

September, 2006

DATE SAVER

October 27-29 '06

State 4-H Horse
Show
Harrisburg, PA

November 6, '06

4-H Achievement
Night
Four Points

December 5, '06

Organizational
Leaders Meeting
Extension Office

January 4-11, '06

Pennsylvania
Farm Show
Harrisburg, PA

4-H Leader's Line

Round-Up an Educational Experience for Kids

Congratulations on conducting positive 4-H round-ups this year at the Westmoreland Fair. As you know the fair serves as round up for many of our project areas, dairy, livestock, plant science, horse, shooting sports, rockets and dog. The other project areas should have a completion conference judging experience at the club level. Extension educators, fellow leaders and knowledgeable folks from the community may serve as judges for the

local round up. Merit ribbons are available from the office upon request. **The round up experience is the time to help 4-H youth reflect on what they have accomplished this year.** The discussion at round up completes the experiential learning cycle. Don't let kids down by not talking about it

- Use leading questions
- For every one constructive criticism give two positive comments

- Ask the member how their project work affected the outside of 4-H.

There is a fact sheet available in the extension office for those club leaders needing help with conference judging. Just ask!



Help 4-H youth reflect on their accomplishments.

Recognition is an Important Part of 4-H Work

For positive youth development, **recognition** is an important part of their development. Kids tend to think that "if nobody notices, why care". Adults can be motivated by intrinsic value, but youth tend to need concrete and/ or visual evidence acknowledging their effort. Private or public acknowledgement is usually dependent on the personality of the young person. But

they are most likely to want recognition in front of their peers and family, first and then superiors.

- Recognize for participation
- Recognize for progress toward a personal goal
- Recognize for achieving standards of excellence
- Recognize for peer competition
- Recognize for their cooperation.

Ways to recognize youth may be:

- *Post card
- *Pat on the back
- *Verbal praise
- *Opportunity to demonstrate skills to the rest of the group or the larger community

As a 4-H leader and a teacher, take time to recognize your 4-H members.





Fall means back to school, football and achievement award time!

Prepare for 4-H
Achievement Night
get those Award
applications in
A.S.A.P.



Get out and enjoy the cool autumn weather!

County Level Recognition — 4-H Memorial Scholarships Available

4-H members who are seniors in high school or graduated last year and have never previously received a 4-H scholarship may apply for one of the 4-H scholarships. The scholarship looks at a

young person's project work, leadership roles and their personal commitment to 4-H in the selection process. Applications are available on the web site or by contacting the extension office and are due by

October 6, 2006. A school transcript is needed with the application, so you may want to start that process before the deadline.

Ladder of Achievement Awards — New

New this year are the personal goal awards that challenge each of the members to individually complete various experiences that are known to develop their life skills. We will recognize these members at the County 4-H

Achievement Night. Members will need to complete and send in the report form with a leader's signature verifying their accomplishment. We already have two forms in! All forms must be to the office by October 6, 2006.

The report forms are on our web site or available upon request from the Extension office. Included with the letter is a description of the Clover Levels of the Ladder. ENCOURAGE your members to record their efforts this year.

Lifetime Achievement Award

This award is for the older member who has basically focused and grown in a single project area. For some young people, they do not want to be in a "formal" leadership role and thus have participated in experiences that are

centered around a single project area, i.e. dog, livestock, dairy, entomology etc. The member should have at least five years of participation in the project area. The young person receives a \$50.00 savings bond and the opportunity to

shadow a career for a day. Application forms are due by October 6, 2006.

Outstanding 4-H Project Book Award

This recognition is to help your job as a leader to motivate the members to complete their project books. Leaders may nominate project books in 12 different project areas with three age divisions

under each project grouping. Rosettes are awarded at the County 4-H Achievement Night to recognize these members. A copy of the details of who is eligible is available on

line or from the Extension office.

Please remember a 4-H member is only permitted to submit one project book for the County Award.

Outstanding 4-H Club Award

Let your club membership be recognized for having all the components of club membership that make 4-H members grow up to be contributing, capable and caring citizens.

Each club member receives a "you're a good member" token and the club receives a year plate for their club plaque. Forms need to be in to the Extension office by October 6, 2006.

FoodNetwork.4-H

This fall we are taking on a new initiative of supporting and "beefing up" our 4-H Foods Projects members. A new part time staff member will be contacting leaders and families to put together a 4-H Clover Chef Cook Off. Melanie Simko

wants to flame the fire of interest in foods and bring it home to the 4-H members. Help her out when she calls or visits with you.

*Attention !
Attention !
We are looking for nominations for this year's Friend of 4-H. If you have suggestions for nominees please contact Joann Logan a.s.a.p.!*

Make It Picture Personal

The 4-H County Council would like your digital photos to add to a slide show for the county 4-H Achievement Evening. Please email some photos of your 4-H members, families and leaders in action (fun or serious) for the slide show. Send them

to jel3@psu.edu or cka2@psu.edu. Or you could drop off a CD with them on also. PLEASE have them to the office by October 31, 2006.

4-H Award application forms are available on our web page or call the Extension office and we'll mail you a copy of what you need.

Organizational Leader Meeting Set

This year's 4-H Organizational Leaders Meeting is set for Tuesday, December 5, 2006 at 6:30 p.m. It will be held at the Extension office in Greensburg. Supper will be provided. So, circle the date

December 5, 2006 and plan to come.



New initiative for foods project members, the 4-H Clover Chef Cook Off.

Achievement Night
is Monday,
November 6, 2006
at the Four Points
by Sheraton in
Greensburg, PA



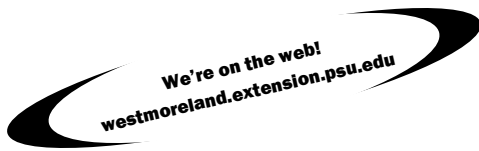
Send us your digital photos no later than October 31, 2006.



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A BIG 4-H THANK YOU!



Thank you to all of our community partners, 4-H members, leaders and families for support both financially and in all the small ways you give to the 4-H program. Thank you for the use of the shooting ranges, the round bales, and the fairgrounds. Thank you to the show case sponsors of the Benefit Auction, to the families who open their homes to fellow 4-H members, to those of you who made purchases at the Jr. Livestock Sale and thank you to all who help with transportation and sharing of needed supplies and talents. The list goes on and on!

Sincerely,

Joann E. Logan
Extension Educator, 4-H/Youth

Cindy K. Arblaster
Extension Educator, 4-H/Youth

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Healthy Snacks!

The 2005 USDA Dietary Guidelines for Americans suggests eating foods that are low in fat and include more whole grains. Here are ideas from Melanie Simko, new Extension office member, for some quick, wholesome snacks you can try at your next meeting:



Healthy snack ideas for your 4-H meetings.

- Serving baked chips or pretzels instead of regular potato chips will save 30-40 calories per serving and around 9 grams of fat.
- Products like Sun Chips® and Toasted Wheat Thin Chips® are lower in fat than potato chips and also contain whole grains which are high in fiber and other important nutrients.

Another good source of whole grains is popcorn. Plain, air popped popcorn is about 70 calories and 9 grams of fat less than potato chips per serving. You can jazz up plain popcorn with this low fat seasoning mix.

Chili-Cheese Popcorn

- Servings: 8 (1 cup) cups popped plain popcorn
- 2 Tablespoons melted low-fat margarine, 2 Tablespoons low-fat Parmesan cheese
- 1 teaspoon chili powder (or your favorite spicy seasoning)
- 1 teaspoon salt
- 1/4 teaspoon ground black pepper

Combine melted margarine, cheese and chili powder. Pour over the popcorn. Sprinkle salt and pepper over the popcorn and toss. Serve immediately.

Nutrition breakdown: Calories: 49, Protein 1 g, Carbohydrate 6 g, Fat 2 g (1 g saturated fat), Vitamin A 153 IU, Magnesium 11 mg (Adapted from iemily.com).