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 4-H Youth Specialist
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Up-Coming Events

4-H Sate Shoot (all others)	Sept 18
Club Leader Training	Sept 27
Volunteer Certification	

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 Lincoln University,
 U.S. Department of Agriculture
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4-H News-letter



We've heard that when it comes to learning, people must hear something seven times to commit it to memory. We are sharing this with you again, **with added details**, so that you have another shot at it! (We promise not to print it seven times!) So, re-read it, or maybe read it for the first time, but above all, know that we are extremely excited about the up-coming 4-H year and what we will have to offer families participating in 4-H!

COMMUNICATION - Communication between the Extension office, 4-H leaders and 4-H families will flow consistently! We will communicate expectations, and provide materials and knowledge to be successful!

QUALITY - Your time is valuable and every minute counts—we aim to make every minute spent with 4-H valuable to all!

Here is how we plan to do it:

1. Club Leader Orientation/Training - **SEPT 27, 6PM-7PM** Time sensitive, quality leader training to make our 4-H clubs awesome and make the club leaders job easy!
2. Project Leader Orientation—Initial orientation to project leaders to provide details and knowledge needed to lead kids to success in their selected projects! **OCT 25, 6pm-7pm**
3. Family Orientation—Handbooks and session—A family orientation to help navigate the multiple opportunities through 4-H at county, regional and state levels. **Date TBA (after October).**
4. Volunteer Certification—**SEPT 27, 7PM-9:00PM & OCT 25, 7pm-9pm.** Any adult working with 4-H members **MUST** be a recognized volunteer! This 2 hour session will be offered locally for all adults with any desire to work with 4-H'ers. You are only required to take one session.
5. 4-H County Council Leadership/Officer Training—We will be working directly with our County Council officers to provide efficient, productive and quality county council meetings! Attendance by county clubs is essential to the success of the county council!

Pledging our heads to clearer thinking, our hearts to greater loyalty, our hands to larger service and our health to better living, for our clubs, our communities, our country and our world!

Your 4-H Youth Development Faculty in Hickory, Dallas, Webster & Polk Counties,

Angelia Ham	Pat Kirby	Jeannie Moreno
Youth Dev Specialist	Polk Co YDA	Webster Co YDA

MO 4-H FOUNDATION COMMUNITY SERVICE GRANTS by Kristen Heitkamp

Twelve Kemper Community Service grants were awarded in FY10, generating \$35,361.33 in community investment, with 343 volunteers working 2701 hours to help numerous community members.



NEW grant applications and report forms are available at the foundation's web site at <http://4h.missouri.edu/foundation/grants/community.shtml>

Congratulations to the following grantees:

Lawrence County 4-H Council – Lafayette House service project

Livingston 4-H Club –Liberty School House renovation

Boyd Green Team Afterschool 4-H Club – Springfield, Mo. urban garden

Polk County 4-H Council - Polk County Courthouse Garden

Jefferson County 4-H Council - DeSoto, Mo. Farmers Market Band Stand

Fairview Friends 4-H Club - Columbia "Cycle Recycle" bicycle clinic

Jolly Jacks & Jills 4-H Club - "Save Our Art Hall" Fairground renovation

Scotland County 4-H Council-- Fairground Hog Barn renovation

Gorin Go-Getters 4-H Club-- "Save Our Art Hall" Fairground renovation

MiO Mischiefs 4-H Club - "Save Our Art Hall" Fairground renovation

Azen Jolly Timers 4-H Club -- "Save Our Art Hall" Fairground renovation

Benton, Carrol, Chariton, Howard, Pettis, Saline 4-H Camp Association – 4-H Camp Flag Pole project

Thanks for helping 4-H youth "make the best better" in your communities!

STATE SHOOTING TEAM SELECTION FOR 2011 by Gerry Snapp

Yes, the 2010 4-H Shooting Sports national competition just concluded July 2, but it's time to think about state teams for 2011! Each state may send up to 9 teams; each team consists of 4 members plus a volunteer coach. Some teams will begin the selection process at the State Shoot, September 18 – others shortly thereafter.

If you are currently a 4-H member in good standing and will be 14 or older by Dec 31, 2010, you are eligible to participate on a state team. Thirteen year olds may participate in the try-out process for the experience but are not eligible for the state team. The 2011 National Invitational will take place in late June in Texas.

For more details and registration information, check the Missouri 4-H Shooting Sports web pages at <http://4h.missouri.edu/go/projects/shootingsports/contests.htm> Check registration forms for due dates and required signatures!!!

SHOOTING SPORTS LEADER CERTIFICATION WORKSHOP—Gerry Snapp

October 8-10 Blue Mountain Camp, Fredericktown

The fall certification workshop for shooting sports volunteers will be held at Blue Mountain Camp, approximately 11 miles west of Fredericktown. Pre-registration is required and is due no later than September 30. Information and registration forms are available on the Missouri 4-H website at <http://4h.missouri.edu/go/projects/shootingsports/workshop.htm>

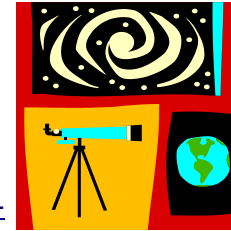
Registrations are accepted on a first come-first served basis.



County scholarships are available to attend this certification for those committing time to serve as a county shooting sports discipline leader. If you are interested, please contact the Polk County Extension office by Sept. 15.

4-H NATIONAL YOUTH SCIENCE DAY—October 6, 2010—Bill Pabst

Consider planning a 4-H National Youth Science Day event! 4-H.org/NYSD.



Watch the Experiment How-To Video

This animated video guide demonstrates how to lead and participate in the 2010 National Science Experiment, 4-H2O. It is a great video! <https://www.4-h.org/NYSD/how-to-video.php>

Promotional Toolkit Now Available

The promotional kit includes everything you'll need from posters, fliers and ads to event planning timelines and promotional tools for social media! Just fill out the simple registration and download away! <https://www.4-h.org/NYSD/the-experiment-mall-kit.php>

4-H License Plates

Missouri 4-H members, former members and parents of 4-H members can order the 4-H license plate at local license bureaus, by following three steps:

1. Complete the Missouri Department of Revenue Form 1716, Application for Missouri Personalized and Special — License Plates. Download the form from the DOR web site at <http://dor.mo.gov/motorv/plates/#applying>.
2. Show proof that you are a member, former member or parent of a member of the 4-H organization (Request a certificate, membership card or a letter from your county University of Missouri Extension center).
3. Pay \$15 for each license plate set ordered above the standard vehicle license fee.

COMMUNITY SERVICE FORMS REMINDER—Cyndi Lemmon and Mary Jo Williams

Each year our 4-H members provide outstanding community service within their communities. We recognize this achievement each year with a certificate award. In order to participate in this award, we need to receive a Youth Service to Communities form (LG760) filled out for your 4-H club. In order to process and mail certificates in time for for achievement day events, we need the **form returned by September 15, 2010**.

The form can be found in the back of the Clover or can be filled out electronically using the form on the Missouri 4-H website at <http://4h.missouri.edu/go/get/resources/materials/> (look for form LG760). Be sure to fill in all the information especially your county, your number of members and the number of youth and adults involved in each service project.

I don't know what your destiny will be, but one thing I know: the only ones among you who will be really happy are those who have sought and found how to serve.
Albert Schweitzer

If you have questions, please contact Mary Jo Williams at williamsmj@missouri.edu or Cyndi Lemmon at lemmonc@missouri.edu.

4-H Move Across Missouri (MOVE) promotes physical activity by encouraging youths and families to engage in physical activities they enjoy 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. Sign up on the 4-H website at <http://www.4h.missouri.edu/programs/move/>



Monthly MOVEment Activity

Bounce the Ball

Materials

2 or 3 wiffle or Ping-Pong balls

1 sheet

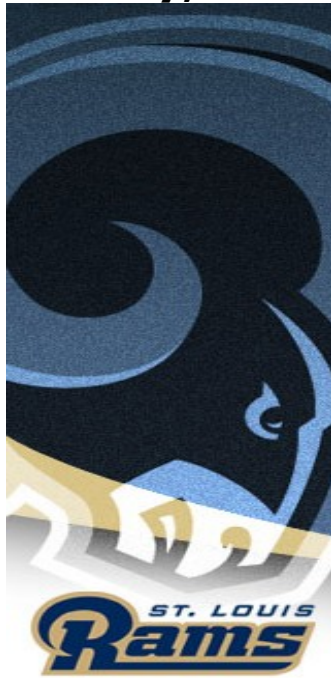
You will need at least four people for this game. Each person holds a corner and side of the sheet – stretched taut. Place the balls in the center of the sheet. Participants shake the sheet causing the balls to bounce in the air. The object of the game is to keep the balls bouncing in the air and keep them from bouncing off the sheet onto the floor.

4-H Couch Potato Challenge - <http://>



4-H Day with the Rams vs Chiefs

Sunday, Dec. 19, 2010



Edward D. Jones Dome—St. Louis

Missouri and Illinois 4-H members, volunteers, alumni, families and friends are invited to take part in the first ever 4-H Day at the Dome at the Edward D. Jones Dome in St. Louis on Sunday, December 19. Participants will enjoy 4-H fellowship while watching the St. Louis Rams vs. Kansas City Chiefs football game. Kick-off is scheduled for noon.

Tickets for the event are \$35 each. With each ticket purchased you will receive a \$10 voucher for food and drink at the dome and a special 4-H Day at the Dome t-shirt.

But wait, there's more! Group orders of 10 or more tickets will receive an additional \$10 food and beverage voucher for each ticket!

And that's not all! Each order will be entered into a raffle to win one of these fabulous prizes: VIP field passes, a Ram's jersey, a Ram's autographed mini-helmet, complimentary tickets to a 2011 Ram's game. And one winner will win the right to participate in a Ram's LIVE Game Day experience in front of the crowd! The person who sends the order will be entered into the raffle, and then that person can decide who in their group gets the prize.

2 Ways To Order: On your own (family, club, etc) OR with County.

1. On Your Own (payment by check or credit card). If your last name begins with A-M, contact David Kinsey at 314-425-0509 or dkinsey@rams.nfl.com.

If your last name begins with N-Z, contact Matt Honerkamp at 314-425-0517 or mhonerkamp@rams.nfl.com. Leave a message and they will call back to take your order.

Web orders: Go to **St. Louis Rams 4-H Day at the Dome** and click on the "BUY NOW" button at the bottom of the page. Provide the information requested and under "My Event/Program" select "4-H Day." After you submit the information, David Kinsey or Matt Honerkamp will call you to take your order.

2. With County: (Payment by check or cash). Submit payment and number of tickets requested to Polk County Extension office NO LATER than NOVEMBER 12! The Polk County Extension office will order the tickets as a group.

Contacts

Dave Hileman at 636-583-5141 or hilemand@missouri.edu

Gus Robinson at 314-867-4915 or robinsong@lincolnu.edu

You may also call David or Matt at the numbers listed above.

4-H CAMP FOOD AND FITNESS
Alison Copeland

The seventh annual 4-H Camp Food and Fitness is December 4-5, 2010 on the MU campus. Check the 4-H website for details and registration materials at <http://4h.missouri.edu/events/foodandfitness/>. Registration is due to the State 4-H office by November 15 (**due to your local Extension office by October 10**). Enroll quickly in this popular program because it is limited to 30 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 \$90/person and includes lodging at Stoney Creek Inn, meals, and take home materials. Start time is 10:00 a.m. on December 4 and the camp adjourns at 10:30 a.m. on December 5. **4-H faculty and staff serve as chaperones.**

Here's cool stuff youth get to do:

- Learn about culinary skills and practices
- Learn about food/nutrition and healthy eating
- Increase physical activity

Prepare and eat an evening meal



The price of saying ‘yes’: *Your time*

The price of NOT saying ‘no’: Impossible to calculate, but *very costly to our youth.*

Direct benefits to you: *Priceless*

An opportunity to give back...Everyone knows a little about something, even if you are not an expert! Your willingness to learn alongside the 4-H’ers is the most important part of becoming a *4-H PROJECT LEADER!* You will be able to give back through youth-adult partnerships and mentoring through hands on learning! Not to mention, young people always manage to teach the leaders a thing or two as well!

What we will do to help:

Project Orientation: We will do our very best to equip you with the information and tools you need to make it as **EASY** as possible! We will also be available to answer all of your questions!

If you are leading a project, or interested in leading a project in 4-H, please get in touch with county staff as soon as possible! We are anxious to gather interested names and project areas so we can communicate to our 4-H families about which projects we will be offering county-wide!

Dare to be different—be a 4-H Volunteer!



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Water Balloon Toss

Beat the heat with this cool game!

You Will Need

- An even number of people
- Water balloons (at least one for every two people)
- Clothes that can get wet or messy

Here's How

1. Divide all players into groups of two and give each pair a balloon.
2. Players should line up in two lines, with partners facing each other. Every player should then take one big step backwards.
3. Each player holding a balloon gently tosses it to their partner. If the other player catches it successfully, the partners each take another step backwards. If the balloon breaks, it's game over!
4. If you're playing with a group of people, keep playing until only one pair is left. If you're playing with a friend, see how far apart you can get before the balloon breaks. Try to beat your record!



Through Clover Kids clubs, children learn how to get along, share, and work in groups, explore their interests, and build self-confidence. Each Clover Kids Corner provides an activity, information or other