



Cedar County Clover

December 2008

UNIVERSITY OF MISSOURI
M Extension

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4-H Council Meeting

The next 4-H County Council Meeting will be held on January 19, 2009 at 6:30pm at the Land-O-Lakes fair grounds metal building.

THANK YOU!!!

I want to extend a thank you to all who helped with the Recognition Banquet. I also want to remind everyone who received an award to be sure to thank your sponsors.

Shooting Sports

Looks like we are going to have a great year for shooting sports. We have 22 youth signed up for safety, 17 for archery, 22 for air rifle, 17 for .22 rifle, 1 for air pistol and 16 for shotgun. Safety (740) classes will be held on Sunday, January 4th and January 11th from 2:00 PM to 5:00 PM at the Stockton Expo Building (Fair Building) off RB road. You **MUST** attend BOTH safety classes or have completed the Missouri Conservation Department Hunter Safety Course to participate in the follow on projects. We will start air rifle on Sunday afternoons the week following completion of the Safety Course. Those sessions will be for approximately 2 hours. A parent must attend the safety classes with their boy or girl and a family member coach is required for air rifle participants.

If your address/ E mail/ phone numbers change from that submitted on your enrollment forms, please advise the extension office. The project leaders need to be able to contact you for a variety of reasons. E mail is the easiest way so if you have a computer, please make sure we have your current E mail address."

Important Dates to Remember

	<u>Dec.</u>
Teen Conference Registration	12
Last Day to add or change a project	15
	<u>Jan.</u>
Volunteer Orientation Deadline	1
Kansas City Global Registration Starts	1
Shooting Sports Safety	4
Shooting Sports Safety	11
County Council Meeting	19

LOCAL NEWS

WHEN DO PROJECT MEETINGS START??

Now is good. Hold a parents meeting and set goals, discuss finances and supplies. How will equipment be provided? Will the leader purchase what is needed and parents split the cost? Set times and dates for meetings. Plan at least 8 hours. Have a club calendar where all project meetings are listed so that everyone can be informed and avoid time conflicts. Some projects might meet before or just after club meetings. This could help with transportation and time.

JUST A MINUTE CLUB NEWS

Stockton Seekers- The Stockton Seekers 4-H Club met on November 11th at the Stockton Christian Church. Thank you to the families who helped set up and clean up for the Cedar County 4-H Banquet. Our next meeting will be on December 9th at the Stockton Christian Church at 6:30 p.m.

Reporter- Clayton Locke

Buffalo Chargers-The Buffalo Chargers will be meeting December 9 at 6:00. We will be having snacks and games. Come join us for fun.

Pony Express-The Pony Express had a meeting on Nov. 5, 2008. The meeting was called to order by Samantha Johnson. Jamie Johnson led the American pledge, and Jessica Johnson led the 4-H pledge. Kyle Robertson gave the treasurer's report following the pledges. Old business was completing the enrollment forms. We had a guest speaker, Terry Costello, who gave us information about shooting sports. New business included the possibility for participating in the Christmas parade. The next 4-H meeting will be on December 3, 2008 at 6:30 p.m. at Camp Galilee in Eldorado Springs.

Reporter- Hannah Robertson

Union Hall- The Union Hall 4-H Club met on November 11th at 6:00pm. Glen Van Bummel reported on the Wildlife project meeting. Claire and Katelyn reported on the American Royal Steer Show. The club Thanksgiving dinner was held. Danielle and Chandler gave a report on the Corn Maze in Lowry City. The club also presented Greg Reynolds from Producer's Grain with the 4-H Booster Award.

Secretary- Claire Silvers

2009 Volunteers !!

Volunteers for the 2008-2009 4-H year are required to fill out a Volunteer Application Form. This application must be approved by the State 4-H Office prior to working as a 4-H volunteer. You will receive a postcard from the State 4-H Office letting you know that you

have been approved. If you don't receive approval you can not begin your work. If you were approved as a volunteer last year from the State 4-H Office you are cleared as a volunteer until January 1, 2009. After that the same requirements for new volunteers apply. If you have any questions give us a call. **Make sure you complete your volunteer orientation. Even if you are approved you must still complete the orientation before you can hold any meetings.**

State News

SHOOTING SPORTS MINI-GRANTS

Gerry Snapp

County 4-H Shooting Sports programs are eligible to apply for a limited number of mini-grants to be awarded in 2009. The National Wild Turkey Federation provides annual grant funds to the Missouri 4-H Shooting Sports state program. A portion of the funds given to the state program will be passed on to local county programs. If approved, county programs may receive up to \$500. Applications will be reviewed and awarded by the state coordinator for Missouri 4-H Shooting Sports. Application deadline is January 15, 2009. Eligibility requirements are listed on the application form which is available online at the Missouri 4-H Shooting Sports website at <http://4h.missouri.edu/go/projects/shootingsports/resources.htm>.

THE KIDS' SCIENCE CHALLENGE

Bill Pabst

The Kids' Science Challenge is a nationwide competition for 3rd to 6th graders. Kids are encouraged to learn about four fun scientific fields and then submit a question, problem, or experiment to be solved.

The scientific fields are: flavor science, water quality, skateboard engineering, and the search for extraterrestrial intelligence (SETI). Winners will receive a trip to visit the scientists to work collaboratively on their question, problem or experiment, and will be featured on

Pulse of the Planet radio programs and podcasts. See <http://www.pulseplanet.com/>.

The Kids' Science Challenge is providing a variety of educational resources to encourage kids to learn about the scientific fields and help them in preparing an entry for the competition. The website at <http://www.kidsciencechallenge.com/> includes scientific backgrounds, downloadable science projects, lesson plans for classroom or afterschool use, fun videos and educational games. At <http://imbee.com/>, kids can sign up to join a group to discuss their ideas online and at <http://whyville.net/smmk/nice> they can participate in live chats with the scientists and engineers.

The first 1000 kids to enter the competition will receive free science activity kits (a portion of these have been set aside for 4-H applicants). These hands-on kits include a fingerboard skateboard, water test strips, flavor tasting strips, and a CD with a secret coded message from "aliens." Complete instructions are included.

As a special incentive to 4-H group leaders, the mentors for the next ten team entries to the competition will receive a free Hach water testing kit for additional science learning activities and each kid on the teams will receive an individual bonus prize!

If you would like to receive brochures or postcards to distribute, just contact them and let them know how many you need. Electronic versions of the brochures, as well as a complete prize list, are also available at http://www.kidsciencechallenge.com/html/pres_s.php.

For help in setting up a Kids' Science Challenge team or for additional information, contact info@kidsciencechallenge.com.



NASA ADVENTURES IN ROCKET SCIENCE

Bill Pabst

This resource is a K-12 educators/mentors guide that can be used to supplement your 4-H aerospace/rocketry programs. The guide contains 25 activities designed for informal education venues. You can download the PDF at http://www.nasa.gov/audience/foreducators/top_nav/materials/listbytype/Adventures_in_Rocket_Science.html.

2009 EQUINE TRIP

Debbie Davis

The Equine Trip is scheduled for May 22-28, 2009 for 4-H youth ages 14-19. Trip participants are accepted until bus is filled. The trip will focus on the stock horse and related horse industries in the states of Oklahoma, Texas and Kansas. Trip objectives and application can be downloaded from the Missouri 4-H website at <http://4h.missouri.edu/events/horse/>.

PRESIDENTIAL ENVIRONMENTAL YOUTH AWARDS FOR OUTSTANDING PROJECTS

Bill Pabst

EPA sponsors the President's Environmental Youth Award (PEYA) program, an annual program to recognize young people across America for projects that demonstrate their commitment to the environment. Young people in all 50 states and the U.S. territories are invited to participate in the program. The deadline for submitting an application is December 31, 2008. For additional details and application forms, visit the PEYA website at <http://www.epa.gov/enviroed/peya/index.html>.

LEGISLATIVE ACADEMY

Diana Duncan

Just a reminder that applications to become a delegate for legislative academy are due on December 1, 2008. Please have applications postmarked by this date to be considered for this great experience. For more information about this event please refer to the website at <http://4h.missouri.edu/events/academy/#forms>

4-H MOVE ACROSS MISSOURI
New physical activity program starting
January 2009!

Alison Copeland

Wouldn't it be great if you could get credit for all the action in your life? By joining the Move Across Missouri project, you can! 4-H Move Across Missouri (MOVE) promotes physical activity by encouraging youths and families to engage in physical activities they enjoy. There are lots of possibilities such as walking, biking, running, swimming, dance, taekwondo, gardening and more.

Using an online system, youths and their families can “log” the number of minutes they accumulate throughout the year. Sign up as an individual or as part of a team. MOVE awards will be provided. Stay tuned!

Monthly MOVEment Activity Idea

Kids, families, clubs, afterschool groups and others can have fun while being physically active. Break out the hula hoops and move to cool tunes!

Materials:

- 1 hula hoop per person
- Favorite music CDs or tapes
- CD or cassette player

Turn on some music and work stomach muscles with hula hoops! Make hip circles with the hula hoop by standing with feet apart, holding the hoop at hip height, bringing it back to one side as a wind up, letting it go and then keep rotating the hips in a circle. Encourage youth to see how many circles they can do. Engage a friendly competition to see who can hula the longest, the fastest, with multiple hoops and more.

KANSAS CITY 4-H GLOBAL
CONFERENCE

Alison Copeland

The 2009 Kansas City 4-H Global Conference is March 18-21. The four states that coordinate and implement this conference (Kansas, Arkansas, Oklahoma and Missouri) are using

an online registration process again this year. The online site is hosted by Kansas State University 4-H. Visit the Missouri 4-H website at

<http://4h.missouri.edu/events/globalconf/> for conference workshop and tour descriptions, details, and a link to the Kansas State site. Sharen Hunt, 4-H youth development specialist in Platte County, has outdone herself in planning an outstanding educational program. Registration cost is \$260 for youth and \$325 for adults.

Timeline

- On December 1, eligible youth (age 15 and older) can go online and begin browsing workshop and tour selections.
- January 1 – February 1 is the online registration period. During this time, youth and chaperones can register for the conference and make their workshop and tour selections. The beauty of this system is that youth will know immediately the workshops and tours they will attend during the conference.
- As youth and chaperones register, I will contact each county office to confirm registrations, payment process, and health form collection.
- By February 14, county summary forms, payment, waiver, and release and health forms are due in the State 4-H office.

4-H opportunities and trips qualify for excused school absence as evidenced in the Missouri State Statute. Each youth that registers receives a “school absence” letter from the State 4-H office that references the statute.

YOUTH SUMMIT SAVE THE DATE FOR
MARCH 6-8, 2009

Steve Hennes

“Linkin' to Healthy Leadership” is the theme for the 2009 Youth Civic Leaders Summit, to be held March 6-8, 2009, at Windermere Conference Center near Camdenton. The Summit is a statewide

weekend retreat for young people who are active or aspiring leaders and decision-makers in their communities, and their adult sponsors. The event is being organized by a steering committee of regional and state 4-H and community development Extension faculty, youth hosts, and Mizzou 4-H.

Young people (ages 13-18) who are active with 4-H Councils, Youth EXCEL, Teen Leaders, County Youth Liaisons (CYLs), Extension Council youth representatives, and similar programs are encouraged to attend, as well as adult staff or volunteers who support them. Registration is by team only and is limited to the first 120 participants. Teams must consist of at least 2 people (1 youth and 1 adult), up to 10 people (8 youth and 2 adults). Counties may register more than one team, subject to space and availability.

The Summit will feature workshops on a variety of topics including leadership, mentoring, civic engagement, and healthy lifestyles. Other highlights include evening games, outdoor challenge course and recreation time, team talent showcase, and action planning.

The Summit kicks off Friday, March 6 at 7:00 p.m. and finishes on Sunday, March 8 at 12:00 noon. Registration will be \$100.00 for youth and adults (there will be an additional charge for the outdoor challenge course). Please watch EYC and the 4-H website at <http://4h.missouri.edu/events/summit/> for registration details. Deadline for team registrations is January 15, 2009.

Share with interested youth and Adults the attached [Date Saver Flyer](#) (PDF).

CLOVER KIDS CORNER

Allison Copeland

Gorp in a Jar

In a quart jar, layer the following items:

¾ cup corn and rice cereal squares

¼ cup raisins

¾ cup honey graham cereal

¼ cup mini marshmallows

¾ cup toasted oat cereal

¼ cup candy coated chocolate pieces

¾ cup miniature pretzels

Food gifts in a jar make a nice holiday treat! Using a quart jar and a colorful lid, Clover Kids can prepare Gorp and give to a special person.

Source: Iowa State University, Family Gathering Ideas,
<http://www.extension.iastate.edu/food/activities/index.htm>

