



# Antelope County 4-H Newsletter

## DECEMBER 2020

Dear 4-H Families,

As we reflect back on this year, we want to thank you for taking part in 4-H this past year with all the uncertainties we had. It was a different 4-H year than what we were used to but one thing stayed the same and that was all the learning and leadership that took place through 4-H projects and programs! We loved seeing your smiling faces in action during this trying time!

Christmas Break is right around the corner believe it or not and this would be a great time to start planning out your 4-H projects for next year. Woodworking, welding, rockets, and sewing are all great projects that can be started during the cold winter months. These are also project areas that we have low participation in and would love to see more interest in these project areas.

Don't forgot to vote for the 2021 Antelope County 4-H Council. Ballot at the end of this newsletter. Voting ends December 15<sup>th</sup>.

Wishing you and your family peace, health, and happiness in the upcoming year.  
Merry Christmas 4-H Families!

Tessa      Brittany      Lisa



We added to the newsletter all the 4-H Projects that are available for 2021. If you would like to get started on your fair projects during the Christmas break.

The Extension Office will be closed at Noon Thursday December 24th and Christmas Day the 25th.  
Happy holidays from the Extension office!



### **Antelope County Extension Staff**

Tessa Hain - [tharms2@unl.edu](mailto:tharms2@unl.edu) – 4-H Youth Development Coordinator  
Brittany Spieker - [brittany.spieker@unl.edu](mailto:brittany.spieker@unl.edu) – Food, Nutrition & Health Educator  
Lisa Welding – [lisa.welding@unl.edu](mailto:lisa.welding@unl.edu) – Office Manager  
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Webpage: [antelope.unl.edu](http://antelope.unl.edu)



## 2021 4-H Council Election



4-H parents, 4-H members of all ages, and 4-H guardians of members can vote. If more than one person in your household is voting please just make a copy of this form. You can also vote by scanning the QRL code at the bottom. Please just vote once per person. Vote by Dec. 15, you can return your paper ballot by mailing it into the office, or email us a copy of it. Thank you!

### Adult Members: (Vote for 3) – Adults serve a 3 year term

Laura Dewey

Amber Wilcox

Amy Selting

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### Youth Members (Vote for 9) – Youth serve a 1 year term

Callie Heithoff

Trevin Hanson

Kody Qualset

Charley Mlnarik

Ally Selting

Collin Mullins

Alyssa Burenheide

Merinee Vaughn

Lynae Koinzan

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Initials of person voting: \_\_\_\_\_



## Equine Webinar Series



The Nebraska 4-H Equine Webinar Series is a great way for 4-H leaders, parents, and senior aged youth to gain knowledge in various equine-related topic areas. Each session, a new topic will be covered with various experts joining to share their experience and expertise. The webinars are hosted online using Zoom, a video conferencing service. To join an upcoming Webinar, please register in advance <https://4h.unl.edu/horse/webinar-series>

After registering, you will receive links and details for joining the live webinar. Not able to make it to the live webinar? All of the Equine Webinars are recorded and made available below for on-demand viewing. Additional materials that are shared or discussed during webinars are also available. Participants are also encouraged to complete the survey to help in planning and improving future Webinars.

2021 Antelope  
County Fair  
August 3 – August 8



### Save the Dates

2021 Districts Horse Show June 14-18  
2021 State Horse Show July 10-14  
Deadline for ALL Level testing May 7th, 2021

### Bucket Calf Second Year Record Book

This Record Book was Revised in 2020, Please make sure you are using the correct one. The right bottom front page will say (Revised 2020). Record Book can be found on our webpage under Antelope County 4-H (4-H Member Resources) scroll toward the bottom under Bucket Calf Record Books.



### B.B. Gun

Facebook page is: "Antelope County Shooting Sports"  
For more information contact the Leaders: Shannon Schumacher 402-750-9012 or Tom Dittrich 402-992-8096

2021 Antelope County 4-H Shoot  
Sunday, July 25th

### Archery

Their facebook page is, "Antelope Archery 4H Shooting Sports Club"  
For more information contact the Leaders: Lisa & Rod Christiansen 402-887-7773 or Mark Eggers 402-750-0005



### Scholarships

The Nebraska 4-H Foundation offers 4-H members the opportunity to apply for scholarships. Check out this website to see what is available.

<https://www.ne4hfoundation.org/scholarships/>

### Virtual & At-Home Learning

Nebraska 4-H offers a variety of live virtually-guided opportunities, on-demand and self-paced experiences, and activity guides. These resources are perfect for school classrooms, afterschool programs, clubs, home school co-ops, and families looking for supplemental learning experiences.

Living Room Learning offers free and live hands-on virtually guided activities for youth. Each session focuses on a new activity that can be done with materials found at home. Youth do not need to be 4-H members to participate.

<https://4h.unl.edu/virtual-home-learning>



## Companion Cat Science

Ever wonder how cats became domesticated? Interested in learning more about caring for a feline friend? How about showing a cat in 4-H or exploring careers related to cats? We've got answers to all these questions and more in our NEW Companion Cat Science online course! The course is free and open to all youth, parents, and leaders interested in advancing their knowledge of cats and the 4-H cat project. Youth do not need to be enrolled 4-H members to participate. Learn more at [4h.unl.edu/companion-cat-science](https://4h.unl.edu/companion-cat-science).



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## Companion Animal Webinar Series

Companion animals are diverse groups of animals that include dogs, cats, rabbits, guinea pigs, hamsters, companion birds, reptiles, amphibians, fish, and many more! There are currently more than 1.1 billion companion animals worldwide. In fact, there are more companion animals than people in the United States.



The Nebraska 4-H Companion Animal Webinar Series is a great way for 4-H leaders, parents, and youth to gain knowledge in various companion animal-related topic areas. Each session, a new topic will be covered with various experts joining to share their experience and expertise.

Companion Animal Webinars will be hosted live on the 1st Thursday of each month at 6:00 PM CT. The webinars are hosted online using Zoom, a video conferencing service. Please register in advance to receive a link and details for joining the live webinar. Not able to make it to the live webinar? All of the sessions are recorded and made available below for on-demand viewing. Additional materials that are shared or discussed during webinars are also available. Participants are also encouraged to complete the survey to help in planning and improving future webinars.

<https://4h.unl.edu/companion-animal-webinar-series>

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## 4-H COMPANION ANIMAL OPPORTUNITIES

<https://4h.unl.edu/companion-animal>

The Nebraska 4-H companion animal programs offer opportunities for youth to develop life skills and obtain knowledge of companion animals. The focus of the Nebraska 4-H companion animal programs is the total development of the young person. The companion animals contests, shows, and related activities are utilized as a vehicle for human growth and development. Check out the companion animal website for different opportunity to learn about your dog, cat, and rabbit.



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## 2021 Nebraska 4-H Special Gardening Project

This year project is the tasty Hakurei Turnip! These are not your grandmother's turnips. Hakurei is a white salad turnip that is smooth, round, and at its best when harvested under 2 inches. The roots can be eaten raw or cooked and the tops can also be cooked.

The special gardening project offers 4-H members an opportunity to grow fun and unusual projects in their gardens. Each year, a new plant is selected as the focus for all members enrolled in the project. Youth receive seeds that they plant and cultivate using project resources provided throughout the experience. 4-H'ers then have the opportunity to exhibit harvested vegetables or cut flowers or present their experience through a poster or report. Youth must enroll in the special gardening project through 4-H Online. Coming Newsletters will have when the seeds will be available.

Learn more at [4h.unl.edu/special-gardening-project](https://4h.unl.edu/special-gardening-project).

Deadline  
Extended

## 2021 Nebraska 4-H Feeder Steer Challenge

The application deadline for the 2021 Nebraska 4-H Fed Steer Challenge is December 31, 2020.

The Nebraska 4-H Fed Steer Challenge is an opportunity for youth interested in learning more about the cattle industry and is designed to cultivate the next generation of leaders in the Nebraska cattle industry. The goal of the Fed Steer Challenge is to enhance the educational value of the traditional 4-H beef projects by providing an affordable option that rewards production merit and carcass value of the market animal, along with accurate and complete record-keeping, industry knowledge, and producer engagement by the 4-H member.

Applicants must be enrolled 4-H members and at least 14 years of age as of December 31st of the current year.

4-H Members Will: \*Select and raise a commercial steer to a finished market weight \*Utilize management and nutritional protocols similar to a commercial feedlot \*Maintain detailed records related to management and feeding \*Participate in monthly educational opportunities with animal science faculty, industry leaders, and Extension educators \* Exhibit steer in the 4-H Fed Steer Challenge class at the Nebraska State Fair \*Sell cattle on a Quality and Yield Based Carcass Grid \*Following the live exhibition, steers will be transported to a commercial packer, harvested and evaluated \*Develop and present a Project Showcase highlighting their project and knowledge gained to industry representatives \*Learn from and engage in interviews with representatives from the cattle industry. More Information at: [4h.unl.edu/fed-steer-challenge](https://4h.unl.edu/fed-steer-challenge)

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## Youth Masters of Beef Advocacy Learning Cohort

Applications due December 14<sup>th</sup>

To register, go to the following link: [https://ssp.qualtrics.com/jfe/form/SV\\_1S70H6JR0ZGAz8p](https://ssp.qualtrics.com/jfe/form/SV_1S70H6JR0ZGAz8p) or [MBA Cohort Registration](#).

Once registered, you will get information about logging into both Zoom sessions and the MBA site. For questions, contact Brianna Buseman, Youth Meat Extension Educator, at [brianna.buseman@unl.edu](mailto:brianna.buseman@unl.edu)

Youth who join this statewide learning cohort will gain tools and resources for being a beef advocate, work as a group to become a strong ambassador for the beef community and be able to answer tough questions about beef and raising cattle. The group will meet initially on December 16<sup>th</sup> to introduce the program, get to know their cohort and learn more about the beef industry as a whole. During the cohort timeframe, youth will complete the Masters of Beef Advocacy program online through National Cattlemen's Beef Association. In addition to completing the online program, youth will have the opportunity to continue discussion with their cohort through a series of discussion boards, additional learning resources and activities to help put what they learn into action. Youth will then log-in on January 6<sup>th</sup> for a celebration webinar to mark their completion of the program, learn more about beef in Nebraska and discuss careers in the beef industry.

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NEW Project

## 2021 Special Agronomy Project

The Nebraska Extension Special Agronomy Project gives 4-H members an opportunity to experience a crop that is grown, was grown or has the potential to be grown in Nebraska. Youth participate by receiving seed and resources to grow the crop, research traits of the crop and determine the viability of that crop in the part of the state they live. The project allows 4-H members interested in agronomy to grow something fun, new, and different.

To kick-off the inaugural year of the special agronomy project, youth will explore teosinte. The plant looks and is very similar to corn, in fact it is believed to be the wild ancestor of today's corn!

The focus of the 2021 Special Agronomy Project is the Teosinte plant. Teosinte is the ancestor to today's corn, including dent, sweet, and popcorn. Native to Mexico and the surrounding area, this plant was adapted and changed by humans over time. There are both similarities and differences between them. Both plants have a tassel at the top. However, instead of a single stalk with a large ear, teosinte has multiple branches that produce many small spikes of trapezoidal seeds if the growing season is long enough.

**If you would like to enroll in this Special Agronomy Project please call the Extension Office 402-887-5414 by January 11th** and let us know. We will need to order the seed and get you enrolled in this project. There is no fee for this project.

For more information go to <https://cropwatch.unl.edu/special-agronomy-project>

## Helping Nebraskans COPE DURING A PANDEMIC

Are you feeling stressed, anxious, angry or overwhelmed? You are not alone.

The 2019 disaster events worsened challenges for rural Nebraskans already experiencing stress from a downturn in the agricultural economy. For many, the COVID-19 pandemic is creating additional challenges that affect our mental health and quality of life. It is important to stay connected during tough times. Sometimes reaching out is what makes us Nebraska Strong. The Wellness in Tough Times grant project focuses on providing stress-reducing resources and support to rural Nebraskans. The project is supported by Nebraska Extension, Midwest Early Recovery Fund and Peter Kiewit Foundation. For More information go to: <https://ruralwellness.unl.edu/>



Let's talk

TO JOIN, CALL  
346-248-7799

Follow the prompts,  
enter Meeting ID  
979 232 622 59#

### Wellness in Tough Times CHAT CAFÉ

**N**  
EXTENSION

Join us in an anonymous phone conversation that offers a safe time to share what's on your mind and connect with other Nebraskans who are facing similar challenges.

Therapists from the University of Nebraska-Lincoln's Department of Child, Youth and Family Studies will be on the line to help callers work through issues and gain life-improvement skills.

You may ask questions or just listen.  
*Everyone is welcome!*

**The Scope of  
Grandparenting Today**  
**December 10, 12-1 pm CST**  
[go.unl.edu/ruralwellness](https://go.unl.edu/ruralwellness)

## Staying Connected During Tough Times

RESOURCES FOR NEBRASKA FARMERS, RANCHERS, AND THEIR FAMILIES

We hope you reach out if you are feeling stressed.

- **Rural Response Hotline:** The hotline offers access to many attorneys, financial advisors, professional counselors, mediators, clergy, and others. There are 167 behavioral health professionals working with the Rural Response Hotline. Ask about no-cost vouchers for counseling services. **M-F 8:00 AM - 5:00 PM**  
**800-464-0258**
- **National Suicide Prevention Lifeline:** A national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week. **800-273-8255**  
**Crisis Text Line:** Free, 24/7 support for those in crisis, connecting people in crisis to trained Crisis Counselors. **Text GO to 741741**
- **Veterans Crisis Line:** Connect with this resource to reach caring, qualified responders within the Department of Veterans Affairs. Many of them are Veterans themselves. **800-273-8255, Press 1 or Text to 838255**
- **Negotiations Program:** Mediation services for agricultural borrowers, creditors, and USDA program participants. Free one-on-one education on agricultural financial and legal matters. **402-471-4876**
- **The Boys Town National Hotline:** Not just for boys. For all teens and their parents, this hotline is available 24 hours a day, 365 days a year, with specially trained counselors. A TDD line is available (1-800-448-1833), allowing counselors to communicate with speech-impaired and deaf callers. **800-448-3000**
- **SAMHSA National Helpline:** Free, confidential, 24/7, 365-day-a-year treatment referral in English and Spanish for individuals and families experiencing issues with alcohol, prescription drug, or other substance abuse. **800-662-HELP (4357)**
- **Nebraska LOSS (Local Outreach to Suicide Survivors) Teams:** Trained professionals acting as volunteers, bringing immediate support to those who have lost a loved one to a completed suicide. Visit [NElossteam.nebraska.edu](https://NElossteam.nebraska.edu) for a map with phone numbers of LOSS teams across the state.

**YOU ARE NOT ALONE. We care about you!**



# 2021 4-H PROJECTS

Visit [4hcurriculum.unl.edu](http://4hcurriculum.unl.edu) for more information about these projects and their resources. Some counties may offer additional county-level projects. Each county also implements their own enrollment deadlines and may have enrollment fees. Contact your local Extension office for more information.

## Animal Science

### Beef

- Bucket Calf <sup>D</sup>
- Breeding Beef <sup>D</sup>
- Feeder Calf <sup>D</sup>
- Market Beef <sup>D</sup>

### Companion Animal

- Cat <sup>D</sup>
- Dog <sup>D</sup>
- Other Pet or Small Animal <sup>D</sup>

### Dairy Cattle

- Dairy Cattle <sup>D</sup>

### Goat

- Breeding Meat Goat <sup>D</sup>
- Dairy Goat <sup>D</sup>
- Meat Goat <sup>D</sup>
- Pygmy Goat <sup>D</sup>

### Horse

- Horse <sup>D</sup>

### Poultry

- Poultry <sup>D</sup>

### Rabbit

- Rabbit <sup>D</sup>

### Sheep

- Breeding Sheep <sup>D</sup>
- Market Sheep <sup>D</sup>

### Swine

- Breeding Swine <sup>D</sup>
- Market Swine <sup>D</sup>

### Veterinary Science

- The Normal Animal <sup>A</sup>
- Veterinary Science <sup>A/B</sup>
- Animal Disease <sup>B/C</sup>
- Animal Health & its Relationship to Our World <sup>C</sup>

## Communications & Expressive Arts

### Communications

- Module 1 <sup>A</sup>
- Module 2 <sup>B</sup>
- Module 3 <sup>C</sup>

### Digital Video

- Digital Video Pro <sup>D</sup>

### Photography

- Photography Basics <sup>A</sup>
- Next Level Photography <sup>B</sup>
- Mastering Photography <sup>C</sup>

### Presentations

- Posters <sup>D</sup>
- Presentations <sup>D</sup>

### Theatre

- Theatre Arts 1 <sup>A</sup>
- Theatre Arts 2 <sup>B</sup>
- Theatre Arts 3 <sup>C</sup>

## Consumer & Family Science

### Clothing

- STEAM Clothing: Beyond the Needle <sup>D</sup>
- STEAM Clothing 1: Fundamentals <sup>A</sup>
- STEAM Clothing 2: Simply Sewing <sup>A/B</sup>
- STEAM Clothing 3: A Stitch Further <sup>B/C</sup>

### Consumer Management

- Shopping in Style <sup>D</sup>
- My Financial Future <sup>A/B</sup>
- My Financial Future <sup>B/C</sup>

### Crocheting

- Crochet <sup>D</sup>

### Heritage

- Heritage <sup>D</sup>

### Home Environment

- Design My Place <sup>A/B</sup>
- Design Decisions <sup>B/C</sup>
- Portfolio Pathways <sup>B/C</sup>
- Preserving Heirlooms <sup>B/C</sup>
- Sketchbook Crossroads <sup>B/C</sup>

### Human Development

- I Have What It Takes to be Your Babysitter <sup>D</sup>
- Kids on the Grow 1 <sup>A</sup>
- Kids on the Grow 2 <sup>B</sup>
- Kids on the Grow 3 <sup>C</sup>

### Knitting

- Knitting <sup>D</sup>

### Quilting

- Quilt Quest <sup>B/C</sup>

## Environmental Education & Earth Science

### Conservation

- Outdoor Skills <sup>D</sup>
- 4-H Geology <sup>D</sup>
- Environment 1 <sup>A</sup>
- Environment 2 <sup>B</sup>
- Environment 3 <sup>C</sup>
- Outdoor 1: Hiking Trails <sup>A</sup>
- Outdoor 2: Camping Adventures <sup>B</sup>
- Outdoor 3: Backpacking Expeditions <sup>C</sup>

### Entomology

- Insectigator <sup>D</sup>
- Entomology 1 <sup>A</sup>
- Entomology 2 <sup>A</sup>
- Entomology 3 <sup>A</sup>

### Forestry

- Tree Identification <sup>D</sup>

## EE&ES (cont)

### Shooting Sports

- 22 Rifle <sup>D</sup>
- Air Pistol <sup>D</sup>
- Air Rifle <sup>D</sup>
- Archery <sup>D</sup>
- BB Gun <sup>D</sup>
- Hunting Skills <sup>D</sup>
- Muzzleloader <sup>D</sup>
- Shotgun <sup>D</sup>
- Smallbore Pistol <sup>D</sup>

### Wildlife

- Amphibians <sup>D</sup>
- Bird Behavior <sup>D</sup>
- Taxidermy <sup>D</sup>
- Wildlife Habitat Evaluation <sup>D</sup>
- Fishing for Adventure 1 <sup>A</sup>
- Fishing for Adventure 2 <sup>B</sup>
- Fishing for Adventure 3 <sup>C</sup>
- Wildlife Conservation 1 <sup>A</sup>
- Wildlife Conservation 2 <sup>B</sup>
- Wildlife Conservation 3 <sup>C</sup>

## Healthy Lifestyles

### Cycling

- Bicycle Adventures 1 <sup>A</sup>
- Bicycle Adventures 2 <sup>B</sup>
- Bicycle Adventures 3 <sup>C</sup>

### Food & Nutrition

- Cooking 101 <sup>A</sup>
- Cooking 201 <sup>B</sup>
- Cooking 301 <sup>B</sup>
- Cooking 401 <sup>C</sup>

### Food Preservation

- Unit 1 Freezing Project Manual <sup>D</sup>
- Unit 2 Drying Project Manual <sup>D</sup>
- Unit 3 Boiling Water Canning Project Manual <sup>D</sup>
- Unit 4 Pressure Canning Project Manual <sup>D</sup>

### Physical Education

- YOUth in Motion <sup>D</sup>

### Safety

- Fire Safety <sup>A</sup>
- Safety <sup>A/B</sup>
- All-Terrain Vehicles (ATV) <sup>B/C</sup>
- Tractor Safety <sup>B/C</sup>

## Leadership, Citizenship & Personal Development

### Citizenship

- Citizenship: Public Adventures <sup>D</sup>
- Seeing i2i <sup>D</sup>

### Entrepreneurship

- Discover the E-Scene <sup>B/C</sup>
- The Case of ME <sup>B/C</sup>
- Your Business Inspection <sup>B/C</sup>
- Blueprint <sup>C</sup>

### Leadership

- Serving as Junior Leader <sup>D</sup>
- Step Up to Leadership 1 <sup>A</sup>
- Step Up to Leadership 2 <sup>B/C</sup>
- Step Up to Leadership 3 <sup>C</sup>

## Plant Science

### Agronomy

- Field Crops 1 <sup>A</sup>
- Field Crops 2 <sup>B</sup>
- Field Crops 3 <sup>C</sup>

### Horticulture

- Annual Flowers <sup>D</sup>
- Everyone a Gardener <sup>D</sup>
- Houseplants <sup>D</sup>
- Special Gardening Project <sup>D</sup>
- The World of Flowers <sup>D</sup>
- Gardening A <sup>A</sup>
- Gardening B <sup>B</sup>
- Gardening C <sup>B</sup>
- Gardening D <sup>C</sup>

### Range

- Weed Science <sup>D</sup>
- Reading the Range <sup>B</sup>
- Using Nebraska Range <sup>C</sup>

## Science, Engineering & Technology

### Aerospace

- Aerospace 2 <sup>A</sup>
- Aerospace 3 <sup>B</sup>
- Aerospace 4 <sup>C</sup>

### Computers

- Computer Mysteries 1 <sup>A</sup>
- Computer Mysteries 2 <sup>B</sup>
- Computer Mysteries 3 <sup>C</sup>

### Electricity

- Electric Excitement 1 <sup>A</sup>
- Electric Excitement 2 <sup>A/B</sup>
- Electric Excitement 3 <sup>B</sup>
- Electric Excitement 4 <sup>C</sup>

### Gear-Tech-21

- Gear-Tech-21 Year 1 <sup>B</sup>
- Gear-Tech-21 Year 2 <sup>B</sup>

### Geospatial

- Geospatial <sup>D</sup>

### Physics

- 4-Wheelin' Physics Fun <sup>A</sup>
- The Power of Wind <sup>B</sup>

### Robotics

- Junk Drawer Robotics 1 <sup>D</sup>
- Junk Drawer Robotics 2 <sup>D</sup>
- Junk Drawer Robotics 3 <sup>D</sup>
- Robotics Platforms <sup>D</sup>

### Welding

- Arc Welding <sup>B/C</sup>

### Woodworking

- Woodworking Wonders 1 <sup>A</sup>
- Woodworking Wonders 2 <sup>A</sup>
- Woodworking Wonders 3 <sup>B</sup>
- Woodworking Wonders 4 <sup>C</sup>

<sup>A</sup> = Beginner; <sup>B</sup> = Intermediate; <sup>C</sup> = Advanced; <sup>D</sup> = All Levels