



Clover Connection

News from University of Missouri Extension 4-H Youth Development

January 2009

VOLUNTEER ORIENTATION

Do I really have to go through it?

According to Ina Linville, Interim Director of Missouri 4-H, "Lots of things make 4-H successful. For that reason, Missouri 4-H is focusing resources for volunteer support and training." In 2007 Missouri 4-H kicked off *Making the Best Better*, an orientation for all 4-H volunteers. Over 4000 volunteers have already completed the orientation and most will tell you they enjoyed the experience.

There are two minimum criteria for being a recognized 4-H volunteer in Missouri.

One must successfully complete the annual volunteer screening process.

Missouri 4-h has required background screening for volunteers for more than a decade. This policy helps provide a safe environment for the children and youth who are members and the adults who contribute their time and talents. **One must also successfully complete the *Making the Best Better* Orientation.**

This is a one-time-only requirement for all 4-H volunteers. The orientation will provide a common understanding of the 4-H organization, what we stand for, and the science we bring to helping young people grow and thrive. In addition to the in-person training, there are other options

available to you. You may visit the on-line version at <http://4h.missouri.edu/getinvolved/volunteer/> or there are also CD and Print versions available. You make check out a CD from Becky Simpson or your local Extension Office and use the CD to take the orientation from your home computer.

The time has come to address the looming question: What happens if a volunteer does not meet the requirement for orientation? They will no longer be recognized volunteers for Missouri 4-H. Their application will be suspended until they complete the requirement. That means they may not work with 4-H members until they complete the orientation. They will not be covered by the University of Missouri liability insurance or by the county accident insurance policy.

A club can only be led by a Recognized Volunteer. So technically members are not in 4-H until their leader has been through orientation. Projects can only be led by a Recognized Volunteer; so members will not be able to exhibit in any fairs until the volunteer orientation is complete. So YES! You must go through the orientation.

Frank Graham and Naomi Crouch Volunteer Leadership Awards

In recognition of Frank Graham, past director of Missouri 4-H Youth Programs, local volunteers can be recognized for their dedication to Missouri's youth. Each county may honor one or two outstanding 4-H volunteers annually.

The Missouri 4-H Foundation is also pleased to sponsor the Naomi Crouch Leadership Award to recognize volunteers and businesses/organizations that have contributed their time and talents to Missouri youth through the 4-H Center for Youth Development. This annual award is named for Naomi Crouch, a Clay County 4-H parent, volunteer and Missouri 4-H Foundation Trustee. The statewide recognition is awarded to only to leaders and one business/organization each year.

The deadline for submitting applications for the awards in February 1. Further information can be obtained from your county extension center.

PSA Contest: Young Videographers

Missouri's Youth/Adult Alliance, MYAA, wants to hear your story! There are a lot of great things we can say about your generation, but they want to hear it from you. Tell MYAA why your generation is great and how it is connected to the fact that most Missouri youth aren't drinking alcohol. MYAA wants you and a few of your friends to make a PSA (public service announcement) that shows that teens who don't drink are the majority.

Who: Missouri youth ages 12-18

All submissions must be produced as a PSA and themed as "Most of Missouri Youth." All statics/data must be cited in a graphic at the end of the PSA. Video should run between 28 & 29 seconds.

Storyboards should be submitted by Feb. 26, 2009 for approval.

Further information: www.myaa.org/mostofmissouri/contest.html.

WANTED

Host families needed for exchange students

Host families are needed for Japanese students, ages 12-16, during summer 2009. The students will spend four weeks in Missouri.

Youth will be with the host family from mid-July to mid-August.



Applications are due to the state office by March 1, 2009.

Details on the exchange programs are available on the University of Missouri Extension 4-H Web site: 4h.missouri.edu.



GO GLOBAL Sign up for KC conference

There's still time to
sign up for the 2009

Kansas City 4-H Global Conference,
March 18-21, 2009. This conference is for
youths ages 15 and older who want to
learn about careers, technology, the
environment and cultural diversity.

The cost is \$260 for youths (four per
sleeping room) and \$325 for adults. The
cost listed on the Kansas State University 4
-H website is for Kansas 4-Her's. There
will be 4-H youth from Missouri,
Arkansas, Oklahoma and Kansas!

Youths may attend this conference no
more than two times if they meet the age
requirement.

Visit the Missouri 4-H website for
conference workshop and tour
descriptions, details and the registration
link.

Sign up on line: Jan. 1– Feb. 1

[http://mo4h.missouri.edu/events/
globalconf/](http://mo4h.missouri.edu/events/globalconf/). Click on the Kansas State
University 4-H link.

Conference Location:

Kansas City Airport Hilton Hotel
8801 NW 112th Street
Kansas City, Missouri

Clover Connection

News from University of Missouri
Extension 4-H Youth Development

Editor:

Becky Simpson,
4-H Youth Development Specialist
102 Main, Suite 1
Gallatin, Missouri 64640
(660) 663-3232
simpsonre@missouri.edu



Clover Kids Corner

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 materials that Clover Kids leaders can use

in planning and implementing experiences that introduce 5-to 7-year olds to the 4-H
concept of learning by doing.

ICE FUN

What You Need:

- * Variety of containers of ice
- * Rock Salt



What You Do:

Place the various sizes of ice in a large container. Ask the children if they've ever
slipped on ice. What types of things do people use to make it safer to walk on the ice?
Let the children predict what will happen if they pour rock salt on top of the ice–
based on their past experiences. Then let them try it. What happens? Use the rock
salt to make tunnels and different designs in the ice.

ICE CUBE PAINTING

What You Need:

- * Water
- * Ice cube tray
- * Powder tempera paint
- * Craft sticks



What you Do:

Freeze water in the cube trays with craft sticks in them. Take out and sprinkle tempera
paint on paper. Use the ice cubes to mix the colors and paint.

Source: Iowa State 4-H Clover Buds Program, January 2007

AIR PISTOL POSTAL MATCH

Gerry Snapp, 4-H Youth Specialist for Environment

4-H pistol shooters have the opportunity to participate in a competitive match this
winter/spring via the post office. Youth can shoot the Air Pistol competition at home
(under direction of certified leader) and mail the targets in for official scoring. The age
divisions and rules are the same as those used at the State Shoot. The match is
composed of 4 rounds of official targets which are scheduled between January 28-March
25. Details are available at the shooting sports website at: [http://4h.missouri.edu/go/
projects/shootingsports/contests.htm](http://4h.missouri.edu/go/projects/shootingsports/contests.htm).

SHOOTING SPORTS CERTIFICATION WORKSHOP

Date: March 27-29, 2009

Location: Camp Jo-Ota, Clarence Missouri

Registration and detailed information available in mid-January

State Fair Ownership Dates

Beef: Steers– **March 15**

Breeding Animals–June 1

Sheep: Market Lambs– **June 15**

Breeding Animals– July 1

Swine: Breeding Gilts– 90 days

Breeding Boars– Since farrowing

Market Hogs– **May 15**

Goats: Dairy– June 1

Meat Goats–Breeding and Market– **June 15**

Dairy Cattle– June 1

Dogs– April 1

Horses– May 1

Rabbits: Breeding– June 1

Meat Pen: 5-10 weeks prior to show

Poultry: Meat pen– 8-10 weeks prior to show

* The above dates are for the Missouri State Fair.

Local livestock shows may set their own dates.



Missouri State Fair Animal Entry Deadline

The Missouri State Fair will be strictly enforcing the animal entry deadline in 2009. Entries **must be "received by" July 2** to be on time. This a change from past years when entries had to be "post marked" by the due date. So get your entries in early to avoid not being able to show.

Just Do It!

There are now new exercises, we've seen them all over & over.

Exercise is recommended for the prevention and treatment of most illnesses.

Need more incentive? Watch older people struggle to get around.

Don't stumble and fall into old age, build and maintain your muscles and core. There are fit older people.

Make time for exercise or you will have to take time for illness.

We all get 24 hours each day.

If it seems overwhelming, start with one area and add more each week.

Don't wait! Start today!

Just do it!

-Provided by Debbie Herrold, FNEP educator.



Northwest Regional 4-H Energizer

Mark your winter calendars for a great afternoon of 4-H fun at our Northwest Regional 4-H Energizer, Sunday, February 22, 2009. The energizer will be held at the Looney Athletic Complex on the campus of Missouri Western State University from 2-5 PM.

4-H members are encouraged to begin checking in at 1:45 with a large group activity beginning at 2. There will be three activity blocks to allow 4-H members to participate in a variety of planned activities which will include one hour of FUN high impact activities, one hour of FUN low impact activities (such as Wii), and one hour of swimming. If members choose not to swim, there will be three hours of non-repeated FUN activities in the Old Gym. (Not the MWSU Arena.) Entrance is on the west side of the Complex and directions are available on the web: www.missouriwestern.edu/Getting2Western.

What a great time to connect with your 4-H buddies, make new friends, have fun being active, enjoy healthy snacks, take home some cool healthy lifestyles ideas, and maybe win some cool door prizes!

Funding for the energizer has been provided through the Missouri 4-H Foundation.

Please RSVP to your local 4-H office by February 18!

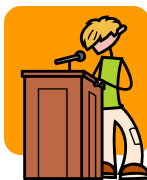
Adult 4-H volunteers are invited to help supervise and facilitate some of the activities. If you are available to help, please contact Debbie Davis for more information: (816) 539-3765 or davisdd@missouri.edu.

Volunteer Orientation

January 15, 2009– Hundley/Whaley Farm, Albany, 6:30 PM

January 29, 2009-First Christian Church, Bethany, 6:30 PM

Remember there is a CD you may check out or a paper version if you can not attend one of the above sessions. Each session lasts approximately 2 hours.



Public Speaking/Demonstration Workshop

On Sunday, February 1, 2009 from 2:00 to 4:00 PM at the First Christian Church in Cameron, Mo the 4-H Youth Development staff is offering a Public Speak and Demonstration workshop to help 4-H members refine and assess their presentation skills. This workshop is open to all 4-H members in the Northwest Region. Sessions offered will include beginning, intermediate and advanced techniques to help youth surpass and exceed their goals at their upcoming contest days.

The Clinton County office would appreciate an RSVP before January 26 to best prepare for the event.

Call (816) 539-3765 or (888) 449-2101 ext. 704 or email hunsburgerd@missouri.edu.



NW Region Rabbit Day

All current and future rabbit 4-H project members and leaders are encouraged to attend the Northwest Region Rabbit Day. The event will be held Sunday, January 11, 2009 from

1:00 to 4:00 PM at the Cameron Community Building, 915 Ashland Drive. Professional handlers and rabbit experts will be conducting informative workshops. Topics: Rabbit selection, breed variety, rabbit nutrition, general care, showmanship, showing techniques, handling rabbits, fibers and spinning.

Buying and selling of 4-H rabbits is welcomed. Cost is \$3 if you pre-register or \$5 at the door. Special door prizes for those who are pre-registered by January 7! Hop to it and get pre-registered: (816) 539-3765 or (888) 449-2101 ext. 704. Or you may email Dale Hunsburger at hunsburgerd@missouri.edu.



NW Missouri Regional Horse Judging Workshop

Saturday, January 10, 2009. 10:00am-2:00PM

Cameron Community Building, Cameron, MO. Guest clinician is Tyler Crouse, a graduate of West Texas A&M and 4-H FFA alumni from Easton, MO. \$5 registration fee.

RSVP: By January 8- (816)539-3765

Bring a sack lunch and drink, refrigerator is available.

2009 Gentry County 4-H Council Officers

President: Kourtne Messner

Vice President: Anna Grace

Secretary: Laura Runde

Treasurer: Heather Humphrey

Reporter: Matt DeJoode

Social Directors: Shay Lynn Craig

Zach DeJoode

Claire Youngclaus



Next meeting: February 8, 5:30 PM

Stanberry United Methodist Church

Level III Report Forms

Due to Debbie Davis by Feb. 1, 2009 for those interested in running for regional representative for Missouri 4-H Congress.

Interviews will be held March 8 at Cameron Christian Church, 2 PM



Local Dates to Remember

January 12– Harrison County 4-H Advisory Board, 7pm

January 15– Volunteer Orientation, Albany, 6:30 PM

January 29– Volunteer Orientation, Bethany, 6:30 PM

February 8– Gentry County 4-H Council, Stanberry, 5:30

February 9– Harrison County 4-H Advisory, 7pm

February 21–Horse Judging, Fort Osage, Osage Oaks Stables, Independence

February 22– Northwest Region Energizer, St. Joe

February 23– Camp Counselor Applications due to

Ron Walker

MAKE PLANS FOR 4-H EVENTS IN 2009

Youth Civic Leaders Summit: Linkin' to Healthy Leadership 2009

The fourth annual Youth Civic Leaders Summit is scheduled for March 6-8, 2009, at Windermere Conference Center. The statewide weekend retreat is for young people who are active or aspiring leaders and decision-makers in their communities.

Young people, ages 13-18, active with junior/senior leaders, Youth EXCEL, leadership clubs, 4-H councils, University of Missouri Extension councils or similar groups are encouraged to attend as well as the adults who support them.

The Summit will engage young people in meeting, learning alongside and having fun with youth and adult leaders from around the state.

The cost is \$100 per person and includes two nights' lodging, meals, materials and activities. For the Edge challenge course, add \$14 and for the Windermere Cave, add \$5. Registration deadline is January 15.

Citizenship Youth Forum set for June 22-24

The 4-H Citizenship Youth Forum 2009 will be June 22-24 in Jefferson City. It is one of the most exciting experiences available to high school age youth. Participants must have completed the 8th grade or be at least 14 years old by January 1, 2009.

This action packed event provides participants a chance to learn about the Missouri executive, legislative and judicial processes. Current legislators, judges and attorneys provide their expertise during the event. The media portion of the workshop involves youth reporting the activities of state government through the use of print, video and radio. All workshops activities use a hands-on approach.

Registration fees for both youth and adults are \$95 for early bird registration due by May 1 and \$110 after May 1.



Registration forms are due to your county Extension office by April 22, 2009. Scholarship applications are due to the Cole County Extension office by April 1.

For further information contact Becky Simpson, CYF Chairperson, at (660) 663-3232 or visit : <http://mo4h.missouri.edu/events/citizenship/>.

Summers@ Mizzou Build-A-Business Camp

Starting this summer, Summers @ Mizzou presents "Build-a-Business Camp" for youth ages 12-15 (grades 6-9) interested in exploring entrepreneurship! Camp dates are July 26-29. Registration is estimated at \$280-330 per camper. Scholarships will be available.

Build-a-Business camp will help 4-H members and other youth discover and tap into their potential as the up and coming "entrepreneurial generation." Youth participants will explore what it takes to be an entrepreneur, learn from 4-H members who have turned their projects into income, gain skills for planning and starting their own business, and make connections with community entrepreneurs and University of Missouri faculty.

The program will involve 3 days and 3 nights of hands-on activities on the MU Campus and in downtown, Columbia, MO.

For more information, contact Adam Loftin at (573)884-7929 or acl7f4@mizzour.edu.



STATE EVENTS

- Jan. 9-10
Computers on the Farm Conference, Tan-Tar-A Resort, Osage Beach
- Feb. 16-18
Legislative Academy, Jefferson City
- Feb. 21 Meats Judging Contest, MU
- March 6-8
Youth Civic Leaders Summit, Roach, Mo.
- March 18-21
KC Global Conference, Kansas City, Mo.
- March 21
State Horse Judging Contest and Judging Clinic, MU
- March 27-29
Shooting Sports Certification, Clarence, Mo
- April 18
State 4-H Horse Bowl, MU
- April 19
State 4-H Hippology Contest, MU
- May 19-21
CYFAR Conference, Baltimore, Maryland
- May 22-28
Equine Trip, Contact Debbie Davis (816) 539-3765
- June 3-5
State 4-H Congress, MU
- June 4
State 4-H Congress Livestock Judging
- June 13
State Poultry Day, MU
- June 22-24
Citizenship Youth Forum, Jefferson City
- July 30-August 2
Missouri State Fair Horse Show
- August 13-23
Missouri State Fair





Clover Connection: Daviess, Gentry & Harrison Counties

What Kind of Example Are You Setting?

Famous child psychiatrist Fritz Redl used to say to groups of parents: "Get out your paper and pencils. I am going to tell you the three most important things you will ever need to know about raising children." The parents would wait for his words of wisdom. Then he would say, "Example, example, example." We all have heard the sayings, "Monkey see, monkey do." and "Do as I say, not as I do." So, what kind of example are we setting for our youth?

Sometimes I find myself regretting what I have said to someone or even a look that I might have given them. Often it is hard to take back what has been said or implied. It would be easier if we thought before we acted. Okay! I know, that is next to impossible in this crazy world. However, I think it is time for us all to stop and take a look around and see who is watching us. Truly, the most important people we should be concerned with that are watching us, our kids. Even our teenagers are watching and hoping for some direction in the choices they make. Bosses and the in-crowd change like Northwest Missouri weather. But the impression we make upon our youth can leave a life long mark.

We can not expect the kids to be model citizens if we are anything but that. So the next time you are frustrated with traffic, your crazy family, or even a long day at work; stop and think before you act or react. We have all demanded of kids, "Don't you roll your eyes at me!" But how many times have you done the same thing and thought no one was watching? Have you ever made up an excuse as to why you couldn't possibly go somewhere with someone? How about bad-mouthing co-workers, your boss, or even the President? Hmm...something to think about.

Now, here is the reality, no one is perfect. I am not suggesting that you strive for such a thing. What I am suggesting is that we remember there is always someone else watching. And what I remind kids when we talk about character, "Character is what happens when you think no one else is watching." Funny thing is, there usually is several people watching.

My wish for everyone in 2009 is good health, happiness, and a better understanding of those around us.

~Becky