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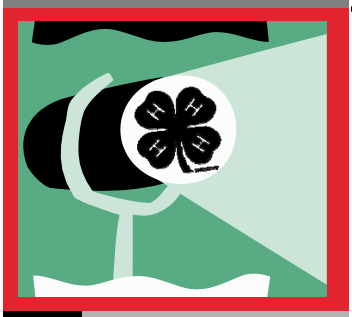
Issue 3



UNIVERSITY OF NEBRASKA-LINCOLN EXTENSION

SPOTLIGHT ON 4-H!

RECRUTING VOLUNTEERS

As Nebraska 4-H celebrates the Year of the Volunteer in 2015, you may wonder where you can find some of those volunteers to help with your club or activity. You put a notice in the club or county newsletter and expect people to get involved. Doesn't work very well, does it?

According to author and leadership trainer Thomas W. McKee, there are seven deadly sins that chase away or burn out members and volunteers. Avoiding these traps can help you find volunteers needed for your club activities.

Sin One: Expect Announcements to Get Volunteers An announcement is a great way to get a message out, but poor way to recruit a volunteer. People like to be asked personally to volunteer. If you think someone would be great at a particular task, tell them why you think they are right for the position.

Sin Two: Go It Alone People are social creatures and like to work with others. Form teams to help with club activities or to help with planning. Teams can work together to complete the project and may fill in for one another when something comes up.

Sin Three: Recruit Life-time individuals, Not Short-term Project Teams Asking a volunteer to fulfill a short-term project or task first allows them to "try out" your club. They have an opportunity to volunteer for a longer term project once the short-term project is complete. It's much easier to ask a volunteer to help for a two-hour club meeting than it is to sell them on the idea of leading the club for the next ten years.

Sin Four: Assume that "No" means "Never" Timing is everything. Sometimes "no" means "not now." When the answer is "no", ask if there is something that they would like to do instead or if they would consider volunteering at another time.

Sin Five: Just Fill the Position Most times, it is better to have a position empty rather than filled with the wrong person who is high maintenance or who does nothing.

Sin Six: Be People Driven Rather Than Position Driven When you consider what you need to have done, ask yourself who can fulfill that job. Don't just recruit people unless you have a place for them to contribute. Make sure that the volunteer fits the position.

Sin Seven: Give a Position the Wrong Title There is a lot in a name and in a description. Be clear in your expectations for the volunteer and share the desired outcomes. People want to help with activities and for organizations they are passionate about. Make sure their interests align with your volunteer need.

EXTENSION

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.

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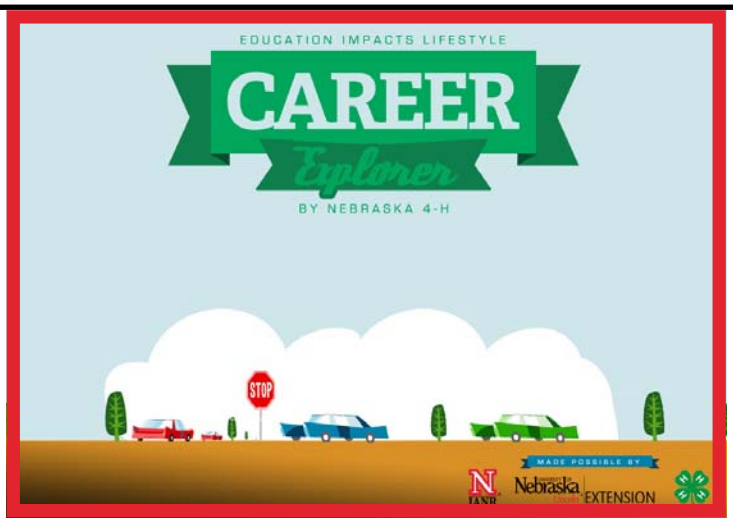
Special points of interest:

- *Challenge your Shopping in Style 4-H'ers to the $15 Shopping Challenge! Take a field trip for style!*
- *Learn how your favorite pet can be your favorite 4-H projects with the 4-H Companion Animal Project!*
- *What is a Premier Science Exhibitor and how do you apply for this? Learn how to combine the science behind projects and exhibits.*

Discover 4-H, Discover YOU!
4h.unl.edu

4-H PROJECTS = FUTURE CAREERS

Our 4-H members are busy youth in their schools and communities, so it should be a priority of 4-H leaders to ensure their club meetings and events are relevant, interesting and education. Some 4-H leaders may struggle with how to ensure their club meetings and events are truly relevant, interesting and education. One of the ways to achieve this is to incorporate career exploration into club meetings and events. The goal of including career exploration into club meetings is for members to understand their current 4-H project can lead them to a future career!



By nature of the 4-H club, this may be easier than others. For example, if the club has a focus on equine, livestock, or foods and nutrition, it would be somewhat of an easy task to pair a career and/or company from the community or region with interests of the group. However, if youth in the club have a wider range of interest, pairing future careers to their interests may be more challenging.

Here are some ways to incorporate careers exploration into your club meeting or activities:

Invite a careers speaker to your club meeting that would link a 4-H project to a career in the community. Ask the members of your club what kind of careers they are interested, then work to identify a community member or parent to speak about that career. Make sure they highlight their college experience too!

Take your club on a tour of a local or regional business. Ask presenters on the tour to highlight their career, what their duties are, and what kind of education is needed for their career.

Take or make an opportunity to have your students play on the Nebraska 4-H Career Explorer website or app. This can be downloaded onto a mobile device or viewed online at careerexplorer.unl.edu.

Encourage your club members to participate in the regional 4-H interview contests held in the spring each year in each Nebraska Extension district. Hold mock interview practice during club meetings. Ask your Extension staff in your county for more details on this contest.

Career exploration can be the highlighted program for a club meeting if you have a speaker or go on a tour, for example. Other examples from above can be used as a time filler or as a follow up activity during club meetings. Encouraging youth to think about future career paths tied to their current 4-H projects – the possibilities are endless!

$15.00 OUTFIT CHALLENGE

Many counties are incorporating a new challenge for 4-H members interested in clothing. It is a shopping challenge with a budgeting twist. Check with your county to see if it is available, or consider working with your 4-H Council to add the challenge.

Goals of the project are to: Check out alternatives to new clothing (such as Goodwill or rummage sales). To be a wise consumer and find sales, etc. that can stretch the clothing dollar. Learn about care, quality of construction in purchased garments, and wardrobe planning. The exhibit can be worn as purchased, or you can alter or remake the exhibit. For example – a denim skirt could have a ruffle added or jeans could be cut off to a capri length and a band of fabric added.

Photo Source - Linn County 4-H, Iowa State Extension. Used with permission.

SAMPLE FAIR ENTRY

$15 Outfit Challenge Information:

- Open to any 4-H member.
- Limit one entry per person.
- Must be a purchased outfit. Outfits must be selected and purchased from garage sale, thrift store, consignment store or resale shop (such as Goodwill, Salvation Army, store bargain at the mall, etc.)
- Cost of outfit must be $15 or less, not including shoes, accessories or undergarments.
- Consider why outfit is needed and how it fills a void in your wardrobe.
- Take into account the fit, quality and care of the garment(s).
- Outfit will be modeled on clothing judging day and at the public Fashion Review.

Photo Source - Pierce County 4-H, Nebraska. Used with permission.

A one page entry form will be included with the exhibit that lets the judge know about where it was purchased, cost of the outfit, and why it was selected.

$15 challenge outfits will be displayed at the fair. Have fun and explore new clothing options with this exhibit. Remember to check enrollment requirements as they can vary by county. Sample entry forms and score sheets are available on the 4-H website.

Photo Source - Wayne County 4-H, Nebraska. Used with permission.

4-H FOOD PRESERVATION

Home-canned products can be a delicious addition to many meals through-out the year. It is a great way to enjoy the fresh tasting foods that we grow in our gardens in the summer time. You must carefully prepare and process your home canned items using the USDA approved processing methods and times. Fair time is approaching and you need to label and prepare your preserved item to exhibit it at fair. The following items are important to follow for your safety and the safety of family and friends who will be enjoying your home canned products. Please remember that your exhibit is judged by quality standards and can be disqualified because it was improperly canned or potentially a hazardous food item.

CURRENT PROJECT: All canning must be the result of this year's 4-H project, since September 1 of the previous calendar year. The item must be canned after September 1, 2014 to be exhibited in 2015.

JARS: Canning jars must be used, others will be disqualified. Your exhibit should be in the same size of jars, all small or large, but not necessarily the same brand. Half pint jars may be used for jellies and preserves. No one-fourth pint jars are allowed. The jars are not to be decorated in any way. Leave jar rings on for fair display, it helps protect the seal. No zinc lids.

RECIPE and SUPPORTING INFORMATION: Commercially prepared mixes are not allowed, for example Mrs. Wages or Ball. See http://food.unl.edu/web/preservation/home for current USDA guidelines, how to find your Nebraska altitude, and proper procedures for food preservation. Recipes from other publications will tell you what altitude the recipe is prepared for, but you must adjust the processing time accordingly to the altitude of your location. All canned foods must include the following supporting information. The recipe and recipe source (may be handwritten, photocopied or typed). The recipe can come from any source, but current USDA guidelines for Food Preservation Methods must be followed. The method of preservation (pressure canner or water bath canner), type of pack (raw pack or hot pack), altitude (and altitude adjustment), processing time, and number of pounds of pressure (if pressure canner used).

LABELING: Each jar should be labeled with the name of the 4-H'er, county, name of product, and date of processing. Write plainly on a label and paste or tape securely on the jar bottom.

DRIED FOODS: All dried food must include the following supporting information: Recipe and recipe source, method of pretreatment, drying method, and drying time.

Write plainly on a label and attach securely to exhibit. Multiple dried food exhibits should be secured by a rubber band or "twisty" to keep the 3 self-sealing bags together.

CRITERIA FOR JUDGING: All Food Preservation exhibits will be evaluated using the score sheets that can be found at http://4h.unl.edu/statefair4h. You may find it helpful to view the score sheet before you have your exhibit judged.

Experience The Adventure

PREMIER SCIENCE EXHIBITS AT THE NEBRASKA STATE FAIR

Nebraska 4-H wants to celebrate your everyday scientific achievements!

Science is a process of discovering the world around you through experiments and observations. By definition this makes even you a scientist. In fact you probably use the scientific method every day without even knowing it. For example, it is Saturday morning and your family is making pancakes but with too many people in the kitchen one of the ingredients gets added twice! Not only have the cooked pancakes puffed up twice their normal size, but they also taste funny (observation). You decide that someone added the baking soda twice (hypothesis). A family member suggests if you make the pancakes again without the extra baking soda breakfast will not be a total flop (prediction). You agree and make them again (experiment). The pancakes were delicious the second time around and it was decided too much baking soda was the problem (conclusion).

Could this scenario be altered to an experience you had while working on a 4-H project? May be you experimented with different types of fabric for clothing project, explored new ways of preserving fruit, tried three different paints to see what will work best for your glass lamp you designed or practiced using different photography techniques.

If you believe you used the scientific method in one of your 4-H static projects, consider applying for the Premier 4-H Science Award. All static exhibits which qualify for the Nebraska State Fair are able to apply for Premier 4-H Science Award. All applicants will be recognized for their use of science within their project area and will be eligible for one of 20 Premier 4-H Science Top exhibitor award which includes a $100 cash award sponsored by the Nebraska 4-H Foundation.

How can you apply? Identify which exhibit you will enter in the Premier 4-H Science Award. The Premier 4-H Science Award Application, found on the State Fair website, must be submitted along with a photograph of the exhibit to the County Extension Office by the county's entry deadline. The Extension Office will enter exhibit into its original State Fair class and the Premier 4-H Science Award class.

THANK YOU FOR 4-H - THE LOST ART OF THANK YOU NOTES

A handwritten thank you note has become a thing of the past with the rise of technology, but it is still an important part of the 4-H program. Many people have spent their time and money, and put energy into making sure your experiences with 4-H are possible. Handwritten thank-you notes show your appreciation for the contributions and support your sponsors, donors, leaders, and others have given to 4-H. Showing your appreciation for someone's generosity can make an impact that lasts a lifetime.

So, here are some tips for writing thank you notes:

Be prompt. When writing your thank you notes, try to aim for sending it to the recipient within 5 days of receiving the award, donation, gift, etc. The longer you wait to send the thank you the less of an impact it will have and the less meaningful it becomes.

Be specific and sincere. Address the recipient by their name and mention what they did for you. Let them know the impact they had or what you plan to do with the gift, donation, award, etc.

Be personal. Use thank you notes that match the occasion and your personality. Let your personality show in your note. Let the recipient know a little bit about you or the challenges/successes (i.e. what was tough for you or what you enjoyed most while completing the project) you had with the project.

No limits and no copycats. Make sure you don't limit your thank you notes to just the trophy and awards donors and market animal buyers. There could be other people who played an important role in helping you reach your goals or be successful in your project. Make sure they know how important their help was. Also, make each thank you a little bit different to make the recipient feel special.

Taking a few minutes to write a personal, sincere thank you can make a huge impact. You're thank you could encourage volunteers to continue working with 4-H so they can help other youth like they helped you. It may also inspire sponsors and donors to increase their involvement and/or awards. Your thank you may even help you build relationships with people who can help you in future projects for you club, your community, and your world. So take a few minutes to say thank you to these important people who make the 4-H program possible.

For more do's and don'ts on writing thank you notes and some activities that your club can do visit http://new.4-hcurriculum.org/projects/communications/QTTHANKU02.PDF

4-H is AMAZING!

COMPANION ANIMAL PROJECTS AND SHOW HINTS

Through 4-H youth can learn more about and show their household pets including cats, pet rabbits, hamsters, guinea pigs, and more. To prepare for showing their companion animal, it is important that they learn about their animal throughout the course of the year. When showing their animal at the fair, they may be asked questions about the animal's normal habits, its background as a pet, and general care. Asking youth to provide an introduction to their pet at 4-H meetings throughout the year will help to build their confidence and allow them to feel more comfortable presenting their companion animal to the judge. The guidelines below will help youth to prepare for the companion animal shows at their county and state fair.

Leading up to the companion animal and cat shows youth should:

- Visit the veterinarian. For the State Fair Companion Animal Show, all cats and ferrets must have a completed Vaccination form submitted to the State 4-H Office when registering for the fair. The form can be found online at: http://4h.unl.edu/documents/466759/11788876/sf262.pdf/d1d8906d-0c99-4b91-a5e3-6141c99ad195
- Handle their pet daily
- Groom their pet on a regular schedule
- Practice positioning the pet on a table in the proper show position
- Begin practicing showmanship presentation
- Score sheets can be found online at: http://4h.unl.edu/nebraskastate-fair4hscoresheets#smallanimals
- Youth may video record their showmanship presentation and submit it to the Companion Animal Science program at UNL for feedback. Send link or files to: lkarr-lilienthal2@unl.edu

One week before the show:

- Clip nails and groom
- Practice your showmanship routine in front of different people
- It would be helpful to have a club night where all youth provided their showmanship presentations to each other. This allows them to practice speaking in a loud clear voice and get feedback from their leader/other members.

Day before the show:

- Animal should be brought to the fair in its normal cage or a travel cage with access to food, water, litter, and a shelter
- Pack all necessary food and grooming items for the animal
- Set out clean show clothes

What youth should include in a showmanship presentation:

- Youth's name and age
- Companion animal's name, age, and breed
- If your animal is spayed/neutered
- How you care for your pet
- What vaccinations your pet had
- What health treatments your pet gets (flea/tick preventatives, supplements, etc.)
- What your pet eats and how much
- How often do you groom your pet
- How did you prepare for show
- Something special about your pet

CALENDAR OF EVENTS

NEW IN THE SCHOOL OF NATURAL RESOURCES!

From the fate of crops each year to the fate of your daily wardrobe choices, climate effects every aspect of our lives. Now students have the opportunity to study these effects and learn how to solve climate related problems in communities across the country and around the globe. When discussing the program, Ken Hubbard, professor of applied climate science stated that "our goal is to give students the tools they need to address climate challenges."

Students in the major can expect to take science background courses in water, plant and soil science as well as courses in communications and social sciences. Math and statistics courses will underpin the core courses in meteorology and climatology.

Ken Dewey, professor of climatology, is excited about the job prospects for students who graduate from the applied climate science program. "We could see that employment opportunities were expanding in the area of applied climate science and wanted to be ahead of the curve in helping students see this emerging area of employment. It excites me to know that new job opportunities abound for students in this area of study and these jobs exist all over the world."

Learn more at:
http://snr.unl.edu/undergrad/majors/acs.

4-H! YOUR FIRST CLASS AT THE UNIVERSITY OF NEBRASKA!