



Spotlight on 4-H!

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TIME FOR VOLUNTEERING

There is a pretty good chance if you are reading this article you are a 4-H volunteer. Has anyone ever asked you 'how do you find the time?' Do you ever wonder the same thing?



Being a 4-H volunteer does require you to find time to help the youth in your club or community. Generally, those that volunteer soon realize the benefits of volunteering far out-weigh the time commitment it takes.



Think about how you are going to volunteer, do you enjoy organizing or do you have a special talent that would be useful to 4-H'ers in your

area, are there ways you can help those who are in leadership roles already. What you choose to do HAS to be something you enjoy.

Next determine how much time you are willing to spend volunteering. Can you spend 1 or 2 hours a month? Be sure and allow for planning time as well as the time you spend with the 4-H'ers. Once you have committed to volunteering follow through on your commitment.

Time spent planning or thinking about what you want to accomplish is time well spent. There is no right or wrong way to plan, each person has their own style. Do what works best for you.

Make a list of everything you want to accomplish, what is needed to achieve your plan and who can help you to complete your ideas. Know where to get what you need and make sure it is available. Be sure and ask those you need help from in advance of when you will need their help.

Once this is done you can put away your plans until just a few days before you need them, then pull your plans out again, make sure you have everything you need, contact those you have asked to help and you are ready to accomplish your plan.

A couple more tips, DON'T expect perfection, something won't go as expected be willing to adjust as needed. Avoid procrastination, break your plan into small pieces if that works better for you. Enjoy yourself the time you spend volunteering with the 4-H program will be long remembered and appreciated.

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Special points of interest:

- Learn how to sell baked goods safely at 4-H Bake Sales!
- Learn how to “bug” your 4-H'ers about insects!
- How can you get families more involved with animal showmanship? What are educational opportunities in the animal science are?



BAKE SALE FOOD SAFETY



Bake sales can be a great way for your 4-H club to raise money for a community service project. The food your 4-H members prepare and offer for sale must be wholesome and safe for your customers.

Many of your potential customers are very young, elderly or suffering from health problems that affect their immune system. These folks are at increased risk for foodborne illness. Protect their health and the reputation of your 4-H club by following these food safety guidelines for bake sales.

Encourage your members to prepare traditional bake sale foods such as cookies, candy, brownies, cakes, cupcakes, bread, muffins, rolls or two crust fruit pies. These are considered non-perishable foods.

Avoid offering for sale home canned foods, cream pies, custard pies, cream filled pastries and foods with cream cheese frosting. It's also best to avoid using home canned food in your baked goods that will be offered for sale.

When your 4-H club makes plans for the bake sale consider where it will be held. Select a site that is clean and protected from dust and flies. Schedule the bake sale for a limited number of hours.

Encourage your 4-H members to wash their hands thoroughly before preparing or handling the food. Instruct them to avoid touching the food with bare hands as little as possible. Cover the food with clear plastic wrap or plastic bags and if necessary individually wrap foods such as cookies or brownies. 4-H'ers should label their baked goods so the customers know what the food is. An example would be sour cream chocolate cake with white frosting and chopped walnuts.



Sponsoring organizations are responsible for the safety of the food products they offer for sale. The Nebraska Food Service Code has rules for Temporary Food Service Establishments. Bake sales can be inspected by the Department of Agriculture under this ruling. Bake sales are not routinely inspected but if complaints are made or if a reported illness results from food sold at an event, inspection may occur. Safe food handling can enhance your standing in the community.

For additional information on food safety for bake sales visit the website www.extension.unl.edu/publications and look for the publication "Food Safety for Temporary Food Service Establishments" G1708. Additional information can be found on the USDA Food Safety and Inspection Service website at www.fsis.usda.gov



4-H SEWING RESOURCES

4-H'ers often feel pretty excited as they pick out patterns and fabrics for their 4-H projects! The anticipation of discovering the perfect print combined with the perfect pattern can be something dreams are made of. Today that excitement can often turn to frustration through unclear or vague directions, lack of experienced sewers in communities, or just the youth moving beyond a leader or parent's level of expertise.

Local resources might be closer than you think! Try looking online or at the local library for books and Internet resources. Most public libraries offer free Internet access to those who do not have it. Check with your local library to see if it is available in your area. Use the following suggestions for sites and resources as your guide. For more information, contact your local extension office to see what your 4-H Extension Educator suggests.



Viking Sewing Machine Company

<http://www.husqvarnaviking.com/>

Click on the country and then the education section to access materials.



Sewing & Craft Alliance

www.sewing.org

Look under sewing education and then the guidelines of sewing.



Kwik Sew Pattern Company

www.kwiksew.com

Click on the country and then look under resources.



Clothing Construction Standards

is a publication from the New Mexico State University. The publication lists the standards commonly found in garments of quality construction.

http://aces.nmsu.edu/pubs/_c/c-214.html



The **University of Kentucky** has publications for many sew techniques in pdf files ready to print off in their clothing and textiles publications.

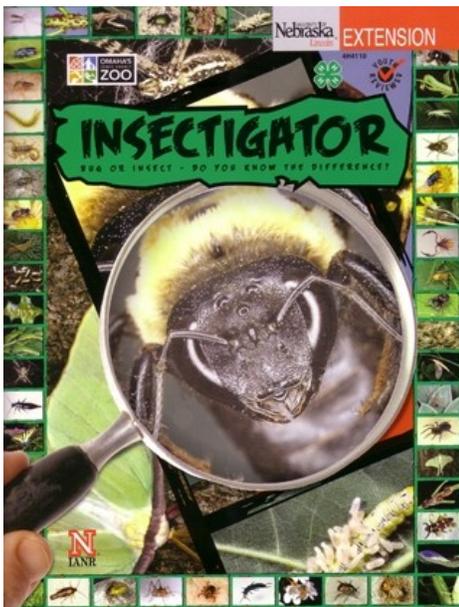
<http://www.ca.uky.edu/hes/index.php?p=170>



Another source of materials is your local library. Even if the library does not have the books on hand inter-library loan is available.

Jefferys, Chris. **Learn to Sew**. Saddle Rivers, NJ: Creative Arts and Crafts, 2005.

BUG OR INSECT – WHAT’S THE DIFFERENCE?



The new **Insectigator** project can help answer the question – what is a bug and what is an insect. This new project is in cooperation with the Henry Doorly Zoo and has some fun activities – even if you or some of your members are not into entomology.

Check out page 12 for *“I’ve Got Legs.”* This unit focuses on the different types of legs an insect has and how they can be identified. Insects have the following types of legs: running/walking, jumping, digging, grasping or swimming. Humans have only one type of leg (running/walking) but we do engage in those other activities. For your club meeting, combine these types of legs with physical activity. When learning about jumping legs on insects, have members practice jumping different ways. Ask which muscles they use and what would it be

like to only move by jumping. For swimming legs, have youth lay on the floor and practice swimming to get around. For digging and grasping, encourage youth to pretend that they can only grasp or dig to move. All of these activities help members see differences in legs and function yet keep them active and involved. The manual has some great pictures of the insect legs and how to tell the difference.

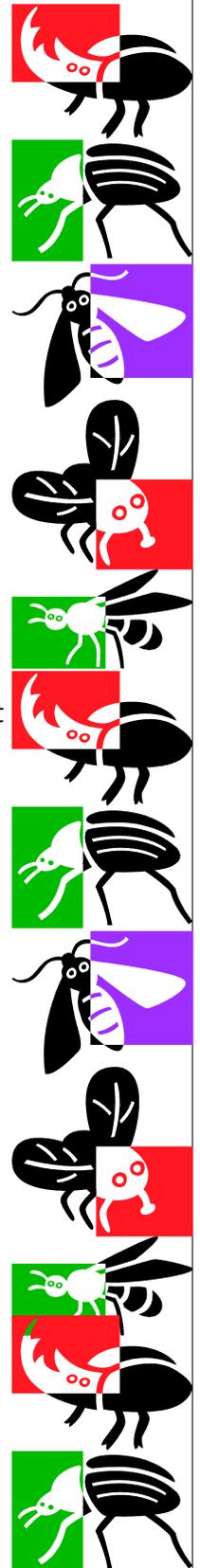
Here’s a way to combine the photography project with entomology. Look at page 30 for *“Say Cheese.”* After collecting the insects, youth can take photographs. Not only will this help identify the insects by looking at the pictures but photography skills can be enhanced by finding a good background, using light (natural or flash), and positioning the subject.

Want to go out on a limb and combine the **Insectigator** project with foods projects? Youth can explore cultures around the world to find out which bugs and insects are edible and commonly eaten. Find out where in the world people eat bugs and insects as a protein source on a daily basis. For the really adventurous, prepare a snack using bugs and insects. Recipes are not in the manual but youth could research what is edible and how to prepare the snack. Fried ants and chocolate covered grasshoppers anyone? Okay, this may be too much but the point is to encourage youth to explore the world around them and think outside the box.



By the way, just what is the difference between bugs and insects?

Insects have only six legs.



HOW TO ENCOURAGE FAMILIES TO SHOW ANIMALS

Leadership – Education – Accomplishments – Dedication



Why do parents, young people, and agriculture education professionals spend great amounts of time, money and resources investing in youth animal projects? Some might say, it would be to teach young people how to feed, fit and show their animals, which wouldn't be entirely wrong. However, when encouraging families to consider showing animals, the more important purpose to point out is the opportunity to provide personal growth and development of the young person.

The 4-H organization wants its members to receive more from their projects than ribbons, trophies, trips and monetary gains. The 4-H program wants its members to acquire project knowledge and life skills. Many youth based organizations have worked to instill life skills in young people through various activities, but 4-H youth development professionals have evidence that animal science programs benefit participants by helping them develop valuable life skills that will enable them to become better citizens. According to the research, members use the responsibility skills they developed from raising 4-H animal projects to complete homework assignments, be on time at work, and care for younger siblings. These skills are benefiting youth in school, at home, and on the job to be more dependable, confident and qualified individuals. In particular, knowledge gained from raising 4-H animal projects assisted students in their understanding of biology, physiology, and genetics.



Specific events in 4-H animal science programs have also proved to have positive influence on the development of important life skills. Most notable is participation in judging, skillathon, quiz bowl and showmanship contests. The research suggests youth involved in raising 4-H animal projects are using their project skills to further enhance their life skills to become successful adults in their communities and increasing their self-confidence. In addition, participation in livestock judging and/or showmanship classes lead to improvement in both people skills and public speaking ability. It's worthy to note research also indicates the longer a youth member is involved with an animal science project, the greater their progression is in the 4-H program.

Showing animals may not be for everyone, but when parents and youth consider the options, there may not be one single program that offers more for families than the 4-H animal projects. The 4-H animal science program benefits participants by helping individuals develop valuable life skills. Life skills that researchers believe allows youth to cope with their environment by making responsible decisions, have a greater understanding of their values, and being better able to communicate and relate well with others.



4-H AND THE CLUB



Clubs have long been an important part of the 4-H Program. The roots of 4-H began at the turn of the century when progressive educators started to emphasize the needs of young people and to introduce nature study as a basis for a better agricultural education. E.C. Bishop is credited with conceiving the notion of Boys and Girls Clubs in Nebraska. These clubs were later to be known as 4-H clubs. He believed in making education more relevant to youth by involving them and their families in many activities such as agriculture and home economics groups as well as sports groups. In 1906 he wrote:

"The greatest encouragement to our work must come from the home. Parents should encourage children to learn by experience and by studying the best possible way to care for plants and animal life and the best way to do the ordinary tasks around the home."

Boys and girls clubs were established in schools and churches to meet these needs. Most states organized clubs outside the schools with rural parents acting as volunteer leaders and County Extension agents provided materials. Farmers saw the practical benefits and public support and enthusiasm for 4-H grew throughout the nation.

While 4-H clubs have taken many forms over the years from the boys and girls clubs of yesterday to what most of us think of as the "traditional" 4-H club to the virtual/online clubs of the future, one thing has stayed the same....it is an avenue for youth to experience and learn about a wide variety of topics while preparing themselves for the future as productive citizens.



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

