

Antelope County 4-H Newsletter

NOVEMBER 2020

We need you



4-H Council Elections

Still seeking youth to be on the 4-H Council, please let Tess know ASAP!

Have you ever wanted to be part of the decision making process in our county 4-H programing.

If so sign up to be on the ballot of the 4-H Council.

The Council consists of 9 youth and 9 adults. We meet about 6 times a year at the courthouse. They plan the Achievement Party, determine the direction of the fair programs and help to improve the county fair. The purpose of the council shall be to fulfill the mission of the 4-H and youth development in education programs.

The people that make up the Council are the voice of the 4-H program for Antelope County. Youth members serve a 1 year term and adult members serve a 3 year term.

We are needing 9 youth and 3 adults at this time. If you are interested, please call the Extension Office so we can get your name on the ballot.

Voting will take place in November/December by electronic and paper ballot. Tessa is working out the details. We will let you know soon.



Annual 4-H Achievement Celebration has been postponed until Spring.

We will still be voting this year on the 4-H Council, so watch for that information.

Outstanding 4-H Boy, Girl, and Club Awards

Enclosed in this letter you will find an application for the 2020 Antelope County Outstanding 4-H Boy, Girl, and Club. If you are a parent/leader/etc., who knows of someone you think would be deserving of this honor please fill out the form and return it to the Extension Office by Monday November 30th. These youth must be 16 or older as of January 1st, 2020. All Clubs are eligible for the outstanding club award. The selected youth and club will be recognized at the Achievement Celebration. If you wish to make a nomination please fill out the application(s) and send to the Extension Office.

Antelope County Extension Staff

Tessa Hain - tharms2@unl.edu – 4-H Youth Development Coordinator

Brittany Spieker - brittany.spieker@unl.edu – Food, Nutrition & Health Educator

Lisa Welding – lisa.welding@unl.edu – Office Manager

Phone Number: 402-887-5414

Webpage: antelope.unl.edu





Congratulations!

2020 4-H MEMBERSHIP

1st Year Members

Clover Kids

Lewis Ahlers	Taylon Bertschinger
Paislee Braband	Ryan Krueger
Jackson Evans	Hunter Maly
Weston Ferguson	Eddan Sauser
Jaden Greenhalgh	Charlie Tegeler
Elise Henery	Treyvonn Voborny Williams
Archie Johnsen	Donmetrious Dredge
Christopher Krueger	Danica Jensen
Dacia Mitchell	Isabella Barone
Haylee Mooney	Hailey Johnson
Beau Mozer	Riley Saul
Charles Paulsen	Mia Eickhoff
Kyah Reinke	
Sawyer Sauser	
Emmitt Shenshew	
Leo Spieker	
Sage Stoltz	
Amelia Thiele	
Wilyam Chipps	
Hannah Hemenway	
Trigg Kester	
Diedrick Klein	
Ruxin Seifert	
Harper Evans	
Lauryn Krause	



5th Year Members

Bailey Ahlers	Wyatt Koinzan
Kaynon Allemang	Aiyana Krebs
Alvie Bearinger	Raina Krebs
Braelyn Bergman	Kylee Lichtenberg
Breckyn Bergman	Logan Lichtenberg
Cylus Braband	Evin Pelster
Miley Broberg	Brecken Penne
Jorden Cox	Tyler Reinke
Grady Druke	Wyatt Reinke
Kinley Druke	Keston Rubeck
Ethan Drury	Caydence Schumacher
Morgan Erhardt	Brady Schwartz
Tyler Furstenau	Michael Selting
Sara Hemenway	Shilo Shabram
Blake Henn	Samantha Stuhr
Chloe Henn	Sawyer Tegeler
Max Henn	Larissa Vaughn
Addyson Jacob	Brooke Wilcox
Jovie Johnson	Gentry Zwingman
Shaylie Kester	John Zwingman
Bode Koinzan	Kayton Zwingman

10th Year Members

Kierra Bearinger
Clay Curtis
Hunter Howard
Kayce Kallhoff
Faith Kinney
Adam Miller
Ashleigh Nelson
Angel Qualset
Allyson Selting
Sadie Smutny
Alison Stineman
Haley Zegers

12th Year Member

Kaleb Pofahl

8th Year Members

Cassidy Bearinger
Carter Beckman
Kelton Bruhn
Samantha Durre
Austin Good
Carleigh Greene
Cale Kinney
Kolton Krick
Conner Larson
Dillon Moser
Steven Nelson

9th Year Members

Wyatt Chipps
Christen Curtis
Bria Gale
Collin Gale
Ashton Higgins
Logan Mueller
Collin Mullins
Aaron Suckstorf
Claire Whitesel

11th Year Members

Breanna Carr
David Durre
Christopher Kester
Alyssa Moser





Thank you!



2020 LEADERSHIP AWARDS

Christie Counts 1 Year
Travis Rudloff 1 Year
Dalton Smutny 1 Year
Megan Jacob 2 Years
Amanda Greenhalgh 5 Years
Stacey Mitchell 5 Years
Char Carpenter 10 Years
Sarah Harrod 20 Years

If you see one of these volunteer leaders be sure to say thank you.
We could not have a county fair without them stepping up and helping us every year.



We will have our 4-H Celebration in the spring and recognize our members and leaders then.





**Outstanding Antelope County
4-H Boy & Girl**



Nomination Form

Name of Individual being Nominated: _____

Number of Years in 4-H: _____ **Age:** _____

Please write a paragraph emphasizing each of the following points concerning this individual and why he/she should be considered for this award.

4-H Involvement:

Leadership Skills: (Both 4-H and Non 4-H)

Achievements:

Why Do You Consider This 4-H'er and Outstanding Member?

Signature of person who is nominating

4-H Shooting Sports Leaders

In order to run a club, county, or multi-county 4-H shootings sports program, leaders and instructors must be certified by Nebraska 4-H. Volunteers must attend a Leader Certification Workshop designed to cover the needed knowledge and guidelines to become a Certified 4-H Shooting Sports Leader/Instructor. Workshops offer the opportunity to:

- Network with other shooting sports instructors from across Nebraska.
- Share and learn techniques and knowledge which will develop your ability to effectively lead a local shooting sports program.
- Learn to use shooting sports to develop youth of strong character who possess effective life skills.
- Gain certification in one of the following disciplines: shotgun, rifle, muzzle loading, archery, hunting skills, pistol, or program coordination.
- Learn under expert instruction and learn to develop your skills as an instructor.

Workshops are offered several times each year, usually in the spring and fall. For a list of upcoming workshop opportunities, please see the Leader events within the Nebraska 4-H Shooting Sports calendar.

<https://4h.unl.edu/shooting-sports/instructor>

Your 4-H Premium Check for the Projects you took to Fair were Mailed Out the last part of September. Ag Society would appreciate, if you could get them cashed as soon as possible.



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

2021 Antelope
County Fair
August 3 – August 8



Nebraska 4-H
FOUNDATION

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/>

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.



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>



2021 NEBRASKA CATTLEMEN'S CLASSIC JUDGING CONTEST

The contest will be held on Saturday, February 13 at the Buffalo County Fairgrounds in Kearney, NE with an Awards Banquet that evening. The entire contest will take place in the Expo Building and Ag Pavilion. They are in the process of putting together a superior contest with outstanding quality and great teaching opportunities for your youth! The event is open to 4-H and FFA youth. This is a BEEF only contest. Age Divisions: Senior (16-18), Intermediate (12-15), and Junior (8-11). Seniors will give four sets of oral reasons, Intermediates three, and Juniors two. There will be two sets of questions for all. The University of Nebraska at Lincoln, Animal Science Department will award a \$1,000 scholarship to the top Senior Individual. For more information: www.cattlemens.org

NEBRASKA 4-H FEEDER STEER CHALLENGE 2021

The application deadline for the 2021 Nebraska 4-H Fed Steer Challenge is December 1, 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



Companion Animal Webinar Series

The Nebraska 4-H Companion Animal Webinar Series is a great way for 4-H leaders, parents, and senior aged 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 1st one starting November 5th. 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>





**Outstanding Antelope County
4-H Club**



Nomination Form

4-H Club: _____

Number of Members: _____

Youngest Member and Oldest Member: _____

Number of Meetings your Club had this year: _____

Please describe your 2020 club activities (Demonstrations/presentations at meetings, trips, etc.)

Please describe 2020 Community Service activities. Include who, what, when, and where.

Describe why your club should be considered for the outstanding 4-H Club award for 2020.

Signature of person who is nominating

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 CAFE



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 to work through issues and gain life-improvement skills.

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

Each conversation is from 12 - 1 p.m. CST

Coping During a Pandemic.....	Oct. 29
Finances: A Balancing Act.....	Nov. 5
Successfully Resolving Conflict.....	Nov. 12
Raising Healthy Children.....	Nov. 19
Strengthening Your Couple Relationship...	Dec. 3
The Scope of Grandparenting Today.....	Dec. 10

For more info, go to ruralwellness.unl.edu

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!