Happy New Year!!

With this edition of the CLOVER EXPRESS come various upcoming dates and registration information for events. There are several exciting opportunities for Boone County 4-Hers.

You will find applications for events to encourage leadership such as Teen Conference and Youth Civic Leadership Summit, as well as, college scholarship information.

As you’re looking into attending events and filling out applications please double check the age requirement. Most applications require “4-H age.”

In closing congratulation to the following Boone County 4-H Youth that were selected to the 2019 Missouri 4-H Shooting Sports State Team.

Taylor Thiessen- Air Rifle
Garrett Peck – Archery Compound
Megan Kirk- Archery Recurve
Haley Acton- Small Bore Pistol

The Boone County 4-H BOCORobo Robotics county-wide will meet on Saturday, January 12th at Daniel Boone Regional Library Columbia Branch on Broadway. New Robotics members will meet at 9:30 am in Conf. Rm. B and Past Robotics members will meet at 10:30 am in Conf. Rm. B. Meeting will last one hour. If anyone has questions regarding Robotics projects, please contact Angel Arnall 573-239-7534 or by email: angelarnall@gmail.com

What’s Inside?

Happy New Year...............1
Dates for Calendar............1
4-H Feeding Missouri........2 - 6
Name that Project.............7
Bee Keeping Essay Comp.7-9
Frank Graham Leadership Award..........................10-11
4-H Move Across Mo..........12
Name that Project.............12
4-H Volunteer Impact Study13
State Dates.....................13
4-H National Congress......14-15
Equine tour Heads North16-18
The Road to Success.........19-20
4-H Teen Conference........21
Featured Volunteer...........22
Save the Dates .................22
Meats Judging Contest/Workshop..........................23
Missouri 4-H T-Shirts........23
Declined CC in 4-H Online..23
Missouri 4-H Foundation Scholarships..................24
State Dates......................24
Shooting Sports News.......25
Featured Volunteer...........26
Mo. Youth Civic Leaders Summit..........................27

Jr. Council Meets Jan. 21 @ 6:30 PM
Sr. Council Meets Jan. 22 @ 6:30 PM
Jr. Council Meets Feb. 18 @ 6:30 PM
Sr. Council Meets Feb. 26 @ 6:30 PM

Steer weigh in @ South Farm Fe. 9th
Alternate date Feb. 16th

Goat/Sheep weigh in May 13th @ Trowbridge
4-H Missouri
Statewide Food Drive
February 1-28, 2019

Get involved! Help fight hunger across Missouri!

1 million meals! That's our goal!

From February 1-28, 4-Hers across Missouri will partner with Feeding Missouri in a friendly service competition.

Help organize and/or participate in:

• Food drives
• Fundraising
• Volunteering at local food banks and pantries
• Outreach to educate communities about hunger and food insecurity

Learn more at 4h.missouri.edu
or contact (Club name) at (phone) or (email)
Neighbours helping neighbours fight hunger.

**DID YOU KNOW?**
Nearly 1 in 5 children in Missouri live in food insecure households. That means their families can’t always afford food. They sometimes go to bed or come to school hungry. Access to healthier foods is particularly tough.

**WHEN COLLECTING OR DONATING FOOD...**

**DO...**
- Check with your local food bank/pantries to see if they have:
  - special instructions
  - special food needs
- Give non-perishable and/or shelf-stable foods.
- Look for easy to open, pop-top containers that kids can open.
- Share these Do’s & Don’ts with your community

**DON’T...**
- NO GLASS
- No perishable foods
- No foods past their expiration date. (The pantries cannot accept it.)
- Avoid foods that require lots of other ingredients, especially perishable ones, to complete. Families may not be able to buy those other ingredients or have the means to cook or refrigerate such foods.

**TOP 10 FOODS TO GIVE TO A FOOD BANK**
1. Canned seafood and meats
2. Peanut butter/other nut butters/nuts
3. Healthy canned soups and stews
4. Breakfast cereals (whole grain is best)
5. Canned or dried beans, peas and lentils
6. Pasta sauce and canned tomatoes
7. Shelf-stable milk or non-dairy alternatives like soy and almond milk
8. Baby food (plastic containers or pouches only)
9. Whole grains like quinos, pasta, brown rice
10. Canned vegetables

**SOCIAL MEDIA TIP:**
Be sure to share photos and videos of your food drive activities on social media. Use the #4HFeedingMO hashtag.
OTHER SUGGESTED NON-PERISHABLE DONATIONS & THEIR HEALTH BENEFITS

**Fruits and Vegetables**
- Canned fruits in 100% juice or lite syrup are great sources of Vitamin C because only a small amount of it is lost in the canning process.
- 100% fruit and vegetable juices, canned, plastic or boxed
- Dried fruits and vegetables

**Proteins**
- Canned meats and seafood such as chicken, tuna, salmon and clams, water-packed or low-sodium; high in protein, low in saturated fat and rich in vitamins and minerals.
- Canned beans and peas such as kidney, black, cannellini, black eyed, and chickpeas are high in fiber and low-fat sources of protein. Low-sodium versions are best.

**Dairy and Dairy Substitutes**
- Shelf stable milk or non-dairy alternatives such as soy and almond milk are great sources of Vitamin D and calcium. Shelf-stable dehydrated milk and canned evaporated milk are good, too.

**100% Whole Grains**
- Whole-wheat pasta, barley, brown rice and wild rice are complex carbohydrates. They contain good sources of fiber, which are more satiating and filling.
- Whole-grain cereal and rolled oats with at least 3g of fiber such as breakfast cereals can be additional sources of vitamins and minerals. Low-sugar or unsweetened cereals and oats best.

**Healthy Fats**
- Low-sodium nuts and nut butters such as peanuts, almonds and cashews are rich in protein and fiber. They also contain “good fats” and vitamins that are known to positively support heart health, such as monounsaturated and polyunsaturated fats, omega-3 fatty acids and Vitamin E.
How to Run a Successful Drive

**NOTE TO LEADERS:** As you plan activities with your clubs, thank you for being sensitive to the needs and circumstances of all youth members and their families. There are lots of ways for members to contribute to the food drive’s success without having to personally donate food. Check out Volunteer ideas under 4-H Feeding Missouri Resources.

Review instructions and other resources available at 4h.missouri.edu and feedingmissouri.org.

**Learn about hunger issues in Missouri.**

See Hunger Facts in 4-H Feeding Missouri Resources. Our partner, Feeding Missouri, has tons of resources:

- **Hunger in Missouri** — be sure to open up all the folders!
- **U. S. Hunger**

**Contact your local food pantry and/or regional food bank.**

- Check out the Food Pantry List in 4-H Feeding Missouri Resources.
- Search the Feeding Missouri service map and Pantry Finder listings (www.feedingmissouri.org > About Us).
- Contact them by mid-January to start coordinating!

**Publicize and promote the drive**

There is information available in 4-H Feeding Missouri Resources.

- Coming Soon! flyers — distribute/post in December
- Mid-January through February.
  - social media
  - flyers
  - media outreach
  - involve other local partners

**Plan one or more food drives in your community throughout February, e.g.**

- Schools
- Basketball games
- Churches, houses of worship
- Local library, bank, community center
- Share tips on best foods to donate — see 4-H Feeding Missouri Resources.

*continued on next page*
Plan volunteer activities.
See the full list in 4-H Feeding Missouri Resources.

Use Qualtrics to accurately count and record pounds of food collected and hours volunteered!

- It's the honors system: weigh on your bathroom scale; use package measurements; give your best estimate; see if local food pantry has a scale
- Keep an accurate record throughout the drive. Just enter new info and send the Qualtrics form each time you have food or hours to add. Don't wait until the end or rely on your memory.

**NOTE: Qualtrics opens Feb. 1.** You can use the Track Your Food & Hours form in Resources until you're ready to enter information into Qualtrics. All individual entries count toward your **COUNTY** total.

Tell people how they can donate money, if they prefer.

- Monetary donations should be made online via the DONATE NOW button.
- DONATE NOW will be available Feb. 1 via the 4-H Feeding Missouri, MU Extension and Feeding Missouri websites.
- Donors can choose their county from the dropdown menu so the donation is credited to the appropriate club.

If someone donates cash:

- Bring it to the club leader.
- S/He will keep a running tally
- At the end of the drive, the club treasurer will send a check covering the amount of any cash donations to:
  Feeding Missouri
  ATTN: 4-H Feeding Missouri
  2306 Bluff Creek Drive
  Columbia, MO 65201

- That amount will be credited to the club total.

**NOTE:** Feeding Missouri will calculate and convert all pounds of food and hours volunteered into the equivalent meals.

---

**Contest info:**
Feeding Missouri's numbers will be used to calculate county contest winners. Four main prizes will be awarded for top: **Food Raiser, Fund Raiser, Volunteer Hours and Overall (Equivalent) Meals**. Recognition will also go to the next Top 10 Counties in each category.

**Remember our goal:**
1 million meals!

**Missourians helping Missourians fight hunger.**
2019 National 4-H Beekeeping Essay Competition: Call for Entries*

Don Nicholson

Submission Deadline: February 15, 2019 in Missouri State 4-H Office

2019 Essay Topic: Honey Varietals, State to State

Each jar of honey reflects an unrepeatable combination of climate, soil, weather and flowers. Each state has unique honey varietals that beekeepers can market to their customers. Please identify one unique varietal to your state and discuss the flower’s uniqueness and how beekeepers can effectively market that varietal.

In your essay, please include a photo of the varietal’s flower, an interview with a local beekeeper who collects this varietal and a recipe that highlights the varietal.

Complete rules are in the attached document: "2019 Beekeeping Essay Competition". Please do note, that essays must be received in the Missouri State 4-H Office by February 1st!

Sponsored by: Foundation for the Preservation of Honey Bees
2019 National 4-H Beekeeping Essay Competition: Call for Entries
Submission Deadline: February 15, 2019

Sponsored by: Foundation for the Preservation of Honey Bees

2019 Essay Topic: Honey Varietals, State to State

Each jar of honey reflects an unrepeatable combination of climate, soil, weather and flowers. Each state has unique honey varietals that beekeepers can market to their customers. Please identify one unique varietal to your state and discuss the flower’s uniqueness and how beekeepers can effectively market that varietal.

In your essay, please include a photo of the varietal’s flower, an interview with a local beekeeper who collects this varietal and a recipe that highlights the varietal.

Put on Your Thinking Cap!

An essential judging criterion is the scope of research you put forth in developing the ideas behind your essay—accounting for 40% of your score. The number of sources consulted, the authority of the sources and the variety of the sources are all evaluated. Personal interviews with beekeepers and others familiar with the subject are valued sources of information and should be documented.

Note that “honey bee” is properly spelled as two words, even though many otherwise authoritative references spell it as one word.

Eligibility:

The 2019 National 4-H Beekeeping Essay Competition is open to active 4-H Club members only.

Any 4-H Club member who placed first, second or third in previous years of the national competition is NOT eligible to win in 2019, however, state competition winners remain eligible to enter the national competition. Entered essays must encompass the designated topic only. There will be NO exceptions.

Competition Rules & Essay Requirements:

Any 4-H Club member interested in writing an essay should contact their local 4-H office for competition details. The state selection process must be completed through the 4-H system.

Failure to meet any one of the essay requirements will result in disqualification.
• Essay requirements for national judging:
  o Essay must be typewritten or computer-generated on single-sided pages and formatted following standard manuscript format using double-spaced type and 12pt font in legible font face.
  o Essay must encompass the designated topic in 750 to 1,000 words.
  o All factual statements and interview references must be cited in a “resources” or “bibliography” list.
  o Essays will be judged on (a) scope of research, 40%; (b) accuracy, 30%; (c) creativity, 10%;
    (d) conciseness, 10%; and (e) logical development of the topic, 10%.
  o On a separate page, please include a brief biographical statement of the author including mailing address, email address and telephone number.

• Each state may submit only ONE entry.
• Deadline for state submission: **February 15, 2019**
• National winners will be announced: **May 6, 2019**

National competition entries may be submitted for judging via mail to the address listed below or email to msausaman@abfn.org. Use “4-H Essay Entry from <State>” as the subject line.

**Foundation for the Preservation of Honey Bees**
3525 Piedmont Road
Building 5, Suite 300
Atlanta, Georgia 30305

Decisions made by the trustees of the Foundation for the Preservation of Honey Bees during national judging are final. All national competition entries become the property of the foundation and may be used as it sees fit. No essays will be returned.

**Awards:**

Three cash prizes will be awarded in the 2019 National 4-H Beekeeping Essay Competition. The author of the highest scoring essay will win first prize. The author of the second-highest scoring essay will win second prize. The author of the third-highest scoring essay will win third prize.

- First Prize: $750
- Second Prize: $500
- Third Prize: $250

The three prize-winning essays will be published in *ABF Quarterly*, the magazine of the American Beekeeping Federation. All authors of essays submitted to the national competition will receive a relevant book on honey bees, beekeeping or honey.

Questions? Contact Molly Sausaman, Executive Director, Foundation for the Preservation of Honey Bees, at 404-760-2875 or msausaman@abfn.org.

**GOOD LUCK!**
Frank Graham Leadership Award Nomination Form

County Representative Contact Information:

<table>
<thead>
<tr>
<th>Nominated by:</th>
</tr>
</thead>
<tbody>
<tr>
<td>4-H Youth Specialist or YPA:</td>
</tr>
<tr>
<td>County:</td>
</tr>
<tr>
<td>Phone:</td>
</tr>
<tr>
<td>E-mail Address:</td>
</tr>
</tbody>
</table>

Nominee Information:

<table>
<thead>
<tr>
<th>Name of nominee:</th>
</tr>
</thead>
<tbody>
<tr>
<td>County:</td>
</tr>
<tr>
<td>Region:</td>
</tr>
<tr>
<td>Address:</td>
</tr>
<tr>
<td>City, State:</td>
</tr>
<tr>
<td>Zip Code:</td>
</tr>
<tr>
<td>Phone:</td>
</tr>
<tr>
<td>E-mail Address:</td>
</tr>
<tr>
<td>4-H Alumni?</td>
</tr>
<tr>
<td>If yes, where?</td>
</tr>
<tr>
<td>Number of years of 4-H volunteer service:</td>
</tr>
</tbody>
</table>

Describe in detail the nominee's significant contributions to 4-H:

- **Demonstrated leadership** amongst fellow volunteers (e.g., helps staff with club or project leader training for new volunteers, mentors new volunteers)
- **Demonstrated personal growth** as a volunteer (e.g., attendance at Energizers or other 4-H educational events, 4-H Volunteer e-Forums)
List significant 4-H activities:

Community roles other than 4-H:

Please mail or e-mail forms to:
Anne Reeder
1110 S. College Ave. Columbia
MO 65211
reederaj@missouri.edu
**4-H Move Across Missouri (MOVE)**

**Alison Copeland**

MOVE in 2019! 4-H MOVE promotes physical activity and encourages youth to engage in a broad range of activities such as walking, biking, running, swimming, dance, taekwondo, gardening and more.

Enrollment for new and re-enrollment for current MOVErs begins January 1, 2018 and continues until May 1 (please make sure to register by May 1 so you can participate in the competition!)

Here’s what youth and adults need to do to participate:

- Enroll in the Move Across Missouri (MOVE) project (HF775) in 4HOnline in their profile. Enrollment in 4-H MOVE does not count as a part of county limits on projects.

- Using a paper tracking system found on the 4-H website at: [http://4h.missouri.edu/4hmove/moveinfo](http://4h.missouri.edu/4hmove/moveinfo), youth and their families can “log” the number of minutes they accumulate throughout the year and during the competitive component of the MOVE program (scroll to the bottom of the website page and click “My Move Activity Log”). Record keeping through the paper tracking system is important because the competition period will be from February 1 to April 30. Youth and families will submit their total number of minutes logged and activities (basketball, running, chores, etc.) throughout the 12 week competitive period between May 1 - 15 in 4-HOnline.

4-Hers and adults can register for the competitive event as individuals and/or as part of a team. An individual MOVEr may also be a part of a team. A team can consist of a family or members of a 4-H club or group. MOVE awards will be provided.

**New Award Resources**

**Teresa Bishop**

How-to videos for State Excellence Forms Levels 1, 2 and 3 are now available on the 4-H Website. Thank you to Karla Deaver for creating these videos and making them available to everyone. You can find the videos listed at [http://4h.missouri.edu/peercompetition.aspx](http://4h.missouri.edu/peercompetition.aspx) under each level. There is also a video on how to fill out your project record form. It is located under the project record form link at [http://www.4h.missouri.edu/resources-forms.aspx](http://www.4h.missouri.edu/resources-forms.aspx)

---

**Name that PROJECT**

See if you can answer the questions AND name the 4-H project you might learn it in! The answers are hidden in this EYC.

**Question 1:** What does it mean to be you in the United States of America? Brainstorm ideas by writing a list of things about being in this country that you love or that is important to you. In what project would you learn this?

**Question 2:** What is this? In what project(s) would you learn this?
4-H Volunteer Impact Study – You May Be Contacted
Anne Reeder

What you do makes a difference! We are excited to share that our state will be participating in 4-H Volunteer Impact Study of volunteers in the North Central Region.

This survey is being conducted as a part of 12 state effort to document the impact of volunteering.

It will focus on three areas:

- the personal benefits of your volunteer experience;
- the impact you have on the organization by volunteering; and
- how your volunteer efforts contribute to your community in which you live and work.

A random sample of volunteers of 1000 volunteers from each state will be surveyed. This study will be conducted through an electronic survey. If you are selected you will receive an e-mail to let you know you have been selected to participate.

You may be picked! If you are, please respond. We want to hear from you and learn from your volunteer experiences.

Your comments will be used to quantify the personal, organizational and public impacts of volunteers involved with 4-H Youth Development Programs in our twelve state region.

Your impact is great and we want to hear from you!

<table>
<thead>
<tr>
<th>Event</th>
<th>Date of Event</th>
<th>Registration Opens</th>
<th>Registration Closes</th>
</tr>
</thead>
<tbody>
<tr>
<td>State 4-H Office Closed</td>
<td>Nov 22-23</td>
<td></td>
<td></td>
</tr>
<tr>
<td>National 4-H Congress</td>
<td>Nov 23-27</td>
<td>Delegates already selected</td>
<td></td>
</tr>
<tr>
<td>State Office Closed</td>
<td>Dec 25 - Jan 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-H Zoo Apprentice Camp</td>
<td>Dec 29-Jan 2</td>
<td>Open</td>
<td>Dec 1</td>
</tr>
<tr>
<td>Meats Judging Contest</td>
<td>Feb 16</td>
<td>Dec 15</td>
<td>Feb 1</td>
</tr>
<tr>
<td>Legislative Academy</td>
<td>Feb 18-20, 2019</td>
<td>Open</td>
<td>Dec 15</td>
</tr>
<tr>
<td>Youth Civic Leaders Summit</td>
<td>March 1-3, 2019</td>
<td>Nov 15</td>
<td>Feb 1</td>
</tr>
<tr>
<td>Meats Judging Contest</td>
<td>March 9 (tentative)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Teen Conference</td>
<td>March 16-17</td>
<td>Dec 10</td>
<td>Feb 1</td>
</tr>
<tr>
<td>National 4-H Conference</td>
<td>April 6-11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-H Day with the Cardinals</td>
<td>May 11</td>
<td>Details coming in spring</td>
<td></td>
</tr>
<tr>
<td>State 4-H Robotics Conference</td>
<td>May 18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Missouri 4-H Equine Tour</td>
<td>May 20-28</td>
<td>Open</td>
<td>March 1</td>
</tr>
</tbody>
</table>
Youth Attend National 4-H Congress

Heather Snow of Columbia, Mo., was among the nearly 900 youth delegates from 44 states and Puerto Rico attending the 2018 National 4-H Congress, November 23-27 in Atlanta, Georgia. The National 4-H Congress experience allows 4-H members from across the country to learn new skills through workshops, hear from nationally recognized speakers and experience Southern culture.

Selection for this trip combines scores from a written recognition form and interview. Attendance at National 4-H Congress is a culminating event for many 4-H’ers and a highly sought after award. Only twenty 4-H members from Missouri were selected to attend.

During National 4-H Congress, youth participated in a wide range of educational workshops and heard from speakers such as the current Miss America. Delegates also participated in a morning of service around Atlanta. Activities included, working in classrooms, cleaning up parks and much more. Youth had the opportunity to tour some of Atlanta’s landmarks such as Coca-Cola, CNN, the Martin Luther King, Jr, visitor center and others.

For more information about 4-H, visit 4h.missouri.edu or contact your local Extension Center at (573) 474-9792.
2019 Missouri 4-H Equine Tour Heads North
Debbie Davis

Do you dream of combining your equine passion with a future career, love to learn more about the horse industry, and enjoy making new 4-H friends who share your love of horses? The University of Missouri Extension 4-H Annual Equine Career Tour may be just for you! The 2019 tour, May 20-28, will be exploring the horse industry in Missouri, Illinois, Wisconsin, Michigan, Indiana, Ohio and Canada and is open to Missouri 4-H teens, ages 14-18. Tour highlights will include collegiate equine education departments, harness racing, visiting a variety of equine farms, meeting 4-H youth, and touring Mackinac Island. Participants will learn from leading equine professionals in the fields of equine therapy, dressage, entertainment, training, art, harness racing, equine facility management and equine welfare. In its thirteenth year, the tour has proven to be a great opportunity for participants to expand and clarify their possible equine related career paths.

“The Missouri 4-H equine tour gave me an opportunity to see so many beautiful parts of this country. It’s not just a quarter horse, Arabian, barrel racing, our western pleasure tour... you get to see every aspect of every breed, discipline, boarding facility, breeding facility, etc. This is a once-in-a-lifetime opportunity and trip for youth in 4-H who have a passion for horses and want to explore our ever-growing industry. You get to meet so many new friends, learn so much, and make lifelong connections for which I will forever be grateful.”

Ashley Bauer, 2018 Missouri Rodeo Queen; William Woods BSE, MSE Equine Studies, Warren County 4-H Alumni

“The Missouri 4-H Equine Tour is a trip that exposes youth from across the state of Missouri, to the horse industry across a nation. These youth learn about the different careers within the equine industry, make connections with professionals, and make lifelong friends along the way. As a 4-H trip, the Tour is not a trip of pure learning, but also of growing; where youth can grow in their leadership skills and be challenged to step out and pursue their ideas, career paths, dreams, and passions. As a three-year participant, I have seen firsthand the impact that this tour has had on my life and career. This tour has given me priceless professional connections, has challenged me to pursue and learn about my career path, and has given me friendships that will last a lifetime. The Missouri 4-H Equine Tour is a once in a lifetime experience that I would recommend to any youth in the state of Missouri.”

Isaiah Chandler, Jasper County 4-H. Student West Texas A&M

The $650 tour fee provides charter bus transportation, 4-H staff chaperones, and most all travel related expenses. Applications are available at http://4h.missouri.edu/equine-tour and are due before March 1, 2019. Specific travel information with detailed tour itinerary will be available to participants after March 1. For additional information, contact Debbie Davis, 816-866-9880, davisdd@missouri.edu.
Missouri 4-H Equine Career Tour Registration
May 20-27, 2019
Illinois, Wisconsin, Michigan, Canada, Ohio, Indiana
Missouri 4-H Teens 14-18

A completed registration packet containing the following 4 items must be postmarked by March 1, 2019:
♦ Both pages of registration completed
♦ Reference Letter
♦ $325 Deposit (or full amount of $650). Checks payable to Clinton County Extension
♦ Wallet size photo (head shot) such as school photo

Registrations will be prioritized by completeness and date received.
Final payment of $325 due before May 1. Questions? Debbie: (816) 866-9800

Return forms/payments to:
Debbie Davis, 4-H Youth Specialist
Clinton County Extension
607 Lana Drive, Suite A

TOTAL COST:
$650
(Includes most expenses)

Name (First—for name tag) __________________________________________ (Last) __________________________
Address ____________________________________________________ City ____________________ Zip ____________

Youth Email (Print clearly) ____________________________________________________ Youth Cell phone (______)

T-shirt Size □ S □ M □ L □ XL □ XXL □ XXXL Age 1/1/19 □ M □ F

Roommate(s) Preference ____________________________________________________________

Parent/Guardian Information
Name________________________________________ Primary Phone (______) _______ _______
Address ___________________________________ Second Phone (______) _______ _______

Best email address (Print clearly) __________________________________________________________

Alternate Emergency Contact
Name________________________________________ Primary Phone (______) _______ _______
Relationship____________________________________ Second Phone (______) _______ _______

_____ Check if you need a letter from the Missouri Department of Education supporting this event as an excused absence.

‘I verify that this 4-H member is currently an active 4-H member and offer my recommendation for his/her participation in this tour.
Signature or email message acceptable (send to davisdd@missouri.edu)

County 4-H Youth Specialist or YPA Signature ________________________________________________

4-H County of Membership _____________________________________________________________ Date _____________

Include a letter of recommendation from either your 4-H Staff, 4-H Club or Project Leader (non-relative) verifying your interests, active 4-H member status, and maturity for tour participation.

**This tour will require either a current passport or original birth certificate. Specific travel information will be sent to participants after March 1, 2019.

An equal opportunity/access/affirmative action/pro-disabled and veteran employer
Describe your horse world.

Describe your expectations of this tour.

What are some questions/concerns you have about the tour?

Below is a listing of potential equine industry and careers we can explore on our tour. Please rate your top ten interests using 1-10 with #1 being your top choice to help plan our tour.

- Rodeo
- Equine Welfare
- Riding Apparel
- Farm/Barn Management
- Equine Art
- Equine Therapy
- Research
- Reproduction
- Equine Photography
- Rescue/Adoption
- Medical
- Training
- Nutrition
- Hunter/Jumper
- Dressage
- Saddle/Harness Making
- Harness Racing
- Western Performance
- Training
- College:
- Saddle/Harness Making
- Research
- Medical
- Dressage
- Barrel Racing
- Farm/Barn Management

What are your potential career goals?

Describe how 4-H has helped you with your career skills, especially in the horse project.

What else would you like for the tour chaperones to know about you?

Refund Policy & Waiting List

Upon receipt of the completed Equine Career Tour Registration Packet and deposit, the member will be considered a tour participant. Should it become necessary for the member to withdraw after registration, it is their responsibility to find an appropriate replacement. Refunds will only be issued if there is a suitable replacement delegate. We understand emergencies arise, but tour expenses are prepaid based upon a member’s commitment. A waiting list of applicants will be maintained in order received to fill vacancies should it become necessary.

Please check this box and sign below to verify that you understand and agree to this refund policy.

r7I Parent/
4-H EXPO
The Road to Success

4-H CITY LIMITS
POPULATION: YOU

Cost $10 per person – Make check to Pike Co. Extension

WHEN
February 16, 2019
10am-2pm

WHERE
Hannibal High School
Hannibal, MO

WHO
Clover Kids
Youth 8-10
Youth 11-13
Youth 14 & Over
Adults

WHY
Fun, hands-on, age appropriate activities that focus on building futures!

An equal opportunity/access/affirmative action/pro-disabled and veteran employer
4-H Expo

**When:** Saturday, February 16, 10 a.m. - 2:00 p.m.

**Where:** Hannibal High School, 4500 McMaster Ave., Hannibal

**Cost:** $10.00/participant (lunch included)

**Turn the bottom of this form with registration fee into the Pike County Extension Office by February 1.**

Family Name: 

Email: 

County: 

# Youth 5-7 years old _____  # of Youth 8-10 years old _____

# Youth 11-13 years old _____  # of Youth 14 - 18 years old _____

# of Non 4-H Friends _____  # of Adults _____

Learning needs that we should be aware of to provide a better learning environment? (Please indicate age of participant): 

________________________________________

________________________________________

________________________________________

________________________________________

Food or Dietary Needs? 

________________________________________

**Payment is due at the time of registration**

Checks made payable to Pike County Extension

*An equal opportunity/access/affirmative action/pro-disabled and veteran employer*
Your State 4-H Council invites You to Make Your Move!

Come join the game of leadership at the 2019 State 4-H Teen Conference, March 16-17 in Columbia! The State 4-H Council is planning another “don’t miss” event that you’ll be talking about all year. Teen Conference begins at 12:30 p.m. on Saturday and ends by noon on Sunday. Registration is $189 for youth (sharing a bed with a friend you select) and for chaperones. For youth who would prefer their own bed, registration is $239.

Registration through 4HOnline will open on December 10, 2018, and extend through February 1, 2019. Late registration is open February 2-10 with an additional $50 late fee. For more info on Teen Conference, please visit http://4h.missouri.edu/teen-conference.

Thanks to one and all!

Bradd

Bradd L. Anderson
State 4-H Youth Development Specialist
Youth Leadership, Communications & Digital Media
1110 South College Ave • Columbia, MO • 65211 • andersonb@missouri.edu
**Featured Volunteer**

Sherry Grace

The 4-H Center for Youth Development has been featuring volunteers on our Facebook, Twitter, Instagram, and website. For more info:  [http://4h.missouri.edu/feature.aspx](http://4h.missouri.edu/feature.aspx)

---

**Cheyenne Hunt**

B&G Hustlers

Clover Kid Leader

Audrain County, 2 years:

We typically make crafts for projects. I work with my kids primarily in the summer months, and we meet several times to work on fair projects and getting to know one another. I really enjoy working with the Clover Kids (ages 5-7) because they are such a fun age group.

Their interest in 4-H is just beginning, and as a volunteer I am able to encourage their creativity in making projects, as well as committing time to their projects and learning as they go. I was a member of 4-H for 10 years. When I aged out, I wanted to stay involved in my community 4-H program. I was asked if I would be interested in taking over the Clover Kid project by the club leaders, and I have truly enjoyed my time as a volunteer.

---

**Save the dates!**

Don Nicholson

**State 4-H Meats Judging Contest:** February 16, 2019. University of Missouri Campus.

Additional information will begin appearing at: [http://4h.missouri.edu/meats/MeatsJudging#gsc.tab=0](http://4h.missouri.edu/meats/MeatsJudging#gsc.tab=0)

Registration will be open via 4HOnline beginning December 15.

**State 4-H Horse Judging Contest:** March 9, 2019 (tentative). This contest had been held later in the fall for a couple of years, but is moving back to its "traditional" time of year this year. More information will be posted eventually, at [http://4h.missouri.edu/horses/horse-judging-contest](http://4h.missouri.edu/horses/horse-judging-contest)

---

**Date correction! Missouri State 4-H Horse Judging Competition**

Don Nicholson

After notifying everyone in the EYC, of a date set for the state 4-H horse judging, things have changed! I am really sorry for the false start on that.

The actual date WILL be **February 23, 2019** as part of the AQHA shows. This is similar to last year.

Please notify those in your county(ies) of this change! Additional information to follow.
Meats Judging State Contest/Workshop
Ty Peckman

Saturday, February 16, 2019
Eckles Hall
University of Missouri-Columbia
1400 E Rollins St, Columbia, Missouri

This program has two options for participation. For those who have more experience in meats evaluation and would like to compete, the judging contest is the option for you. If you are less experienced in meats evaluation, there will be a learning track workshop. The workshop will walk you through how to evaluate judging classes, provide you with the basics of good note taking, and give you tips on retail identification. Participants must choose either judging or workshop options.

Registration for the Meats Judging State Contest/Workshop is available through [https://mo.4honline.com](https://mo.4honline.com)

A help sheet to register is available at [http://4h.missouri.edu/doc/MOEventRegistration.pdf](http://4h.missouri.edu/doc/MOEventRegistration.pdf)

Registration deadline is February 1.

**Missouri 4-H T-Shirts**
Becky Simpson

Youth, families, faculty and staff may once again purchase a Missouri 4-H t-shirt through 4HOnline. The cost of the shirts are $11 each. Orders will be placed through the event registration system in 4HOnline. You may pay by check or credit card. If paying by check, please make your check out to your local extension office. Once payment is received in the local county extension office, your 4-H faculty/staff will approve the registration and the order will be processed.

The t-shirts are black with short-sleeves and a green and white design. Sizes available include youth sizes small-large; adult sizes small-3XL. If your size is currently out of stock, you will be contacted directly by someone from the Daviess County Extension office. Any out of stock sizes will be replenished in a timely manner and your order processed. If you have any questions please contact Becky Simpson at [simpsonre@missouri.edu](mailto: simpsonre@missouri.edu) or 660-663-3232.

**Declined Credit Cards in 4HOnline**
Sherry Grace

Each week I get multiple panicked phone calls about a credit card being declined in 4HOnline. This can happen for many, many reasons and most can be fixed by simply resubmitting the enrollment or event. You can do this from the “My Members” page in 4HO. There will be a notice that you need to resubmit and a button next to it.

If you think it has something to do with the card information on file, such as an expired card or your address has changed, and you need to change it we recommend deleting the card and starting fresh instead of editing. Please note, the county and state offices cannot do this for you—4HO does not allow anyone but you to see your credit card information.
Missouri 4-H Foundation Scholarships
Chris Willow

College is expensive but 4-H can help! 4-H participation and involvement leads young people to explore various careers and educational options. The Missouri 4-H Foundation offers college scholarships that help 4-H members pursue their educational dreams.

In 2019 thanks to generous donor support, the Missouri 4-H Foundation will offer over 60 college scholarships ($500 - $2,500/scholarship). 4-H’ers who are current high school seniors and former 4-Hers who are college students are eligible to apply. The scholarship guidelines and application is available on the Missouri 4-H Foundation website at https://extension2.missouri.edu/programs/missouri-4-h-foundation/scholarships. Check with your local Extension office for the local application due date. Applications are accepted after January 1, 2019 and are due in the Missouri 4-H Foundation Office (109 Whitten Hall Columbia, MO 65211) by March 1, 2019.

**Please note that the scholarship application has been updated this year, do not use an older version of the scholarship application form; the current form will have Revised Dec 2018 on the bottom of the application form.

Check out the list of scholarships on the 4-H scholarship website and apply! The scholarship application format is almost identical to the 4-H Missouri Recognition Form (MRF) format. If you complete the MRF form, you’ve completed most of the narrative for the scholarship application, too.

<table>
<thead>
<tr>
<th>Event</th>
<th>Date of Event</th>
<th>Registration Opens</th>
<th>Registration Closes</th>
</tr>
</thead>
<tbody>
<tr>
<td>State Office Closed</td>
<td>Dec 25 - Jan 1</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-H Zoo Apprentice Camp</td>
<td>Dec 29-Jan 2</td>
<td>Closed</td>
<td></td>
</tr>
<tr>
<td>Meats Judging Contest</td>
<td>Feb 16</td>
<td>Dec 15</td>
<td>Feb 1</td>
</tr>
<tr>
<td>Legislative Academy</td>
<td>Feb 18-20, 2019</td>
<td>Open</td>
<td>Dec 15</td>
</tr>
<tr>
<td>State Horse Judging Contest</td>
<td>Feb 23</td>
<td>TBA</td>
<td></td>
</tr>
<tr>
<td>Youth Civic Leaders Summit</td>
<td>March 1-3, 2019</td>
<td>Open</td>
<td>Feb 1</td>
</tr>
<tr>
<td>Teen Conference</td>
<td>March 16-17</td>
<td>Dec 10</td>
<td>Feb 1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Feb 10 with late fee</td>
</tr>
<tr>
<td>National 4-H Conference</td>
<td>April 6-11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>4-H Day with the Cardinals</td>
<td>May 11</td>
<td>Details coming in spring</td>
<td></td>
</tr>
<tr>
<td>State 4-H Robotics Conference</td>
<td>May 18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Missouri 4-H Equine Tour</td>
<td>May 20-28</td>
<td>Open</td>
<td>March 1</td>
</tr>
</tbody>
</table>
Shooting Sports news
Jim Sappington

It is the time of year that we start gearing up for the national championships. We now have all nine teams selected and practices have started with the state coaches. These 36 youth and their coaches will be working very hard to bring home the championship trophy again. Not matter the outcome in June, these members will make Missouri 4-H proud. Please join me in congratulating these members of the 2019 Missouri 4-H Shooting Sports State Team:

**Air Pistol:**
- Andi Riley - Cole County
- Shelby Manning - Cooper County
- Emily Bowles - Jasper County
- Kaitlynn Foster - Lincoln County
- Coach: Bob McCullom

**Air Rifle:**
- Johnathan Stimpson - Sullivan County
- Shelby Stille - Montgomery County
- Taylor Thiessen - Boone County
- Toni Haselhorst - Cole County
- Alternate: Caiden Blake - Vernon County
- Coach: Zach Painter

**Archery Compound:**
- Garrett Peck - Boone County
- Justin Hall - Gasconade County
- Kaci Persell - Grundy County
- Alternate: Jonathon Stimpson - Sullivan County
- Coach: Terry Allen

**Archery Recurve:**
- Brett Pennington - Jasper County
- Kendra Betz - Sullivan County
- Megan Kirk - Boone County
- Bryce Wosoba - Cedar County
- Alternate: Nathan Meek - DeKalb County
- Coach: Phill Threatt

**Muzzle Loading:**
- Brandon Allen - Gasconade County
- Jared Braun - Cole County
- Jason Haselhorst - Cole County
- Sadie Ramirez - Jasper County
- Alternate: Jackson Black - Cole County
- Coaches: Walter Branson

**Hunting and Outdoor Skills:**
- Bryar DeLashmutt - Callaway County
- Thomas Endecott - Cass County
- Brock Allen - Linn County
- Jacob Byers - Linn County
- Alternate: McKinzie Branson - Warren County
- Coach: Bill Athey - Jasper County

**Shotgun:**
- Gaven Hale - Bates County
- Hunter Todd - Lafayette County
- Kaitlyn Davis - Texas County
- Austin Butteris - Pulaski County
- Alternate: Jared Henderson - Lewis County
- Coach: James Walls

**SmallBore Pistol:**
- Taylor Riley - Cole County
- Haley Acton - Boone County
- Jacob Penrod - Taney County
- Nicholas Newton - Saline County
- Alternate: Haley Schnetzler - Saline County
- Coach: Jason Sherwood

**SmallBore Rifle:**
- Trent Polley - Linn County
- Tyler Polley - Linn County
- Trae Hoerrmann - Linn County
- Kyle Gann - Saline County
- Alternate: Kris Walker - Macon County
- Coach: Mike Bershears
Featured Volunteer
Sherry Grace

The 4-H Center for Youth Development has been featuring volunteers on our Facebook, Twitter, Instagram, and website. For more info: http://4h.missouri.edu/feature.aspx

Theresa Shettlesworth
Fairview Friends
Club Leader
Boone County, 17 years:

I have been a 4-H leader for 17 years and I was a 4-Her in the same club I lead for 10 years. I lead several projects for our club, foods and sewing are my favorite. The sewing project is a county wide project, we’ve had as many as 25 members at meeting. We meet about once a month for 2-3 hours. I encourage my club to participate in various service projects each year. Sometimes we clean up trash or we will do a canned food drive. Helping others is a very important part of 4-H. Sometimes that means helping kids learn something new, sometimes it means volunteering for a project or event, and other times it is a service project.

I like what 4-H stands for, leadership, helping others and learning new skills. I really enjoy watching the kids get more comfortable with speaking to a group. It is great to see a kid who in the beginning of the year was too timid to say “here” when their name was called, to now giving a demonstration in front of the club. I also like seeing the kids evolve in the sewing project. They start to understand how to sew and become more confident sewers and start really wanting to make more things and tackle harder projects. That is really neat to see.

As a 4-her, my mom was a leader and volunteer. I knew from watching her that I would one day be a 4-H volunteer. My mom was the chair for the Boone County Fashion Revue Committee and a sewing leader. Now I am the Fashion Revue Chair and a sewing leader. I am motivated by the kids. I want them to love 4-H like I do. I don’t mind giving extra time to a kid or family if that will help the member succeed or feel successful. I get just as excited as the kids when they finish a project or get past a really trick part of a pattern. Their accomplishments are what drive me to continue leading. Volunteer opportunities are easy to find in 4-H. Adults are needed to be project leaders, club leaders, and parent helpers. If someone doesn’t want to have that level of commitment, we are always looking for guest speakers or demonstrators at club meetings. Extra helpers at sewing meetings are always welcome and needed, my co-leader and I really appreciate anyone who jumps in to help.
Missouri Youth Civic Leaders Summit (14th Annual)
March 1-3, 2019
Windermere Conference Center USA
On the Beautiful Lake of the Ozarks, Missouri!

2019 Summit website
2018 Summit story and photos

“There are two great days in a person’s life – the day we are born and the day we discover why.”
— William Barclay

The Missouri Youth Civic Leaders Summit is a statewide gathering of teens and adults who are ready to engage with others on topics of leadership, service, and LIFE!

YCLS teams can be made up of local teens and adults from 4-H SPIN, community clubs, councils, schools, afterschool programs, community organizations, or countywide groups.

Teams will gather with 20-30 other teen/adult groups from across Missouri and other states to network, learn, energize, and plan for action in youth-adult partnerships!

Youth-adult partnerships are a powerful and promising way for young people and adults to develop their leadership while engaging in thoughtful and meaningful work together.

Summit teams will be challenged to identify a project or event they want to work on in 2019 to benefit their community and boost their readiness for the next stage of leadership and LIFE!

Registration in 4-H Online

Calendar of Events

All forms, applications, etc. are due at 4:30 on due date unless otherwise noted.

University of Missouri Extension does not discriminate on the basis of their race, color, religion, sex, sexual orientation, national origin, age, disability in employment or in any program or activity.