 - Grand Island

Other Horse Shows

- June 30 – Chase County Horse Show - Imperial

Dog

Dog Obedience classes

Dog Program Obedience classes offered by Adams County Extension will begin with an informational meeting on Monday, March 5, 2012. This meeting will start at 7:00 p.m. and will be held in the Activities Building at the Adams County Fairgrounds.

Objectives of the meeting include a discussion of the overall dog program, a demonstration of obedience performance expectations and an opportunity to enroll for the year. Thus, if you plan to participate in the dog program, you are highly encouraged to attend. Please **do not** bring your dog to this first meeting. The cost is \$10.00 to participate in the dog classes. Vaccination record forms for all participating dogs will be distributed and must be completed by a veterinarian or person providing the shots before beginning the classes.

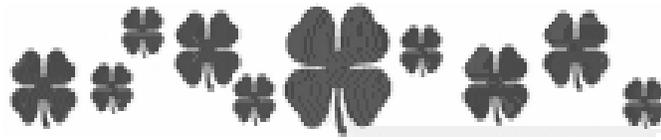
Requirements for participation are: 1) Enrollment in 4-H and in the dog project, 2) Vaccination form completed and 3) Class fee paid to the Extension Office before attending any class. The actual classes will begin at the fairgrounds on Monday, March 12th at 7:00 p.m.



Paws-On Dog Workshop

If you have an interest in learning about dogs or want to better your show skills, plan on attending this 4-H statewide dog clinic. On Saturday April 28th, 9:00 a.m. – 4:00 p.m. at the Lancaster Event Center in Lincoln. This workshop will cover obedience, showmanship, agility, grooming, health care, and much more. Fee is \$15 per person and includes lunch. For more information, call Dr. Lisa Karr-Lilienthal at (402) 472-6458 or email at lkarr-lilienthal2@unl.edu





4-H Calendar

March

March 1	Extension Board Meeting
March 3	Quilts of Valor Workshop
March 4	Fashion Board Meeting
March 5	4-H Council Meeting
March 13	Ag. Society Meeting
March 22	4-H Jump Start Meeting
March 25	Shooting Sports Picnic

April

April 2	4-H Council Meeting
April 3	Spring Heart & Hands Workshop (Hall County)
April 5	Extension Board Meeting
April 10	Ag. Society Meeting
April 16	4-H Enrollment Deadline
April 22	Speech/Performing Arts Contest
April 27	Arbor Day - Extension Office Closed

May

May 3	Extension Board Meeting
May 7	4-H Council Meeting
May 8	Ag. Society Meeting
May 11	Sheep/Goat Weigh Day – Only day DNA is taken for State Fair and AK-SAR-BEN
May 11	Horse ID's & District and State Horse Show forms due
May 31	Food Review & Family Consumer Science Judging Contest

Please Check the Adams County Web site at <http://www.adams.unl.edu/> for current calendar information.

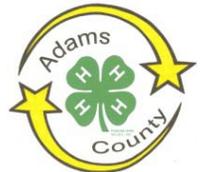
2012 4-H Council

Todd Lay – Pres.	Jerry Allen – V.Pres.	Monika Bowen – Sec.	Twila Bankson – Tres.
Chris Anderson	Holly Stark	JR. LEADER REPS:	Doug Nienhueser – Chamber of Commerce Rep.
Carol Chitko-McKown	Jeanette Uden	Sarah Appleton Allen	Julie Ochsner – Ag Society Rep.
Scott Hinrichs	Troy Vorderstrasse	Trevor DeVries	
Noel Nienhueser	Grace Woodward	Adam Heier	
Rebecca Owen	Wryan Wright		

**Please take time to THANK these above individuals for their
hard work and dedication to the Adams County 4-H Program!!!**

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Hastings, NE 68901
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Web: <http://www.adams.unl.edu/>
E-mail: adams-county@unl.edu

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Gwen Rodocker – grodocker2@unl.edu
Julie Ochsner - jochsner4@unl.edu
Lynda Miller – lmiller11@unlnotes.unl.edu



Registration due: 1 week prior to workshop you will attend.

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

Email _____

Check location:

- Culbertson
- Grand Island
- Ogallala

Registration Fee: \$10.00 with pre-registration, \$15.00 at the door. Make checks payable to UNL Extension.

Please return registration to Extension Office where program is held.

***This program is willing to come to a county near you. Host site will need to pay mileage for presenters and \$10.00 per participant. Please contact any of the presenters if interested in hosting this program.**

Program will be offered in the following communities:

**Tuesday, April 3, 6:00 p.m. CST
Hitchcock County Fairgrounds
Ag Complex
Culbertson, NE**

Mail Registration to:
UNL Extension - Hitchcock County
C/o Kimberly Cook
PO Box 248
Trenton, NE 69044

**Tuesday, April 3, 6:30 p.m. CST
College Park, Fonner Park Room
UNL Extension - Hall County
3180 W Highway 34
Grand Island, NE 68801**

Mail Registration to:
UNL Extension - Hall County
C/o D'Ette Scholtz
3180 W Highway 34
Grand Island, NE 68801

**Tuesday, April 10, 6:00 p.m. MST
Keith County Fairgrounds
Ogallala, NE 69153**

Mail Registration to:
UNL Extension - Keith County
C/o Deb Kuenning
511 North Spruce, Rm 203
Ogallala, NE 69153

Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

Spring
Heart & Hands



**Youth Development
Workshop**

An educational program providing inspiration for those who work with youth including volunteers, parents, and youth professionals.



GIVING YOUR BEST - Take a break to rejuvenate, revitalize, and build your energy to give 100% to today's youth!

Ready. Set. Delegate!

Leading a youth group is fun and rewarding, and also a big time commitment. With all the details and work involved, you've probably discovered you can't do it all. So how can you get it all done? Delegate! Let's explore why you should delegate, when to delegate, and when not to delegate. We'll share some tips on how you can use technology as a time-saver when communicating with your youth group, club, or parents. The sky's the limit when you delegate!

Revive Through Humor

Working with young people can be a fantastic and challenging experience. Develop strategies to create a positive, inclusive environment allowing youth and adults to work, learn and have fun together. Mix behavior management suggestions with a healthy dose of humor to revive your group.

Guess Who's Stressed

Youth and adults experience different situations every day. The way a person reacts to the situation may be positive or negative. Stress is one way to respond to a situation. Learn more about stress by identifying stressors, recognizing the physical & emotional reactions to stress, and gaining techniques to eliminate or reduce stress for yourself and youth. Families, clubs, and organizations can focus on their mission and what really matters when everyone is stress free.

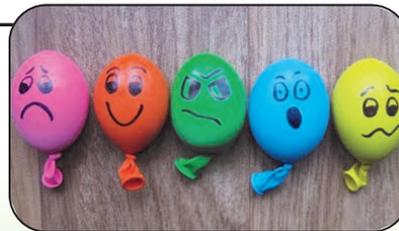
Schedule (based on 6:30 p.m. start)

- 6:15 Register & Check-in
- 6:30 Ready. Set. Delegate!
- 7:00 Guess Who's Stressed
- 7:30 Energize - Hands On Application
- 7:45 Break
- 7:55 Revive Through Humor
- 8:25 Wrap-Up

Hands On Application Stations: **ENERGIZE!**

Take a break and rejuvenate by trying these projects. Understanding how to keep yourself energized may help you overcome those burnout feelings.

- Make your own stress ball.
- Pamper yourself while creating great entrepreneurial projects with youth.



UNL 4-H Youth Development Presenters:

Brenda Aufdenkamp, UNL Extension Educator, Lincoln/McPherson Counties. baufdenkamp1@unl.edu

Kimberly Cook, UNL Extension Educator, Southwest Four Counties. kcook2@unl.edu

Debbie Kuenning, UNL Extension Educator, KAP Counties. dkuenning2@unl.edu

Elizabeth Maricle, UNL Extension Educator, Adams County. emaricle2@unl.edu

D'Ette Scholtz, UNL Extension Educator, Hall County. dscholtz2@unl.edu



FOLLOW ME ON *Pinterest*

for ideas, projects, or tips in working with youth of all ages at:
<http://pinterest.com/volunteerhandh/>



We ourselves must be full of life if we are going to make life fuller for others. --*David Sawyer*