Local Events/Projects:

January 1: MOVE Across Missouri, State Excellence Awards I, II, III

January 2: MFA Saddle Award Application

January 15: 1st payment of dues, Teen Conference Application Due

February 1: Meats Judging Contest, Youth Civic Leaders Summit, Teen Conference, Agribusiness Academy

Forms and Money due January 17, 2014 To:
Cape Girardeau County Extension Office
P O Box 408, Jackson, MO 63755
Any questions, email Bridget Schumer, Southeast Regional Representative at schumerb@hotmail.com
All profits made will go to Kids Helping Kids.

MISSOURI PORK EXPO
The 2014 Missouri Pork Expo will be February 11-12 in Columbia. There is usually a session called “In the Show Ring” for youth. Youth that attends the entire day of “In the Show Ring” normally receives Show-Me Quality Assurance certification/recertification. For more information visit

NEW VOLUNTEER ORIENTATION
If you are a new 4-H volunteer you are required to take the 4-H volunteer orientation. This can be taken online at http://4h.missouri.edu/getinvolved/volunteer/volunteerorientation/index.html
You are not considered a volunteer until this is completed!

3RD ANNUAL 4-H SOUTHEAST REGIONAL ENERGIZER
February 15, 2014 1:00 pm-10:00 pm at Kelly Schools in Benton, MO
Cost: $15 Registration Fee
Checks Payable to Cape Girardeau County 4-H Council

4-H PLANS DUE TO THE EXTENSION OFFICE SOON
If your group plans on doing any 4-H projects for the 2014 year please let the local extension office know no later than January 15.
SHOOTING SPORTS CERTIFICATION WORKSHOP

Dates and location for the spring Shooting Sports Leader Certification workshop are set: March 28-30, Camp JoOta near Clarence, MO. Look for details and registration forms to be available in mid-January. Look online at: http://4h.missouri.edu/go/projects/shootingsports/workshop.htm

*If you are interested in attending the cost of the workshop will be reimbursed afterwards!

2014 MISSOURI 4-H EQUINE TOUR WESTWARD BOUND!

Are you dreaming of combining your equine passion with a future career, interested in learning more about the horse industry, and enjoy making new 4-H friends who share your love of horses? The University of Missouri Extension 4-H Annual Equine Tour may be just for you! The 2014 tour, May 20-26, will be exploring the horse industry in Nebraska, Wyoming and Colorado and is open to Missouri 4-H teens, ages 14-18. Tours will include collegiate equine education departments, working cattle and horse ranches, and a possible Colorado trail ride. Participants will learn from leading equine professionals in the fields of equine therapy, entertainment, outfitters, training, art, rodeo, saddle making, and equine welfare.

In its eighth year, the tour has proven to be a great opportunity for participants to expand and clarify their possible equine related career paths.

The $600 tour fee provides charter bus transportation, 4-H staff chaperones, and all travel related expenses. Applications are available at http://mo4h.missouri.edu/events/horse/ and are due before March 1, 2014. For additional information, contact Debbie Davis, 816-539-3765, davisdd@missouri.edu.

YOUTH CIVIC LEADERS SUMMIT MARCH 7-9, 2014

Event website: http://4h.missouri.edu/events/summit

Team registration – Nov. 2013 - Feb. 1, 2014

$125/person – some recreation options extra

Adult chaperone fees, youth partial scholarships available

Who should attend?

The Summit is a statewide retreat for teams of youth ages 14-18 and adult leaders and decision-makers.

Groups of new/existing leaders, representing a club, council, afterschool site, leadership team, countywide program, or organization. Groups working in youth-adult partnerships and involved in
local community civic engagement.
Youth do not have to be current 4-H members to attend; adults must be approved as 4-H volunteers by the event.

**Theme**
The Summit will gather youth and adult leaders to celebrate 100 years of Cooperative Extension, explore the changing landscape of careers/workforce skills, envision the future, and travel the highway to stronger clubs, councils, & communities!

**Team registration**
Counties can register one or more teams starting Nov. 2013. Registration packets will be mailed to county offices. Teams of 3-10 people (2-8 youth, 1-2 adults), any group that will be working together in 2014.

Individual youth registrations, or youth without adult team leader, cannot be accepted (contact others in your region). Team registration deadline is Feb. 1, 2014.

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**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/](http://www.4h.missouri.edu/programs/move/)

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**STATE MEATS JUDGING CONTEST**

When: February 15, 2014
Where: UMC Eckles Hall, Meat Lab
Time: Registration 8:30 and the contest starts at 9 a.m. and will conclude about noon with lunch provided for all participants, coaches and parents.

Cost: $15 per member –
Make the check to University of Missouri, and mail it to 4-H Center, 1110 S. College, Columbia, MO 65211

Details: The top Senior team identified in this contest will advance to National. The State 4-H Meats Contests does not require a pre-qualification. Counties may enter any number of teams and or individuals.

*Please see the meats judging attachment for more information.

“Nothing is impossible; the word itself says ‘I’m possible’!”
-Audrey Hepburn

**Stephanie Milner, 4-H Youth Specialist**

**UNIVERSITY OF MISSOURI**

**Extension**

**Butler County**
222 N Broadway
Poplar Bluff, MO 63901
Phone (573) 686-8064/Fax: 778-8021
Web: extension.missouri.edu/butler

University of Missouri Extension provides equal opportunity to all participants in extension programs and activities and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of race, color, national origin, sex, sexual orientation, religion, age disability or status as a Vietnam-era veteran.
Supplies
• Corn Starch
• Water
• Bowls
• Measuring cups
• Table covering

What you do

COVER THE TABLE! Then, each child can measure ½ cup water with ¾ cup cornstarch and put into a bowl. Have them mix it up with their fingers.
Let them explore it for a while and talk about how it changes from a solid to a liquid. Ask what they think would happen if they changed the amount of either ingredient.