



# Spotlight on 4-H!

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## CALMING JITTERS WHILE SPEAKING IN PUBLIC

Everyone gets nervous when speaking in public no matter how they appear. Even Senators, Governors and actors make little mistakes when speaking to the public because they are nervous. Keep your message and delivery simple, stay focused on what you know.



Here are a few tips to help you relax and deliver a good presentation:

- Just as you walk up, take a large deep breath, it helps your body relax and lets your brain remember the material. A trick used by some speakers is to stop before speaking and see how many people in the audience are wearing hats. This lets your brain engage and lets your eyes engage the listeners so they feel you are paying attention to them.
- When you introduce yourself – smile. The audience will smile back and you will feel better instantly. It also relaxes your face.
- Make a conscious effort to speak slowly and clearly – like you are sitting across an evening campfire from a friend.
- Move around a few steps as you talk so the blood keeps flowing.

- When you say part of your message, pause and see if the audience is understanding that part of the speech (breath again) and then go on.
- Practice your speech numerous times, and then when you get ready to give it – pretend it's the last practice and that you will have another chance to get it perfect.
- Look for a friendly face in the middle of the crowd or pretend you are speaking to a person at the back of the room. People need to feel you are speaking to them individually.
- If you make a mistake - stop speaking, breathe, smile and go on. It is cooler to get it right than try to get it done.

It's important to realize that people really want to hear what you have to say and are glad you care enough to speak to them. They are often also very proud and impressed that you are willing to speak to a group.



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**Special points of interest:**

- Giving with Gifts In A Jar!
- Learn about 25 ways to enhance technology in your community.
- Does the show end when you step out of the show ring? Learn how to showcase their knowledge and skills learned in their livestock projects.



## GIFTS IN A JAR – COMMUNITY SERVICE

What better way to create a service-learning activity for your club than assembling “Gifts in a Jar”. All ages of youth can participate in the assembling and the supplies can be divided among all members.

**Supplies Needed:** Wide mouth jars work the best. Be sure to wash the jars with hot water, rinse and dry thoroughly before filling. To fill the jars, use a canning funnel.

**Filling the Jars:** Fine grain ingredients should be placed on the bottom to prevent sifting; alternate dark and light colored layers. Spoon in powdery substances such as baking cocoa or flour, which stick to the inside of the jar. Pack down each layer tightly before adding the next.

**Decorate the Jar Lid:** Place a 7 inch circle of fabric or paper over the seal and hold it in place by screwing down the ring. You may choose to place your fabric circle over the whole lid, using a rubber band or ribbon to hold the fabric in place. Tie or glue trinkets, flowers, etc if desired to further decorate the lid.

**Gift Tag:** Create a decorative tag for your “Gift in a Jar” to place the instructions for your recipe.



### Chicken Rice Soup Mix

- 3 c uncooked long-grain brown rice
- 2 T dried tarragon
- ¾ c chicken bouillon granules
- 2 T dried parsley flakes
- 1 tsp pepper

Layer rice in 1 quart wide mouth jar; Insert a plastic bag into the open space at the top of the jar. Fill with bouillon, tarragon, parsley and pepper. Close bag with a twist tie. Decorate the lid.

**TAG FOR INSTRUCTIONS:** 1 jar Chicken Rice Soup Mix, 1 ½ T margarine, 18 c water, 1 c cooked cubed chicken. In a large pot, combine soup mix, water and margarine. Bring to a boil; reduce heat. Add chicken; cover and simmer for 30 - 35 minutes or until the rice is tender.

### Chocolate Chip Cookie Mix in a Jar

- ½ c sugar
- ½ c chopped pecans
- 1 c chocolate chips
- 1 c firmly packed brown sugar
- 2 ½ c flour mixed with 1 tsp baking soda & ¼ tsp salt

Layer ingredients in order given in a 1 quart wide mouth jar. Press each layer firmly in place before adding next ingredient.

**TAG FOR INSTRUCTIONS:** Empty jar of cookie mix into bowl and thoroughly mix. Add: 1 ½ cups margarine, 1 egg, slightly beaten, 1 tsp. vanilla, Mix until completely blended. You will need to finish mixing with your hands. Shape into walnut size balls. Bake at 350 for 13 – 15 minutes. Cool completely. Makes 2 ½ dozen cookies.

# TAKE THE DESIGN DECISIONS CHALLENGE



Check out the updated colorful Design Decisions 4-H manual and the new project ideas! The curriculum still focuses on basic design elements and principles giving youth a chance to creatively design a personal environment they want and enjoy. But with the addition of an environmental unit, readers can discover an appreciation for environmental, energy and safety concerns in the home. They will be able to explore a number of scientific activities and websites topics in a fun interactive way.

To make the project real a new “**Design Decisions Challenge**” has been developed for 12- 18 year olds. What is it? Well the 4-H'er is the designer. Along with a parent, guardian, teacher, neighbor or other adult select a design challenge in your home, evaluate the challenge, determine several possible solutions, decide the best option and DO IT! It might be to develop a new color scheme for the teen's room or create a plan to share a space with two people. You could do an energy audit for your home and develop a plan to reduce energy cost, or give a piece of furniture a face lift. The possible challenges are only limited by your creativity. This could be a “real-life” challenge in yours or a friend's home or select a “virtual” challenge.

After determining and analyzing a problem, use the *Design Decisions 4-H manual* as your starting reference. Add additional resources from the library, Internet or experts in your community. As you work through your challenge, document your process with lots of pictures and/or videos.

The final step of the challenge is to report your project in a creative way. It could be a digital photo essay, multimedia presentation, a journal, video, poster, notebook or any method that tells your design story. Then enter your project at the county fair. When developing the report, you should describe the home challenge worked on and resources used, define the potential solutions, the reason for the solution selected and how you carried out your plan. Then creatively tell your story.

So, your mission is to become the designer. You will explore your home, select a problem, determine a plan of action and just “DO IT” then share your success in a fun creative way. You are only limited by your imagination.

Check out more details at <http://4h.unl.edu/designdecisions/>.



## 25 TECHNOLOGY ENHANCED WAYS TO SERVE YOUR COMMUNITY



As a 4-Her, there are countless opportunities for youth to use their computer or technology skills to help out their community in the process. Below are 25 ideas for starting your own technology enhanced community service project:

1. Show senior citizens how to use email
2. Create a web page for a local non-profit organization
3. Set up a communications center where families can videoconference with overseas soldiers
4. Teach basic internet classes for adults
5. Create a marketing video about your community
6. Serve as a computer area lab monitor for your local library
7. Use GPS and ArcView to create a map of community resources
8. Print coloring books pages from the internet and take to children at the hospital
9. Show adults how to download their digital pictures
10. Organize a computer donation center where citizens can recycle unused computer parts
11. Help unemployed citizens search for work online
12. Help senior citizens sell their unwanted items online
13. Create a photo story of your 4-H club community activities
14. Create a multimedia presentation about community events
15. Publish a vodcast or podcast about your community
16. Show seniors with vision problems how to use their computer narrator, increase contrast on their screen or use the magnifier
17. Show seniors with dexterity issues how to use speech recognition software
18. Print short cut keys on business cards for posting by keyboards
19. Create an online community calendar
20. Teach a class about online social networking sites
21. Show adults how to update their operating system
22. Show adults how to defragment their hard drive
23. Set up a computer for email access at your local senior center
24. Show adults how to create desktop icons to their favorite files
25. Show adults how to organize computer files and folders

Whew...that's a lot of ideas! Whether your club is big or small, there are opportunities here for every club. Talk to the youth in your club to learn more about their expertise and ideas for serving their communities using technology. The possibilities are endless!



## BEYOND THE SHOW RING

Frequently 4-H is associated with showing animals at fair. This is an enjoyable and rewarding experience for many youth in Nebraska. Youth who participate in the show ring often do not realize the opportunities they have beyond the show ring to showcase their knowledge and skills learned in their livestock projects.



During the state fair, youth are offered several opportunities beyond preparing and showing their animals. Youth interested in beef or sheep may participate in the All-Around Team competition in their species of interest by pre-entering through their county office. County teams, consisting of three or four 4-H members, work together to complete skill-a-thon stations that may consist of stations such as feed or equipment identification/use, retail meat cut identification and quality assurance scenarios. Also, there is a grooming portion in which the team works together in a timed setting to prepare one animal for the show ring. Rankings are based upon the total points earned from all sections.

Dairy All-Around Team, also held during the state fair in conjunction with the dairy judging contest, consists of a skill-a-thon and the average showmanship score earned by team members. Skill-a-thon stations may include a linear evaluation, pedigree class, management quiz, feed or equipment identification/use and team problem solving. All-Around Team competitions require only one of the team members to have an animal at the state fair. Youth do not need to be enrolled in the project area in which they are competing but do need to meet state fair age requirements to participate.

Individual opportunities are also available for state fair exhibitors showing beef, dairy, sheep or swine. The Premier Exhibitor competition consists of a knowledge quiz, skill-a-thon, interview and showmanship score. Premier Exhibitor participants must be 14 years or older by January 1 of the current year and have a state fair entered animal of the species in which they are competing to be eligible. Pre-entry for this competition is also required.

Other opportunities for youth in animal science projects include:

**University of Nebraska Livestock Judging Camp** - East Campus in June

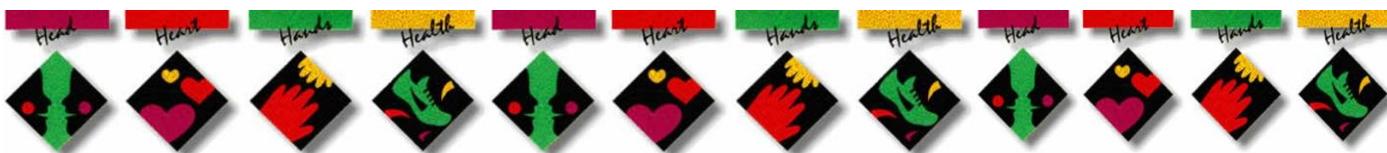
**Premier Animal Science Events** - East Campus in June

**National Dairy Conference** - Madison, Wisconsin during the World Dairy Expo in September

**National 4-H Congress** - November

**Nebraska Youth Beef Leadership Symposium** - East Campus in November

More information including guidelines and how to participate in these events can be found at [4h.unl.edu/programs/anisci](http://4h.unl.edu/programs/anisci). Let's do our part to encourage youth to participate beyond the show ring!





We are not alone - we all live in a world with other people. Our world consists of our families and, as we grow older, others in the communities where we live and then our world. As 4-H leaders we are striving to help our 4-H'ers become competent, confident, caring and contributing members of their community.

**SPOTLIGHT  
ON ... 4-H!**

The Webster dictionary defines community as "a body of people having common organizations or interests or living in the same place". They give us a sense of belonging and are a network of the family, friends and others we are connected to. This gives us a way to accomplish things we cannot do ourselves. Being a contributing member of a society means going beyond our own interests, demonstrating concern for the needs of others, and recognizing our duty to make our home, schools, neighborhoods and country the best it can be. True citizenship means participating in our communities, being involved and contributing. No one makes a difference without being involved.

Through 4-H, youth learn skills that will help them become positive caring citizens that contribute to their communities. The life skills they learn through 4-H: **Heart** – relating and caring; **Hands** – giving and working; **Head** – managing and thinking; and **Health** – living and being, are all skills that will serve them well in the communities in which they live. These are skills that help them take responsibility for themselves and help them work with others to make a better life in their communities and in their world.

Try this activity to help youth understand the concept of community. Give each participant a piece of paper and pencil. In the center of the paper have them write their name and draw a circle around it. Next have them write the names of their immediate family around their name and draw a circle around it. The third 'layer' is close friends and extended family. The fourth would be friends and neighbors and then a circle with school and church. Depending on the age of the youth, they would keep expanding and adding layers to the circle around themselves. The result is a visual representation of the community to which they belong. Youth can see they are not alone, but part of something bigger and just like tossing a pebble into a pond their actions affect the rest of the community.



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



**CALENDAR OF EVENTS**

