



Spotlight on 4-H!

MARCH 2010, ISSUE 3

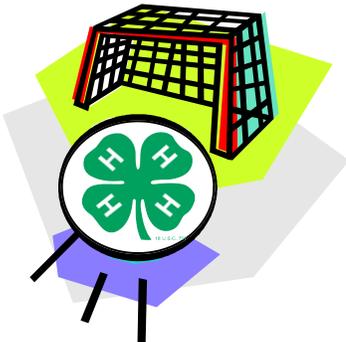


MEETING DEADLINES AND MEETING NEEDS

New leaders may feel like 4-H just means meeting one deadline after another. It can be overwhelming; however, managing your time can mean success. Here are some ideas to help keep on track.

Set goals.

Take the time to do this, as it has big payoffs. When setting a goal, it needs to be specific, measurable, attainable, realistic, and have a date by which it will be accomplished. For example, a meaningful goal might be: Hold club organizational meeting at the school by February 1.



For every goal, make a list of action steps required to meet them. Action steps for the above goal might be: 1. Reserve meeting place 2. Notify members of meeting 3. Plan the agenda 4. Assign duties to other parents.

Post goals/action steps in a visible place.

Each day look them and formulate a prioritized "to do" list. As you accomplish items on your "to do" list check them off. Rewarding yourself as you complete each action step is an important part of the

process. Make sure rewards are in line with your goals. For instance, buying a box of chocolates would not be a good reward if your goal is to lose weight.

Ask for help from others. This reduces your work load and gives others a sense of purpose and belonging. If you ask other parents to help with club meetings, they will feel valued. This also applies to your family.

Delegate each family member specific household chores.

Procrastination is not your friend. Keep organized and create achievable timelines to complete projects when due.

Get enough sleep. You are less efficient when you're tired.

Keep your family first. Remember, especially with children, that your active involvement in your family makes it stronger. Research continues to show us how important family meals are.

Have some fun goals! Listen to your favorite music and let yourself unwind. Your attitude means a world of difference to your family. Play, exercise and laugh together.

Say "No." This shortens up your "to do" list. This is your list and not what someone else wants you to do.

Inside this issue:

Let's Get Moving!	2
Continuous Quilting	3
Edible Science!!	4
Food and Feed	5
The History Of Head, Heart, Hands, and Health	6

Special points of interest:

- It's not just what you eat, it's what you DO!
- Learn about conquer quilting corners and beautiful bindings!
- What do youth and livestock have in common with MyPyramid and portion control? **HINT** - it's good enough to eat! !



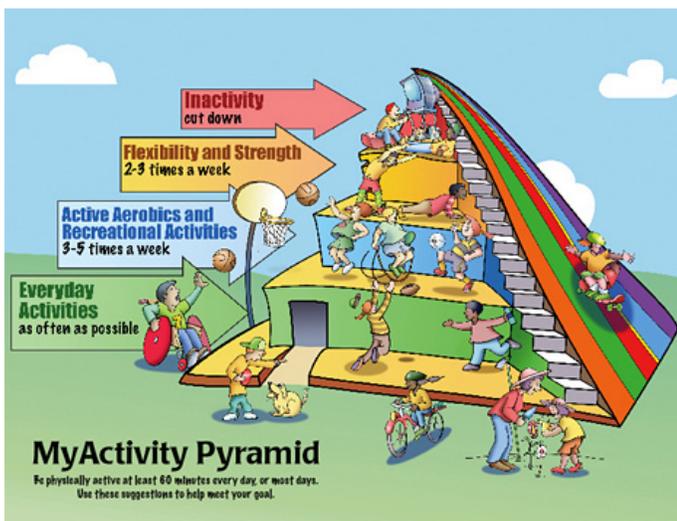
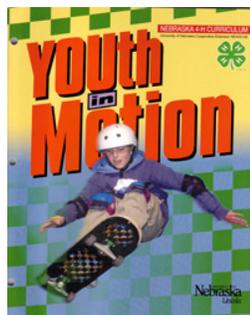
YOUTH IN MOTION – CLUBS IN MOTION



As a 4-H Volunteer, you are in a great position to make a huge impact in the lives of our youth. One way you can make an impact is by giving your club members and their family tips on how to lead a healthy lifestyle.

When most people think of leading a healthy lifestyle, they think of exercise. Although exercise is a great addition to your daily routine, you don't necessarily have to "exercise" to stay healthy.

The **YOUth In Motion** manual gives you great ideas on how to teach your members about leading a healthy lifestyle. One activity that is great for youth and their families is the "Goal Setting for Physical Activity" beginning on page 10. You can choose to use all worksheets found on pages 11-13 or design your own pyramid by using an 8 ½ x 11 sheet of paper (or small posterboard) with a triangle drawn on the front (replicate the drawing on page 11), pencils, colors or markers.



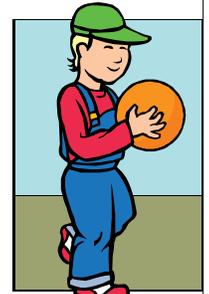
Have the youth fill in the pyramid by writing down activities that fit into the four categories. Then, talk through with your members about the items



they've listed and offer more suggestions to them as you go. Remind them throughout the lesson the idea is to increase their heart rate a bit each level. Regular physical activity helps the heart muscles get stronger.

In addition to being "active" youth can also be educated on "healthy downtime". The "Healthy Downtime" activity can be found on page 24.

Supplies needed: Whiteboard or paper for brainstorming, brainstorm worksheets, healthy downtime goal sheets, and pencils. If you have younger members, pair them with a Jr. Leader or older 4-H member.



Many youth do not make a connection between downtime and being healthy. Be sure to explain to the youth having downtime or leisure time is good. Everyone needs some downtime, however too much of certain types can be unhealthy.



Talk with your members about downtime alternatives to TV viewing. Have the youth complete the brainstorm worksheet (page 25). Once complete, bring the group back together and use the white

board or large sheet of paper to list the ideas generated.

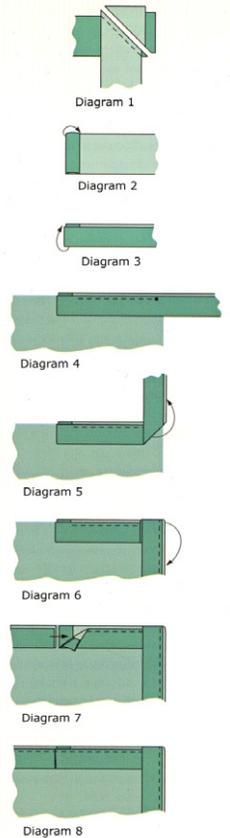
When planning out your club meetings, winter is a great time to do this activity as youth can easily get into a routine of too much TV time when the weather outside is cooler. No matter which activity you choose, your members are sure to have fun and learn lots of great healthy active and downtime tips!



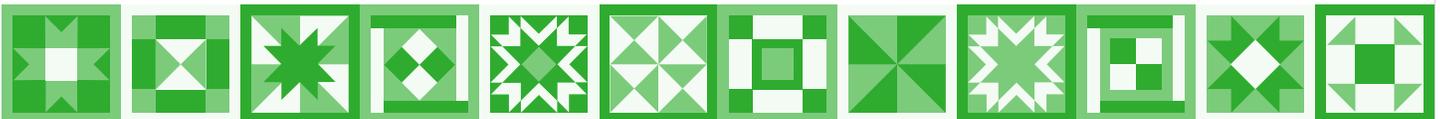
THE FINISHING TOUCH ... CONTINUOUS QUILT BINDING

After hours of piecing and sewing a quilt, tidy and attractive binding is the finishing touch. For attractive mitered corners and quilt-edge perfection, follow these easy directions for a double-layer continuous binding.

- **Cut Strips:** Cut fabric binding strips across full width of fabric or on bias. Strips 2.5" wide produce a .5" finished binding width.
- **Assemble Strips:** With right sides together lay two strips of binding perpendicular to each other. At a 45 degree angle, stitch strips together (Diagram 1). Trim seam allowances to $\frac{1}{4}$ ". Press open. Repeat until binding strips are connected to measure perimeter of the quilt, plus a few inches.
- **Fold and Align:** Fold over the beginning of the binding strip about $\frac{1}{2}$ " (Diagram 2) and press. With the wrong side inside, fold binding strip in half lengthwise (1.25" wide) and press (Diagram 3). Beginning in center of one side, place binding strip against right side of quilt top, aligning binding strip's raw edges with quilt top's raw edge (Diagram 4).
- **Begin Attaching Binding:** Starting about 8" from folded end of binding and sewing through all layers (two layers of binding, quilt top, batting, and quilt back), attach binding with $\frac{1}{4}$ " seam allowance.
- **Stop at Corner:** Stop stitching $\frac{1}{4}$ " (or a distance equal to the seam allowance) from corner, backstitch then clip threads. Remove quilt from under sewing machine presser foot.
- **Fold Binding Up:** Fold binding back on itself, perpendicular to seam just stitched, creating a diagonal fold, and finger-press (Diagram 5).
- **Fold Binding Down:** Holding diagonal fold in place, bring binding strip down in line with next edge of quilt top, making a horizontal fold that aligns with raw edges of seam just sewed (Diagram 6). Start sewing again at top of horizontal fold, stitching through all layers, stitching binding to next side of quilt.
- **Repeat:** Sew around quilt turning each corner in the same manner.
- **Finish Attaching Binding:** When back to the starting point, encase binding strip's raw edge inside folded end (Diagram 7). Finish sewing to starting point (Diagram 8).
- **Enclose Raw Edges:** Turn binding over raw edges of quilt to the back. To make mitered corners on the back, fold a miter in the binding. Hand-stitch binding to backing fabric, making sure to cover all machine stitching.



The double-layer continuous binding adds durability and is a great finish for fantastic edges in a flash.

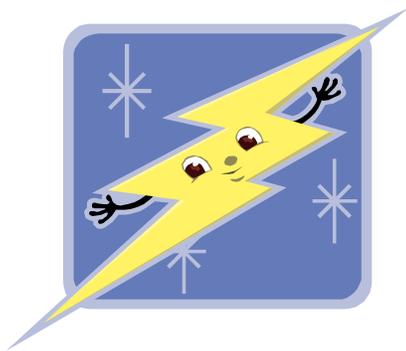


INCREDIBLE EDIBLE SCIENCE

Get youth excited about science by conducting experiments they can eat! Many science experiments involve ingredients that can be eaten before, during, or after they are used for learning. Getting kids involved in hands-on activities they can snack on will spark interest and enhance learning experiences. Foods can be used to demonstrate concepts or to teach new ideas. There are many cool experiments that simply explain the science of food by eating it. Here are some easy experiments that can be done in your own kitchen. Are you ready to play with your food?



Lightning in Your Mouth



Watch a lightning storm take place in your mouth by chewing. Items needed are a mirror or partner, a dark room, and a roll of wintergreen-flavored LifeSavers® (make sure they're not sugarfree). Send youth into the dark room and wait for their eyes to adjust to the dark. Have them bite down on a wintergreen candy while looking in the mirror or at their partner. (Yes, they want to chew with their mouth open!) As the kids chew, they should see the candy sparking and glittering.

Why does this happen? When the candy is broken, the sugars inside are broken apart. They release little electrical charges in the air. These charges attract the oppositely charged nitrogen in the air. When the two meet, they react in a tiny spark that you can see.

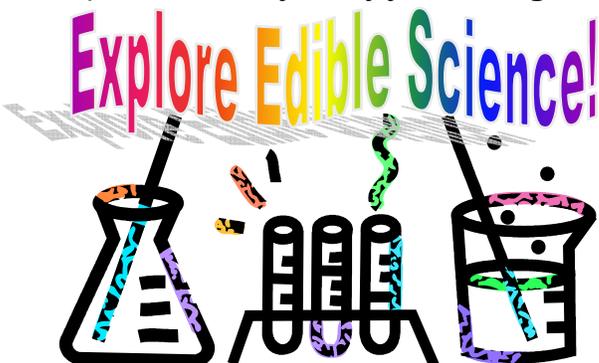
Edible Glaciers

Build a glacier while learning how they are formed, then dig into your creation! You will need a 6 ounce package of blueberry flavored gelatin, one box of Oreo Cookie Crumbs, one carton of Cool Whip, and a 9" x 13" pan.

To build the glacier, make the blueberry flavored gelatin following package directions, pour into the 9" x 13" pan, and put it in refrigerator until solid. Mix ½ of the box of Oreo Cookie Crumbs with the Cool Whip and spread over the set gelatin. A glacier is born!



Glaciers are made up of fallen snow that, over many years, compresses into large, thickened ice masses. The blueberry flavored gelatin represents the icy blue center of the glacier. As snow melts and the wind blows, dirt and debris are mixed in with the snow. The Oreo Cookie and Cool Whip mix represent the dirty snow on top. It takes many, many years for a glacier to form, but only minutes to devour this one!



www.exploratorium.edu

<http://4h.missouri.edu/go/get/projects/ggprojects/WackyScience/WackyWorldofScienceHandout.pdf>

<http://www.madsci.org/experiments/>

LIVESTOCK FEEDING FRENZY FOR 4-HER'S!

As a fun activity for a club meeting, try mixing a feed ration with your members. The following is a simple script you can use for the activity.

"Everyone likes to eat. What are some of your favorite things to eat? You probably don't get to eat only the things you like to eat, do you? Your parents tell you what you can eat and the kitchen staff at school decide what you're going to have every day at school. They make sure you have a "Balanced Diet" and are eating foods from all the food groups."

"Can you name the 5 Food Groups from MyPyramid? Breads, Grains, and Cereals; Fruits; Vegetables; Milk and Milk Products; and Meat, Beans and Nuts."

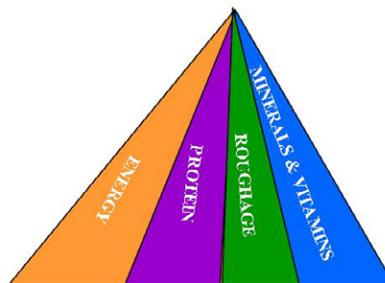


"Animals on the farm need to eat healthy, too. But they don't eat the same things we do. Livestock eat such things as corn, hay, alfalfa, soybeans, grass, milo, etc."

"Do you think animals can eat anything they want to? No, they have to eat a balanced diet too!"

"When a livestock producer prepares feed for livestock he doesn't call it a balanced diet, but a balanced ration. Our animals need food from all the food groups just like we do. Their food groups are *Protein, Energy, Minerals, Vitamins and Roughage*. These food groups can be matched up to our food groups.

Protein = Meats/Protein
Energy = Grains
Roughages = Fruits & Veggies
Minerals and Vitamins = Milk



"A livestock producer will prepare a "balanced ration" for his livestock. Different livestock required different feed rations. A calf requires different things than a pig does and a lamb requires different feeds than a horse does. Also, animals at different stages in their life require different rations."

"Just like you require a different diet than your mother or father, a young animal has different nutritional requirements than their parents. Livestock producers have to know their animals and understand their nutritional needs."

"Are you hungry yet? Let's try mixing a 20% Protein ratio using the following:

Corn/Energy = Candy Corns
Soybeans/Protein = Peanuts
Roughage = Raisin
Minerals & Vitamins = M & M's
 (M stands for Minerals!!)

To make **10 cups** you'll mix

- 2 Cups Peanuts**
- 4 Cups Candy Corn**
- 2 Cups Raisins**
- 2 Cups M&M's**

"Remember, livestock don't get to eat all the feed they want. Think about how much of this ration you should have. A small cup is generally a good snack."



"There is one last thing that everything needs to in order to live - WATER. If animals don't have this they can die within a day. So don't forget to include plenty of fresh water in your diet and your animal's diet."



My Health to Better Living...

The first 4-H emblem was a three leaf clover. The "H's" included Head, Heart, and Hands. Between 1907 and 1908 O.H. Benson suggested there be four "H's". The fourth "H" was hustle, until 1911 when O.B. Martin suggested it be health. In 1924 the 4-H emblem was patented and Congress passed a law protecting it in 1939, this law was slightly revised in 1948.



Health is definitely an important component of 4-H. One of the National 4-H Mandates is Healthy Living and in Nebraska one of the 4-H curriculum areas is Healthy Lifestyles Education. Health, physical fitness, safety, and food and nutrition are included in this curriculum area. A few projects that a 4-Her can enroll in related to this curriculum area are Fast Foods! , YOUth in Motion, Safety and Health.

A new 4-H project addressing health includes Health Rocks 1 and 2. In this project a 4-Her can discover how family, peers, media, and technology influence choices. 4-Hers can learn how to practice good decision-making skills and understand stress and ways to relieve it. Health components are found throughout the 4-H program, whether it be in a traditional 4-H project such as food and nutrition or with a community service project that includes picking up trash along the walking trail or gathering food items for a local food pantry. 4-Hers may also choose to participate in a 4-H camp which would include activities that focus on healthy living.



Sources: <http://4h.unl.edu> and <http://4-h.org> .



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



Jammie Jamboree, April 10

Learn basic sewing skills as part of the 4-H Clothing Level 1 project and make jammie bottoms on Saturday, April 10, 9 a.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. Open to all youth (need not be in 4-H). Adults are welcome. Bring your sewing machine, basic sewing equipment (such as scissors, pins, measuring tape, etc.), pull-on pajama bottom pattern (one simple pattern is Simplicity 3553), prewashed flannel or 100% cotton fabric (no one-way design fabrics or plaids) and matching thread. Also bring a sack lunch. Sign up by April 9 by calling 441-7180. Jammie bottoms may be entered at the county fair and styled in the Style Revue under Clothing Level 1.

Speech & Public Service Announcement Contests

The 2010 4-H Speech Contest will be held Sunday, April 18 at 1:30 p.m. at the Lancaster Extension Education Center, 444 Cherrycreek Road, Lincoln. The Speech Contest provides 4-H'ers the opportunity to learn to express themselves clearly, organize their ideas and have confidence. Register by April 12 by calling 441-7180 or emailing dkarmazin2@unl.edu with name, speech title and age division. In the Public Service Announcement (PSA) Contest, 4-H'ers submit a "radio commercial" recorded on a cassette tape or CD by Monday, April 12. Results and comment sheets will be handed out at the 4-H Speech Contest on Sunday, April 18. Additional Speech and PSA contest information and examples can be found at <http://lancaster.unl.edu/4h/Contest/speech.shtml>.