



Spotlight on 4-H!

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WORK AND FAMILY: TODAY'S JUGGLING ACT

Working families are under stress as they try to balance demands of job, children, and spouse. Strategies must be used to prevent stress overload and burnout.



Working parents usually are overworked and stressed out and trying to juggle too many roles. They often feel guilty about the lack of time with their children. Since no

one can be a perfect parent, here's how parents and children can live with lower expectations.

Don't set your standards too high. Although parent must be vigilant when their children's safety is concerned, their goal should be diligence, not perfection. That should apply to household chores as well. Don't set standards so high that neither you, your spouse, or your children can measure up.

Give yourself a break. As long as you do your best to be a careful and responsible parent, you can relax and enjoy your work, your children, and your spouse. Don't blame yourself every time something goes wrong. You're not an inadequate or bad parent because your child isn't perfect.

Learn from your mistakes. Don't erase mistakes from your memory bank; think about what happened. You and your

children both should learn from errors. By reviewing your blunders, you can learn to recognize your weak spots and try to compensate for them.

Hang on to your sense of humor. Raising children is serious business, but you have to laugh at yourself or you are sunk. Laughter is good medicine, the only all-purpose human antidote. It doesn't cure parental imperfections, but it can help heal wounded pride.

Balancing Work and Family Activity

Equipment: At least one bean bag or Koosh ball per person.

Group size: 3 or more

Space: Enough room for a large circle

Time: 10 minutes

Facilitator starts by calling number "1" and tossing a ball (underhand) to a group member across the circle, who then catches the ball, calls out "2" tossing the ball underhand to a third member across the circle, etc. Increase number of balls as group becomes more comfortable.

Discussion:

1. How does this relate to balance of work and family?
2. How did you feel when your group (family) was successful?
3. What did you do to be more successful juggling with your group (family)?

Now What:

Try to help the group decide what issues are "up in the air" and what can be left "flying":

How can you better appreciate the people who missed a ball or had to run after one?

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Special points of interest:

- Making healthy recipes is good for 4-H Health!?
- Learn about the new Wildlife Habitat Program!!
- Help adults learn about public service, scholarship opportunities, and leadership - all in the name of 4-H and FUN!



RECIPE MAKE-OVER MAGIC



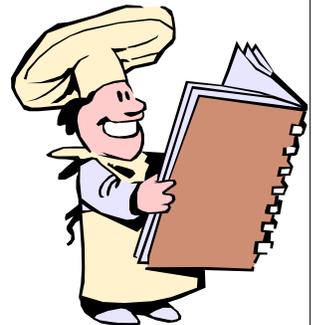
When working with 4-H members, why not teach them a little recipe make-over magic? All kids enjoy magic tricks, but have you ever thought of magic when cooking? By learning some basic “tricks,” your food will be not only

delicious, but healthy! This skill will prove to have lasting health benefits for your 4-H members and their families. Here are some magic tips you can start with:

- 101 Replace regular pasta with whole grain or wheat pasta for lasagna, spaghetti, and all pasta dishes.
- 101 Use low-fat versions of sour cream, cream cheese, and cheeses to lighten up the recipe.
- 101 When a recipe calls for canned soup, look for the healthier versions which are lower in sodium and fat.
- 101 Help 4-H members grow fresh herbs in their home to add flavor to their food.
- 101 Replace fat with oil - You can replace up to 50% of the butter in a recipe by substituting heart-healthy oil such as canola or olive oil. Be aware that this may change your baked product to be crisper and may have tendencies to dry out sooner. To help keep your product fresh, store in an air-tight container.



- 101 Stir in whole wheat flour instead of white flour. You may want to start out by using half white flour and half whole wheat flour in your recipes to give it a try.
- 101 Use a variety of vegetables in your cooking. Add vegetables to things you make for an amazing increase in vitamins and minerals. Boost your pasta sauce with vegetables, add some ground carrots to your meatloaf, blend vegetables for a surprise nutrient in your soup!
- 101 When using fruits and vegetables, remember fresh or frozen are best. Processed foods tend to be higher in sodium and added sugar. When using canned fruit, look for “lite,” or “in it’s own juice” for lighter options.
- 101 When creating desserts, think of ways fruit can be incorporated. The natural sweetness of fruit serves as a pleasing finish to your meal.



These tips will empower your 4-H members to eat well, and live well! Challenge them to look for more ways they can reduce the amount of fat, sugar and sodium in foods, while increasing fiber and nutritional value.

With a balance of healthy food choices and exercise, 4-H members will “magically” have improved health. Creating nutritious meals is a life-long skill from which all members can benefit. Good luck on making good health appear right before your eyes!



GO GREEN: REDUCE, REUSE, RECYCLE, RETHINK



Energy and natural resources are used to harvest the raw materials, transport, and manufacture products we buy. Consumer demand has increased the use of raw materials and the energy needed to create and use the product. When products are used again or in a different way, they are used more efficiently. More energy and raw materials are not needed to create a new product.

Recycling is one way to save natural resources. However, recycling is not available in every community due to lack of market demand and/or supply. Other options are to reduce what we purchase, buy only what is needed, and buy products that will last a long time. We also can use products again for the same or another purpose and rethink our needs and wants. Maintaining and repairing items helps them last longer.

Trash To Treasures!

Think about an item you need. Could you find a used one to save energy? Go to garage sales; visit a used furniture store, thrift shop, or secondhand store; or attend an estate sale. Look for items you could redo, recover, paint, or fix to meet your needs. Compare the prices of the items found at these locations with a new one.

Scan the junkyard and garage sales repurposing and remodeling castoffs. One theme might be 'what you can do with a single dresser drawer'. Another might be "Barbie's Beach" retooling a suitcase, lounge chairs, surf boards and leis.

Repaint old bookcases and chairs. Hold a stars and stripes session that focuses only on repainting in red, white & blue.

Recycle old magazines in a decoupage workshop covering paper mache boxes, or old frames or use old t-shirts using tie & dye & recycled pots for hairy heads using red winter wheat.

Create sculpture or jewelry from recycled computer components. Participants can create sculptures of a dancer, a castle complete with drawbridge and a magnificent necklace.

Make latch hook rugs from leftover fleece scraps or use felted wool sweaters to make pillows.

Don't Toss Out a Treasure!!!

Websites to check out:

Nickelodeon The Big Green Help: <http://www.biggreenhelp.com>

EPA: www.epa.gov

Nebraska DEQ Keep Nebraska Beautiful: www.knb.org

U.S. Green Building Council: www.usgbc.org

Architecture 2030: www.architecture2030.org

U.S. Green Building Home Guide: www.greenhomeguide.org

www.greenhomeguide.com

Green Guide: www.thegreenguide.com

TreeHugger: www.treehugger.com

American Society of Interior Designers: <http://www.asid.org>

WILD ABOUT WILDLIFE?



Wildlife Habitat Evaluation Program



Are the members in your club excited about being outdoors, learning about animals, photographing wildlife or even hunting? The wildlife habitat contest is a great avenue to help members learn more about animals and their habitat so that they can be better stewards of the land and animal habitats. The contest also provides great learning experiences that you can replicate at club meetings throughout the year. WHEP teaches essential life skills such as oral and written communication, critical thinking, teamwork, and decision-making. To guide your efforts check out the new Wildlife Habitat Evaluation Program guide that was revised and posted January 1 at: <http://www.whep.org>.

The Wildlife Habitat Evaluation Program (WHEP) is a fun and challenging outdoor adventure where youngsters, age 8-18, learn about wildlife, conservation, and management. The junior (age 12-13) and senior (age 14-18) division youth then compete at a state contest in teams (individual participation possible). The novice group (ages 8-11) does not compete at the state contest, but learns about wildlife through fun educational activities and games. Nebraska's State Contest will be held April 23-25 at Fort Robinson State Park near Crawford. Contest sponsors provide T-shirts and awards, including a trip for the top senior team to the National Wildlife Habitat Evaluation Invitational which will be held July 25-29, 2010 in Los Alamos, NM. Members will develop a greater understanding of the value of land and how it can be managed to benefit many wildlife and fish species. The following are the components of the curriculum and contest. You can work on a different aspect of the contest at each club meeting.

Wildlife Foods Identification: Participants are shown actual wildlife foods which represent categories of foods (such as fruits, insects, flower nectar, seeds, eggs, mammals, reptiles, birds, etc.). Participants must decide which species on their list eat those particular food categories.

Aerial Photograph Evaluation: Participants judge the suitability, or quality, of habitat for specific wildlife species by examining aerial photos of habitat. They rank each habitat from "most suitable" to "least suitable." Then, participants explain their reasoning orally before a judge.

Wildlife Management Practices: Participants must decide which management practices are appropriate to enhance a plot of land for specific wildlife species. They are given a written description of the land in its current state and told the specific animals for which the landowner wants to enhance the land. Participants then recommend actions that benefit the wildlife species the landowner wants to attract to his or her land.

Urban Management Plan: In teams, participants write a wildlife management plan for an urban area, such as a neighborhood park or schoolyard. They also draw maps to illustrate the implementation of the management practices they recommend. This activity encourages leadership skills, team cooperation, writing skills and creativity.

Wild Web Resources!

- Nebraska 4-H WHEP web site: <http://4h.unl.edu/whep/>
- National 4-H WHEP web site: <http://www.whep.org>
- Field guides about mammals, birds, reptiles, amphibians, fish, etc.
- Local professionals in wildlife management and wildlife biology

ENCOURAGING OTHERS TO VOLUNTEER IN 4-H!

4-H is a community of young people learning leadership, citizenship, subject matter and life skills in partnership with caring adults. As a 4-H leader, you are in the center of this effort. Big responsibility, huh?! Who will organize the club, direct project selection, plan the program and activities, encourage presentations and communication activities, direct community service projects, and assist with record books?

There are ways to make the task manageable. Everyone in your community is a potential partner with your 4-H club. Consider a 4-H volunteer leader team for the 4-H club. The members will have more specialized support. Families will be more involved. Leaders will have more time and energy, a greater pool of ideas and resources, and less stress.

Some 4-H volunteer options include: organizational, project, business meeting, age group, and education leader; activity or communication coordinator, and career portfolio organizer.

Recruit local professionals of any age to be a project leader in their area of expertise. Invite parents of former 4-H'ers to assist.

Grandparents love to be involved with their grandchildren and have lots of experience and knowledge to share. Encourage older youth to serve in any of the leadership



roles. Recent 4-H alumni and young couples are excellent resources.

Once you have identified a team to

work with the 4-H'ers, you will need to orient them. Ask for help from your extension office. As is true with any group, teamwork is the key to success. The success of your team depends on how well each volunteer performs his/her task while working with other team members toward the overall team objective.

There are many points to keep in mind when recruiting and leading a team of volunteers. 4-H is a family affair, offering many opportunities where all family members can participate. When parental and community support is positive, the club is likely to become stronger, larger, and more active. In clubs with shared leadership, individual members receive more personal attention and guidance.

Be sure to involve members, parents and volunteers in setting goals and planning your club's programs each year. Become familiar with the interests and special talents of your members' parents and interested community members. Ask for advice in areas where they can contribute. Be specific with requests. Use parent interest surveys. When parents volunteer to help, make sure they are involved in something worthwhile. Help volunteers understand 4-H's purpose. Invite parents and potential volunteers to club meetings. Celebrate everyone's involvement.

Follow these tips and you will share the leadership responsibilities and enhance the 4-H experience for the 4-H'ers.





February and Valentine's Day brings to mind love and **hearts**. Because of this the 4-H topic of **Heart** is very appropriate. **Heart** was part of the very first emblem design which was a three-leaf clover, introduced by O.H. Benson, in the early 1900's. The three "H's" signified Head, **Heart** and Hands. Through 4-H the **heart** was trained to be true, kind and sympathetic. In the modern day 4-H pledge 4-H members pledge their **hearts** to greater loyalty.



No matter which definition you use, the **heart** is the center of our lives and the 4-H program. 4-H members learn to use their **hearts** to care about other club members. They make new friends through their 4-H activities whether it's a club meeting, 4-H camp or the fair.

4-H volunteers demonstrate caring **hearts** to their 4-H members. They become a non-parental caring adult their 4-H members can learn from and trust. 4-H volunteers are truly the **heart** of the 4-H program. Without the true **heart** of the 4-H volunteer sharing their passion for learning and their willingness to share this information, 4-H would just be a classroom without a teacher.

The final and perhaps best way 4-H members develop their **hearts** is by helping others. Providing opportunities for service learning helps 4-H members see what they can do for their community and opens their **hearts** to the needs around them. H is for **Heart** as you help 4-H members strengthen their **hearts** through caring, friendship, leadership and community service.



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



CALENDAR OF EVENTS



Pillow Party, Feb. 20

All youth ages 8 and up (need not be enrolled in 4-H) are invited to learn beginning sewing skills and make a pillow at the Pillow Party on Saturday, Feb. 20, 9 a.m. at the Lancaster Extension Education Center, 444 Cherry-creek Road, Lincoln. Bring your sewing machine, basic sewing equipment such as scissors, pins, measuring tape, etc. Also bring 1/3 yard and 2/3 yard contrasting fabrics, pre-washed, 100% cotton (no plaids) and matching thread. Pillow forms provided. No cost to attend. Adults are welcome. Sign up by Feb. 18 by calling 441-7180. 4-H'ers may enter pillows at the county fair under 4-H Clothing – Sewing for Fun.

Now is a Good Time to Choose 4-H Diamond Clover Goals

The Nebraska 4-H Diamond Clover Program is a statewide program which encourages 4-H members to engage in a variety of projects and activities. Every 4-H'er who participates can earn recognition! Youth can progress from Level 1 up to Level 6. At the beginning of the 4-H year, youth choose goals from a provided list and at the end of the 4-H year, fill out a report which documents their accomplishments. For each level, the Nebraska 4-H Diamond Clover program provides a list of age-appropriate activities, increasing in numbers and difficulty for each level. For more information, call Tracy or Deanna at 441-7180 or go to <http://4h.unl.edu/kids/diamond>