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Lancaster Farming, Saturday, June 12, 1971—7

4-H Club News

Summer 4-H Activities

The following list of 4-H summer activities was announced recently by Miss Joan Lucas, assistant Extension home economist

June 27-July 4, Barron, Wisconsin 4-H'ers visit to Lancaster County, 1 p.m. July 8, County Speaking Day, Farm and Home Center; July 14, District Demonstration Day, Owen J. Roberts High School

July 15-22, 4-H Exchange Trip to Ashville, North Carolina,

July 24, Horse and Pony Roundup, Lancaster Riding Club, July 27, 28, 4-H Dairy Roundup, Guernsey Sales Pavilion, August 5, County Dress Revue, Farm and Home Center

August 9, 10, 11, 4-H State Days, University Park, Pennsylvania, August 19, Achievement Day, Farm and Home Center, August 23, 24, Pig Roundup, Lancaster Stock Yards, August 26, District Dairy Show, Farm Show Building, Harrisburg

Strawberry Roundup Set

The 4-H Strawberry Exhibit and Roundup will be held at 10 a.m. Wednesday, June 16 at the Farm and Home Center

The 4-H clubbers will be guests of the Lancaster Rotary Club at a noon luncheon

Members are asked to bring 6 to 10 boxes of berries for exhibit and sale. Two of the boxes will be entered for judging. The exhibits will be judged between 10 and 11:30 a.m., with prizes awarded during the noon program

June Is Dairy Month for 640,000 4-H'ers

June is Dairy Month. But there are some 640,000 young people who claim it is 11 months too short.

They are boys and girls enrolled in the 4-H dairy foods program. And they back their claims with convincing statements about the need for proper nutrition, three to four servings of milk or equivalent per day.

The young people learn that milk and milk products today are better than ever. Pasteurized, homogenized, fortified with vitamin D and sealed in sanitary containers, dairy products come in an almost unlimited variety — powdered, evaporated, with fat removed. There are all kinds of cheeses, sour creams, yogurt, ice milk and ice cream to choose from.

The fun is in the eating, the 4-H'ers exclaim. And they add that learning to use milk and dairy foods is a good exercise in creativity.

They try dairy products as appetizers and beverages, in biscuits, breads and cakes, and in candies, cookies and desserts,

too. They make dairy products into main dishes like ground beef Stroganoff, delicious salads, sauces and snacks. And they find their concoctions popular as well as nutritious.

Looking at dairy foods from a pure economics point of view,

the Cooperative Extension Service says that milk and milk products provide about a third of the average American's nutritional needs for less than 20 per cent of the food dollar.

There are other benefits, too. 4-H'ers earn recognition.

Lebanon Youth Named to Attend West Virginia 4-H Conference

Harold W. Moyer, Lebanon RD1, an outstanding 4-H member, recently was named recipient of an honor trip to attend the West Virginia Older 4-H Members Conference at Jackson's Mill June 28 to July 2.

He received the award on the basis of his leadership and citizenship activities, reports Edward A. Mintmier, assistant State 4-H leader at Pennsylvania State University.

Harold and another 4-H member, Susan Clark, Catawissa RD2, will participate in the conference along with older youth from all parts of West Virginia.

The Older 4-H Members Conference is designed to increase leadership skills in either recreation or music.

The son of Mr. and Mrs. Albert F. Moyer, Harold has been a 4-H member eight years. He has completed projects in dairy, handyman, small engines, veterinary science, leadership, electric, tractor maintenance, and swine. Harold served his local club as president, vice president, treasurer, and game leader, and assisted as a junior leader the past six years.

The honor trip winner participated in State 4-H Days, Pennsylvania 4-H Congress, State 4-H Capital Days, Camp Kanestake, and Teen Leadership Conference.

Harold was selected as the Outstanding 4-H Boy in Lebanon County in 1970 and was a National 4-H Awards winner in leadership.

Nebraska 4-H Visits

Forty-one 4-H'ers and two adults including County Agent Richard Adkins of Geneva, Nebraska, will visit Lancaster County today (Saturday).

The visitors will meet local 4-H'ers at the Farm and Home Center at about 12 noon for a box lunch.

They will visit in the county until about 3:30 p.m., then go on to Gettysburg, then to Washington for a 4-H Citizenship short course.

Co. 4-H Dairy Judging Set to Begin June 17

The first 4-H dairy cattle judging practice session of the season will be held from 8:30 a.m. to 3 p.m. June 17.

Interested 4-H dairy members will meet at the Farm and Home Center. Paul Anderson, Penn State dairy Extension specialist, will assist Max Smith, Lancaster County ag agent, with the group.

Besides providing 4-H'ers an opportunity to learn more about judging dairy cattle, the practices result in selection of a county judging team to represent the county in the state contest in August.



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