



# Cedar County Clover

September 2009

## **SHOOTING SPORTS – Terry Costello**

Good luck to our 4-H'ers going to State competition at Linn Creek, August 29th, for Shotgun and to Columbia on September 19th for Archery, Air Rifle, .22 Rifle and Air Pistol. We have 14 boys and girls participating.

It's time to start planning what shooting discipline you would like to take for the new 4-H year. If you will be participating in Shooting Sports the first time, and haven't had the MDC hunter safety course, you must take the 4-H Shooting Sports safety course. This is a 6 hour course and will be offered one time only at the beginning of January, 2010 on two successive Sundays. As soon as the safety course is completed, we will start the Air Rifle course indoors at the Stockton Expo Building (where the Stockton Youth Fair is held). The other disciplines are conducted outdoors and will start in Spring 2010 at various locations as soon as the weather allows. All shooting sports projects are ten hours and involve on hands training with the respective firearm or bow. If you don't already own a firearm or bow for the project, we recommend you don't purchase one until you talk to a 4-H instructor. We have project firearms and bows for every discipline except air pistol, so you can start in the project without purchasing major equipment. If you have any questions on shooting sports, call Terry Costello, Cedar County Shooting Sports Coordinator, at (417) 276-5699.

We will be conducting our annual fundraising raffle at the Stockton Walnut Festival September 23rd through 26th. We need volunteers - parents and youth- to sign up for 2 hour intervals during that period to help sell raffle tickets for a Remington 870 shotgun and provide information on 4H. Proceeds from the raffle help us keep expenses for shooting sports to a minimum and provide a better learning experience.

## **Horse Bowl- Jeff Stacy**

I would like to thank everyone that bought a raffle ticket on the horse and a big thank you goes to Jim Shipley for donating the horse to the Cedar Co Horse Bowl Team. Congratulations to Dr. Brent Lowry on his big win in the drawing. We plan to use the money to buy our very own buzzer system so that we will not have to borrow one this year. Our team placed 1<sup>st</sup> at region contest and we did very well at State. If you are interested in going out for the horse bowl team this year please let Sarah know or contact the coaches Jeff and Lisha Stacy. We could also use more trained coaches. If you are interested in the training Sarah can help you get signed up for that as well.

## UNIVERSITY OF MISSOURI Extension

Cedar County Extension Center  
113 South Street, Courthouse Basement  
Stockton, MO 65785  
276-3313/276-8345 fax  
[cedarco@missouri.edu](mailto:cedarco@missouri.edu)  
[www.muextension.missouri.edu/cedar](http://www.muextension.missouri.edu/cedar)

*Sarah Wright*

4-H Youth Program Asst.  
[thomassar@missouri.edu](mailto:thomassar@missouri.edu)

### Important Dates to Remember

	<u>Sept.</u>
Courthouse Closed	7
Horse Meeting	14
All Year End Forms Due	15
County Council Meeting @ 6:30 pm	21



**HAPPY NEW YEAR 4-H!!!!!!!**

**The next Cedar County 4-H Council Meeting will be September 21st at 6:30 pm. The meeting will be held at the LOL Fair Grounds.**

# LOCAL NEWS

## **2009-2010 Volunteers !!**

Volunteers for the 2009-2010 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, 2010. After that, the same requirements for new volunteers apply. You also must complete the volunteer orientation to be an approved leader if you have not already done so. For more information please contact your club leader or the Extension Office.

## **County Council Officer Elections**

Do you enjoy being the president or secretary in your club? Have you thought about doing more? Each year the Cedar County 4-H Council elects new officers. You could be one of them! Also, if you are age 13 or older you may apply to be one of two Cedar County representatives to the Southwest Regional Teen Council. Apply by **September 15<sup>th</sup>**. For more information on the requirements to become an officer see your Cedar County 4-H Handbook page 20. Applications are available online or by contacting the Cedar County Extension Office. Club Leaders—discuss this opportunity with your eligible members. Voting will be held at the September County Council Meeting.

## **ATTENTION Treasurer's and Secretary's**

If you are your club's treasurer or secretary make sure your books are completed and turned in by **September 15<sup>th</sup>**. These books are required by your club as well as judged

for an award at the Cedar County Recognition Banquet. Please include with your books your bank statements for your club.

## **End of Year Reporting!!**

The end of 4-H Year 2008-2009 is fast approaching. Begin working on your end of the year reports. They are due to the Extension office by **September 15<sup>th</sup>**. Forms are available online: [www.muextension.missouri.edu/cedar/forms.htm](http://www.muextension.missouri.edu/cedar/forms.htm) or from the Extension Office or your club leader. If you have questions please do not hesitate to ask. Instructions and Q & A are included with each form. To complete the year the member must fill out one Part A form. To be eligible for recognition the member must fill out both Part A and Part B completely as described in the instructions on the above website. The recognition banquet will be held on November 8<sup>th</sup>. The location is to be announced, but will be in Stockton this year. ***You must fully complete a Report Form to receive an invitation to the Awards Banquet.*** Watch the newsletter for more information on the banquet as that time approaches. If you have questions about the forms or the possible awards, please contact the Extension Office.

***\*\*\* Forms may be turned in at the Sept. 14<sup>th</sup> Horse Meeting. \*\*\****

## **County-wide Horse Program**

As approved by the Cedar County 4-H Council, we will have a County-wide Horse Program this 4-H year. There will be a program organization meeting on September 14, 2009 at 6:30 pm at the Land O Lakes Metal Building. Everyone is welcome to attend and help us plan a wonderful year for the Horse Program. All leaders or interested leaders should plan to attend as well.

## **FYI**

These are some things that you should know...

- Your club leaders have the new Clovers for the year. Be sure to read through them because there are several updates this year.
- The Cedar County 4-H handbooks are being updated. We hope to have them ready by the next County Council meeting.

## ***CLUB NEWS***

**New Kids on the Block-** New Kids On The Block 4-H Club met Thursday, August 13, 2009. We discussed the upcoming deadlines of the Chiefs game, the end of the year reports, club treasure and secretary books. Our new member pizza party will be during September 10th meeting.

*Madison Whitaker, Reporter*

## **State News**

### **Web Watch – Did you know?**

**Cyndi Lemmon**

You can now join Missouri 4-H on both Twitter and Facebook!



If you have content ideas for tweets or wall messages, please send them to [lemmonc@missouri.edu](mailto:lemmonc@missouri.edu). We would love to hear from you!

### **FARM SAFETY COLLEGE**

**Katie Steen, Missouri's Cattlemen Foundation**

Our Farm Safety College is quickly coming upon us again! The date has been set for **Tuesday, September 15** from 8:00-2:00 at Trowbridge Livestock Center. The classes we hope to be offered that day are in the areas of ATV, Electricity, Firearm Safety, Sun Safety, and an exceptional presentation about First Aid. The cost is \$2 per person with most of the proceeds going to help fund Collegiate Cattlemen's. If you are interested, send an email with the approximate number of participants to [mofarmsafety@mocattle.com](mailto:mofarmsafety@mocattle.com).

If you have any further questions, don't hesitate to call Katie Steen at 573-449-4923 or Dawn Shellabarger at 573-817-8681.

### **4-H NATIONAL YOUTH SCIENCE DAY**

**Bill Pabst**

On October 7, 2009, 4-H National Youth Science Day will give young people nationwide the opportunity to join leading scientists in experimenting with biofuels to discover which ones will lead us to a sustainable future. Be part of this opportunity to explore, learn - and have a blast - with the *Biofuel Blast* National Science Experiment.

The informative, user-friendly 4-H National Youth Science Day website is at <http://4-h.org/mediabarn/index.php>. Watch the videos, join the discussion groups and get ready for fun experiments.

### **4-H SHOOTING SPORTS CERTIFICATION WORKSHOP**

**Gerry Snapp**

October 9-11  
Camp Galilee, El Dorado Springs

Registrations for the fall 4-H Shooting Sports Certification Workshop are now being accepted. Pre-registration is required

and must be received in the State 4-H Office by September 30....not post-marked.

Cost is \$50 per person which includes 5 meals and 2 nights of lodging. Volunteers will select one of the following disciplines in which to be certified: Coordinator (program management), Rifle, Pistol, Muzzleloading, Archery, Shotgun. Check with your county extension office or go to the [website at http://4h.missouri.edu/go/projects/shootingsports/workshop.htm](http://4h.missouri.edu/go/projects/shootingsports/workshop.htm)

### **4-H NATIONAL YOUTH SCIENCE DAY**

**Bill Pabst**

On October 7, 2009, 4-H National Youth Science Day will give young people nationwide the opportunity to join leading scientists in experimenting with biofuels to discover which ones will lead us to a sustainable future. Be part of this opportunity to explore, learn - and have a blast - with the *Biofuel Blast* National Science Experiment.

The informative, user-friendly 4-H National Youth Science Day website is at <http://4-h.org/mediabarn/index.php>. Watch the videos, join the discussion groups and get ready for fun experiments.

### **4-H CAMP FOOD AND FITNESS**

**Alison Copeland**

The sixth annual 4-H Camp Food and Fitness is November 14-15, 2009 on the MU campus. Check the 4-H website for details and registration materials at <http://4h.missouri.edu/events/foodandfitness/>. Registration is due in the State 4-H office by October 15. Enroll quickly in this popular program because it is limited to 40 people!

The primary audience for the camp is youth age 12-14 enrolled in 4-H Foods projects but young people associated with any Extension program are eligible to attend if they meet the age criteria. Cost is \$80/person and includes lodging at the Quality Inn Hotel, meals, and take home materials. Start time is 10:00 a.m. on November 14 and the camp adjourns at 10:30 a.m. on November 15. **4-H faculty and staff serve as chaperones.**

Here's cool stuff youth get to do:

- Perform food science experiments
- Prepare and eat a steak dinner
- Learn about chef skills and practices
- Learn about food/nutrition and healthy eating
- Increase physical activity

Limited scholarships are available. Participants should check with a county 4-H staff member about scholarships and the county registration due date.

### **ANNOUNCING "YOUTH AS PROFESSIONALS" SEMINAR**

**State 4-H Council**

The State 4-H Council proudly presents "Youth as Professionals," a seminar for teens age 15-18. As a follow-up to Camp Food & Fitness, this event focuses on attaining the skills needed to succeed in the workforce. Sessions include How to Apply for a Job, How to Nail the Interview, How to Shop for Work Clothes, How to Succeed in the Workplace, and How to Find the Right Career for You. Sessions will be taught by experts from MU Extension Human Resources, the College of Human Environmental Sciences, and the MU Career Center. This event will take place from 9 a.m. – 3 p.m. Saturday, November 14th on the MU Campus. Cost is \$10/person and there is no limit on how many youth may participate from each county.

Please note that the event times may change (shorten) depending on registration numbers. For additional information, please visit

<http://4h.missouri.edu/go/events/professionals/>. Special thanks to the Adair County 4-H member who started a conversation with the State 4-H Council through their County Youth Liaison, expressing a need for this type of program as a follow up for youth who have aged out of Camp Food & Fitness!

## **STATE MAKE IT WITH WOOL COMPETITION**

**Alison Copeland**

This annual competition is October 3 in Columbia at the Animal Science Research Center on the MU campus. It is open for youth (ages 8-18) and adults who have constructed clothing (Clothes You Make) using wool fabric. The registration due date is September 13. Many 4-Hers have been previous winners!

---

## **CLOVER KIDS CORNER**

### **Popcorn Comparison**

#### **What you need:**

- Oil
- Popcorn
- Popcorn Popper
- Air popper
- Scale
- Measuring Cups
- Measuring spoons

#### **What you do:**

Measure the popcorn and oil before you put them into the popcorn popper. Then, weigh the popcorn before it is put into the popper and then weigh it again after it has popped. Which weighs more the pre-popped or the popped popcorn? Why do you think that is? Next measure and weigh the same amount of popcorn and cook it in an air popper. (Either make it weigh the same as the oil and popcorn put together or help the group take that into consideration when making comparisons.) Is there a difference between the oil cooked popcorn and air cooked popcorn? Why is that? Is there a difference in popcorn size?

Taken from: <http://www.extension.iastate.edu/4H/Clover/models.htm>