

# Lancaster County Outstanding 4-H'ers Encourage Others To Join 4-H

BY SALLY BAIR

Lancaster County Correspondent PENRYN-LITITZ — For Sallie Gregory, 17, and Stacy Nestleroth, 16, being named the Outstanding 4-H'ers of Lancaster County is an honor they don't take lightly. Both young women have been long time 4-H members, and they hope to use their title to encourage more people to join 4-H and to challenge current members to become more involved as they get older.

Both Sallie and Stacy have made 4-H a priority in their lives, sacrificing some school activities to make possible their wide participation in events outside Lancaster County. As 4-H week draws to a close, we salute Sallie and Stacy and their contributions to Lancaster County's 4-H program.

Sallie Gregory and Stacy Nestleroth have many things in common. Perhaps most important to the story of their 4-H achievement is that they both grew up in families that had firm commitments to the 4-H program.

Sallie is the daughter of Mr. and Mrs. Robert Gregory, 28th Division Highway, Lititz. She remembers her mother, Mary Alice, now deceased, leading a cooking club in their home. "I was here for every meeting ever since I was little. I could hardly wait to join."

Sallie also had three older sisters who were active in 4-H, whom she wanted to emulate. "I looked up to them," she recalls, "and I wanted to do the things they did."

Her sister Martha became a leader, then Jane, and now Sallie continues the tradition by leading a cooking project herself as a teen leader. "It is mostly younger kids just starting out in 4-H. They seem enthusiastic about 4-H and I like to make cooking fun." Sallie is currently a member of the Boots and Saddles Club, the Clay Cooking Club and the Lancaster County 4-H Exchange Club.

Similarly, Stacy's mother, Hazel, held sewing meetings in their home when Stacy was little. "We'd get kicked out during the meetings. I really wanted to be in it," Stacy says. With a February birthday, she had to wait an extra year before she could officially join.

She has now been a member of



Sallie Gregory looks over her blue form, which qualified her as a county winner in the horse category. A member of the Boots and Saddles 4-H Club, the Clay Cooking Club and the 4-H Exchange Club, Sallie was named one of Lancaster County's Outstanding 4-H'ers at Achievement Night.

the Elm-Penryn Club for eight years, and has taken projects from veterinary science to pet care, to sewing and photography. She too is a member of the Lancaster County 4-H Exchange Club. The daughter of Mr. and Mrs. Mark Nestleroth, R5, Manheim, both 4-H'ers, Stacy now has four sisters to follow in her footsteps.

Not only will Sallie and Stacy represent the county as Outstanding 4-H'ers, but they were both elected to leadership positions in the 4-H Exchange Club. Stacy will serve as president and Sallie as vice-president.

Having become close friends in the last few years by participating in the same 4-H events, both girls look forward to working together during the coming year. Both have some ideas about things they would like to see happen in the 4-H program, and they feel strongly about the need to keep 4-H'ers active in the program as they grow older.

Sallie says, "The first couple of years are the learning years. We need to keep the older members in so that the younger ones have people to look up to and follow after." Often members must be 13 to participate in county and

regional events.

Sallie recalls, "I wanted to be in those activities and it took forever for me to get to that age. Now it's going so fast."

Stacy adds, "I think it is really important to talk to the younger kids about the special events they can go to. Camp is where I started throwing myself into 4-H. It is really neat at camp. Everybody gets drawn really close and you have to support each other."

Stacy has participated two years in the multi-county camp, and she talks it up both to the members and to their parents, believing that parents are more likely to send their children to camp if they know some of the people working there. Stacy feels so strongly about the benefits of 4-H camp that she took off the last three days of school last year when there was an overlap.

"I hope to really get people in 4-H and get them really involved. I want to break some of the attitudes people get in their heads about 4-H," Stacy states. She said she frequently finds that people have little knowledge of the real 4-H program and the opportunities that are available.

Both girls agree that one of the biggest benefits they have derived from 4-H is the ever-expanding number of friends they have made, both within the county and at regional and state events. Stacy says, "It's a widening crowd. I'm sure I know about 50 to 60 4-H'ers from around the state, and maybe 100. You also get to see what goes on in 4-H in other parts of the state."

Sallie adds, "I have met so many people." She recalls being "so scared" the first year she attended Leadership Congress at Penn State because "I thought I wouldn't know anyone." When the fire alarm went off minutes after her arrival, Sallie met a girl in the stairwell and they quickly became fast friends; they are still corresponding. "I get to see her at every event," Sallie now says.

As members of the Exchange Club, both traveled to Michigan as part of that program. Sallie says this was a terrific way to get to know others since she hadn't known many of the group before they left on the plane. She notes, "The trip was great. It helps you mature and be more responsible for yourself. It gives you self-discipline."

Stacy agreed that the exchange trip helped local 4-H'ers learn to cope in situations different from their experiences in Lancaster County.

Though difficult for an observer to believe, Stacy comments, "I was very shy when I was little. Now I can get up and I can talk in front of any group. I still get a little nervous, but I can feel comfortable



Stacy Nestleroth plays with the family dog Luther who was her pet care project for this year. A member of the Elm-Penryn Club and the 4-H Exchange Club, Stacy was named an Outstanding 4-H'er at Lancaster County's Achievement Night program.

## Homestead Notes

in front of a group."

Part of her success in public speaking comes from giving speeches in the public speaking contest. This year she tailored her speech around promoting 4-H, calling it "The 4-H Sharing Experience." It was good enough to earn her the right to go to State Days, but she chose instead to remain a member of the Consumerama Team which wound up in first place. Being a part of a judging team is also a confidence builder, because team members must give reasons for their decisions.

Sally has participated on the horse judging team, and she, too, credits 4-H with improving her self-confidence. She gave her first cooking demonstrations when she was quite young, and has given several horse demonstrations.

"It really helped me become more confident in speaking in front of my class. It is easier for me than for my classmates." She admits to still getting nervous, but says, "You have to be a little bit nervous to make it good."

Sallie adds, "Giving reasons on the horse judging team helped me learn to speak well."

Both girls aspire to attend National Congress, the ultimate 4-H experience. Sallie says, "I'm really looking forward to doing more things. I am still following in my sisters' image. It made an impression on me when they

participated." Stacy adds, "If I am chosen to attend National Congress, I will feel like I have really achieved something."

To be selected is no small feat, so Stacy says, "I am working to round out my blue form. I must go in leadership or achievement, since I haven't had many years with one project."

This year Stacy adapted a veterinary science project which allowed her to work with the Humane League, something she thoroughly enjoyed. "It was neat; a lot different from what I expected. We help to exercise the animals and give them attention, though we do whatever is needed." The project requires that a 4-H member donate a minimum of 12 hours to the League. Stacy hopes to take it again this year.

She also took a project called "the stress connection," something that she found interesting since she is leaning toward psychology as a possible college major. "I like to analyze how the mind works," she says. She also likes to work with children and to write, so she has several options. A junior at Manheim Central High School, she also has time to focus more clearly on the future.

In the past she has carried pet care and swine projects and was a member of the Woolies Club for five years, eventually giving it up

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Stacy leads a first year cooking project as teen leader. She tries to keep the members' enthusiasm by telling them all the opportunities she has had as a 4-H'er.



Ginger is Sallie's 4-H project horse. Ginger is just six years old, and Sallie says they are still learning as she works with the horse and attends shows.