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State 4-H Website: http://4h.missouri.edu
(where ALL the answers are)

May
23-29 Missouri State 4-H Equine tour

June
1 Live Radio 4-H Breakfast Club—KKWK 100.1 FM 8:10 am
1-4 NW Regional Camp, Crowder State Park, Session #1
3-5 State 4-H Congress, MU
5-6 Clover Kid Overnight Camp, Crowder State Park
8-11 NW Regional Camp, Crowder State Park, Session #2
13 DeKalb Parade/Royalty/BBQ
15 DeKalb Achievement Day, Conley Bldg., Maysville, 5:00 pm
16 DeKalb Beef Show 6:00 pm
16 DeKalb Sheep, 10am /Goat Show 6pm
17 DeKalb Swine Show, 6:00 pm
19 Clinton Exhibit Day, YB, 5:00 pm
20 Clinton Shooting Sports, Fashion Review & Scholarship Dinner (5:00 pm)
21 NW Regional Small Animal Show, Youth Bldg, Plattsburg, 2:00 pm

July
Live Radio 4-H Breakfast Club—KKWK 100.1 FM 8:10 am
11 Caldwell Achievement Day, Nazarene Church, Kingston, 9:00 am
16 Caldwell Sheep (am)/ Goat (pm)
17 Caldwell Beef (am)/Swine (pm)
18 Clinton County Horse Show
19 Clinton County Horse Show
20 Missouri State Fair 4-H Horse Show, Sedalia

University of Missouri Extension
Live. And Learn.

Working together to help youth become competent, caring, capable, and contributing citizens.

4-H is a community of young people across America who are learning citizenship, leadership and life skills.
New Event at the Missouri State Fair for 4-H Members*

Event: Let’s Talk Livestock

Purpose: To expand the Missouri State Fair mission, by serving as an agricultural classroom, and offering Missouri 4-H and FFA youth opportunities to showcase high-quality livestock to the fair-going public.

The Let’s Talk Livestock program will consist of short informal demonstrations by 4-H and FFA youth exhibitors during scheduled times during the Fair, with the overall goal of answering the question “Why do you show your __________?”

Demonstrations will be conducted for the following livestock:

- Cattle (beef and dairy)
- Sheep
- Swine
- Poultry
- Rabbit
- Equine
- Goat
- Dogs

Demonstrations shall be approximately 15-20 minutes long, with opportunities for question and answer by fair-goers following. Youth conducting the demonstrations will be given example topics to discuss during their presentation including general information about their animal(s), livestock care, show prep, goals, experience level, family participation, etc.

If interested fill out the form that is available through the extension office.

Any questions contact Bob McNary in the state office.

All entries must be IN the STATE FAIR office by July 1st. LATE FEES will be enforced on all entries received on July 2nd or after.

Questions: 800-422-FAIR (3247)

Or

mostatefair@mda.mo.gov

Show Me 4-H Wares

at the Missouri State Fair

The 8th Annual Show Me 4-H Wares sales booth is accepting applications for young entrepreneurs to sell their 4-H products and services at the Missouri State Fair on August 13, 14, 15 or 16, 2015. Any 4-H member age 11-18, pair of 4-H members (biz buddies), or group of up to three 4-H members from the same club (team), is eligible to apply to market or sell original products or services. Youth need not be currently enrolled in the 4-H entrepreneurship project to participate, although these members, along with youth participating in county fair sales booths, are highly encouraged to apply!

Register to be a youth exhibitor at the Missouri State Fair this summer. Apply online between May 1 – July 1, or until all booth slots are filled. Up to 16 youth exhibitors, buddies, and/or teams will be selected to sell during four days. Selected youth will be notified by July 15 and invited to participate in a conference call on August 1. Think you can do this? Sure you can! See examples of 4-H members and their sales booths on the Missouri State website.
4-H MOVE

Across Missouri

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

Kids, families, clubs, after-school groups and others can have fun while being physically active.

Shake, Stomp and Roll

Materials: Music and music player

Directions: You can do this activity with any number of people. Arrange players in a scatter formation with space between them. Play music and alternately call out the following:

• Shake - players should shake all their body parts
• Stomp - players should alternately stomp their feet
• Roll - players should lie on the floor or ground and roll from back to stomach, stomach to back
• Variations - Add running in place between other movements. Add other movements (your choice or player suggestions)

4-H Camp Food and Fitness

At long last! 4-H Camp Food and Fitness is scheduled on December 5-6, 2015 on the MU campus. You’ll recall I attempted to reschedule this event during the summer but camps, fairs and other factors made finding a date a challenge. 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. Given that Camp Food and Fitness was not offered in 2014, I would like to extend an invitation to youth who wanted to attend last year but may have "aged out" for 2015. We will make sure that now 15 year olds that wanted to attend last year get the opportunity to do so.

Here’s cool stuff youth get to do:

• Learn about culinary skills and practices
• Learn about food/nutrition and healthy eating
• Engage in hands-on food science activities
• Increase physical activity

Leader Lookout

May club leader tips

1. Remind youth and parents about recognition night and report forms.
2. Prepare for achievement day, camp, and fairs. Begin discussing use of exhibit tags and any pre-registration that may be required for achievement day, fashion revue, etc.
3. Complete year-end paperwork.
4. Plan tours and activities for club or project groups.
5. Be certain project leaders will finish their instruction in time for members to exhibit their work at local and county achievement days.
6. Make sure club reporter is turning in the 4-H Club Meeting Report Y676 after each meeting or club event. Due to local MU Extension center by the third Friday of every month.
7. If your club leadership is changing over for the next year; identify replacement(s) for the coming year, pending volunteer application approval. Notify local MU Extension center of any changes in club leadership.

4-H Online

Attn: Members, now would be a good time to go into your 4-H online account and update with any new or changed info, such as phone numbers, email addresses, etc. Please check your project list to ensure that what you are working on for Achievement day has a correlating project listed for you in 4-H Online.

If you are a volunteer and still need to complete your online orientation please prioritize this activity and finalize your application process.
4-H Teen Outdoor Adventure

This year, we’re headed to the float capital of Missouri—Steelville. Rafts will be back this year (by popular demand) and we’ll be floating on the Meramec River. On Wednesday, we will be stopping at the famous MU Student Rec Center for a stop at one of the top 5 Rec Centers in the nation!

We will stop along the way to experience some surprise adventures and will do the same on the return trip (caves, natural areas, etc). We will accommodate all needs, but youth should be prepared to experience moderate activity on this trip.

Your guides for all activities will be 4-H staff and official 4-H volunteers. Note: In 2015 we will be staying in air conditioned cabins!

WE WILL PLAN ON TAKING A SCHOOL BUS—DEPENDENT ON NUMBER OF PARTICIPANTS

Well, I hope I’m not alone when I say it’s time to have a little a fun. This year’s float trip promises to be exciting for veteran floaters and new floaters alike. Get excited!

Dates: July 22-24

Location: Steelville, MO

Activities: Float trip, MU Student Rec Center, hiking, and other activities.

Age Requirements: 13-18 (4-H Age)

Cost: $150 (includes most food, transportation, raft, t-shirt, Student Rec Center access)

Contact Shaun Murphy (660/646-0811 or murphyse@missouri.edu) or your local Extension office for an application and more details. Application online at http://extension.missouri.edu/livingston/events.aspx

State Fair Demonstrations 2015

If your demonstration was selected as eligible to go to the Missouri State Fair this year, there will be a new method for making those reservations. Since you will be able to pick from available dates and times, I am hoping that this reservation system that will be available through 4-H Online with be beneficial to everyone. As soon as we have more details available on the methodology of the new format, we will get that info out to you all as soon as possible.
Who Are The Best Grandmothers In Missouri?
Statewide Search for 10 Best is Announced.

The Magic of Marceline Development Company, LLC announces a statewide search for Missouri’s 10 Best Grandmothers. Award recipients who represent the 10 best grandmothers will each win $1250 in cash, plus a $1250 donation to the charity of her choice. A panel of judges will determine the winners based on one page written essays. Entries are requested describing why your grandmother is one of the best in Missouri. Entry deadline is July 20, 2015, with winners announced on August 20, 2015. Prizes awarded at a gala celebration in Marceline, Missouri, boyhood hometown of Walt Disney, on Saturday September 26, 2015.

"Grandmothers are foundational in transmitting values to their children and grandchildren”, said Mike Wrenn, CEO of the Magic of Marceline Development Company. “Holding the gala celebration in Walt Disney’s boyhood hometown is intended as a reminder of the compelling values that inspired Disney, and through him, children around the world. That is why the Magic of Marceline Development Company is celebrating Missouri’s 10 Best Grandmothers.”

The Magic of Marceline Development Company was revitalizing buildings in Marceline, Missouri, when stories emerged about Walt Disney, and the values that inspired him. As with buildings, stories have a foundation. In this case, it was the importance Disney placed on family and values. “More things of importance happened to me in Marceline than have happened since—or are likely to in the future”, said Walt Disney, from the Marceline News, September 2, 1938.

"The rich history of our state makes it reasonable to expect that interesting stories about grandmothers will be found across Missouri”, Wrenn said. “We want to recognize those grandmothers who inspire compelling values in children, as Walt Disney was inspired, and whose values inspired others.”

To enter go to: www.magicofmarceline.com and look for the link. Complete rules, entry form, and prizes can be found there.
This is a combined Summer Newsletter. See your County Fair Premium books for all events or your county Extension website.