Cooper Sadowsky, daughter of Jim and Teela Sadowsky of Eagleville, Mo., was among the nearly 800 youth delegates from across the country and Puerto Rico attending the 2012 National 4-H Congress, November 22-28th in Atlanta, Georgia. The National 4-H Congress experience allows 4-H members from across the country to learn new skills through workshops, hear from nationally recognized speakers and experience Southern culture.

Selection for this trip combines scores from a written recognition form and interview. Attendance at National 4-H Congress is a culminating event for many 4-H’ers and a highly sought after award. Only twenty-one 4-H members from Missouri were selected to attend.

During National 4-H Congress, youth participated in a wide range of educational workshops and heard from speakers such as the current Miss America. Delegates also participated in a morning of service around Atlanta. Activities included, working in classrooms, cleaning up parks, preparing meals for homeless and shut-ins, sorting books to send to Africa and much more. Youth had the opportunity to tour some of Atlanta’s landmarks such as Coca-Cola, CNN, the Martin Luther King, Jr, visitor center and others.

A permanent mark of 4-H in Atlanta are the two Habitat for Humanity houses delegates have paid for. Currently National 4-H Congress is working on its third Clover House. Missouri delegates donated $240 to the project as well as $230 to Kids Helping Kids, a Missouri fund that helps 4-H’ers and their families.

Other area 4-H members attending include: Anthony McCollum, Danielle Pike, Jedd Stark, Lacey Rucker, and Taylor Faucett.

Chaperones were Dave Hileman, Franklin County Youth Specialist and Teresa Bishop, State 4-H Office.

4-H is a community of young people across America who are learning citizenship, leadership and life skills.

This March, find the fastest horse you can and head for the Wild Wild West at the 2013 State 4-H Teen Conference! Your State 4-H Council teens are riding hard to make this a fun and active event. Your trail will include leadership and communication skills, along with maps to all the exciting opportunities waiting for you as a 4-H teenager! This is the first big trip away from home for many Teen Conference delegates, and it’s a good choice. Teen Conference is safe and fun, the hotel is amazing, and so are 300 new friends you’ll make! Come join the Wild Wild West, just after high noon on March 23. We’ll see ya there! Cost: $139/person if sharing a bed or $189/person if not sharing a bed.

County deadline is February 1, 2013! This event will sell out before the deadline.

Thank You Notes Teach a Lifelong Skill

Have you considered helping your Clover Kids write and send handwritten thank you notes? Teaching children to write thank you notes is a simple act that goes a long way in the development of good social skills. Here are a couple of suggestions to help you get your Clover Kids going:

- Be positive. Briefly explain that the gift giver will feel good knowing the present is appreciated. The way you talk about thank you notes will influence whether children think of writing them as a chore or as something thoughtful they can do for someone who has done something thoughtful for them.
- Give choices and help make writing thank you notes fun. For children that don’t yet write encourage them to draw pictures. Provide a variety of interesting and colorful paper, pens/pencils, crayons/markers, glitter and glue. Let them choose the ones they will use.
- Make the handwritten note a special message from the heart. Help children understand the effort they put into creating a thank you note is just as valuable as the gift itself.
- Be a good example and write letters! Children learn to be courteous and responsible by watching other adults.

Ideas for Making Thank You Stationery

- Stamps and pads
- Stickers
- Decorate plain note cards
- Stencils
- Use decorative edged scissors
- Cut thank you postcards from card stock
- Make thumbprints with washable ink pads

Source: Kirk Bloir, M.S., Extension Associate, Human Development & Family Science, Ohio State
4-H Media Workshop, February 9, Cameron, MO

“It’s a wrap!” Are you learning how to capture your 4-H world with a video camera? Would you like to learn more filming and editing techniques? How can you make your videos unique and intriguing? Could you create a film project for local Achievement Day judging? How can you create a film entry for the 2013 4-H FilmFest, August 4-7 at Branson?

Wow! All the answers to these questions and more will be covered at the first NW MO Media Workshop, February 9, at the Cameron First Baptist Church. Bradd Anderson, State 4-H Communication Specialist and FilmFest Coordinator, will be presenting the filmmaking process (scripting, storyboarding, filming and editing). Participants will get a chance to ‘learn by doing’ by practice editing and filmmaking to create a “Revolution of Responsibility” 4-H video!

Participants will be asked to arrive by 12:30 to set up equipment and the workshop will begin promptly at 1:00 and ending by 4:30 pm. What will you need? You can bring your media recording device (phone, camcorder, DSLR, etc). Laptops will be provided but participants are welcome to bring their own. You will leave with a completed film clip on a flash drive, great production tips and possibly a cool door prize!

Workshop fee of $10 is due before February 1 with following information: 4-H member’s name, Age, 4-H County, Parent Name, Address, BEST emergency phone contact number (inclement weather info). Please send and make payment to: Clinton County Extension, 101 S Main, Plattsburg, MO 64477.

Questions? Debbie Davis, davisdd@missouri.edu Office: 816-539-3765; cell: 816-632-0817

Church address: 202 East Ford, Cameron.

Knee-Hi 4-H Club

The Knee-Hi 4-H Club was called to order on December 12, 2012 at the Gallatin Methodist Church. The American Pledge was led by Andon Allen and the 4-H pledge was led by Wyatt Bird. Secretary’s report was given and roll call was “What do you want for Christmas.” Libby Endicott gave a project meeting report on the archery meeting what was held on December 5th and Hannah Stith, Historian, requested that pictures be sent to her for the club scrapbook. Unfinished Business: Roller Skating was scheduled for December 30th from 2-4pm in Bethany. Everyone is to meet at the Gallatin High School at 1:15pm to carpool. Christmas card delivering and caroling will be at 9:00am on December 15, 2012, at the Daviess County Nursing and Rehabilitation Center. New Business: Club members each made a Christmas card to deliver on Saturday and had their candy bar gift exchange. It was also announced that there will be a Northwest Regional 4-H Winter Energizer at Hamilton on Saturday, January 12, 2013. Next meeting will be Wednesday, January 9, 2013.
**Equine Tour to Texas, Oklahoma and Kansas in 2013!**

Whoa! If you love horses, are 13-18, and dream of future with horses, you don’t want to miss this amazing trip! The 2013 Missouri 4-H Equine Tour is headed to the wide open spaces of Texas, Oklahoma and Kansas to explore the indigenous equine careers and western horse industry May 21-27. Just a few of the plans on this busy itinerary will include visits to prestigious equine collegiate programs, western performance horse ranches, Remington Quarter Horse Race Track, National Cowboy Hall of Fame, Fort Worth Stockyards, custom saddle and boot makers, meeting renowned trainers and equine medical experts, the Oklahoma City Memorial, and meeting up with rodeo professionals. This is just the beginning! The $550 tour fee includes most meals, hotels, transportation on a chartered bus, admission fees, tour shirts/bags/group photo. Applications are due before March 1 and are available: [http://mo4h.missouri.edu/events/horse](http://mo4h.missouri.edu/events/horse). For more information contact Debbie Davis, 816-539-3765 or davisdd@missouri.edu.

**Youth in Agriculture Scholarship deadline Feb. 1**

The application deadline for the Missouri State Fair Youth in Agriculture Scholarship is Feb. 1. To apply, you must be an active 4-H or FFA member; have exhibited at the Missouri State Fair; have plans to pursue a degree in agriculture at a Missouri college or university; and have not sold livestock in any past Missouri State Fair Sale of Champions.

The scholarship program is funded through the generosity of Youth in Agriculture sponsors and buyers of the livestock sold during the Sale of Champions. This year thirty $1,000 and one $2,500 scholarships will be granted.

Applications are available at [www.mostatefair.com](http://www.mostatefair.com). For more information, call the Missouri State Fair at 1-800-422-FAIR or email mostatefair@mda.mo.gov. The original application and 5 copies must be submitted.

**4-H Move Across Missouri Registrations**

Alison Copeland

‘Tis the season for 4-H Move Across Missouri (MOVE)! 2013 enrollment for new and re-enrollment for current MOVErS begins now. As you know, MOVE promotes physical activity and encourages youth to engage in a broad range of activities such as walking, biking, running, swimming, dance, taekwondo, gardening and more.

Using a paper tracking system (no online system this year), youth and their families can “log” the number of minutes they accumulate throughout the year and during the competitive component of the MOVE program February 1 – April 30. 4-Hers can enroll as individuals and/or as part of a team. An individual MOVEr may also be a part of a team. A team can consist of a family or members of a 4-H club or group. MOVE awards will be provided.

To sign up, go to [http://www.4h.missouri.edu/programs/move/](http://www.4h.missouri.edu/programs/move/)

**Project Leader 101:**

**How do I teach?**

The 4-H slogan “learning by doing” is a great foundation for your project meetings. The greatest degree of learning occurs in the actual experience. The closer to real life a learning activity or experience is the more effective it will be.

Activities that involve members in listening, seeing and doing will help keep 4-H’ers interested and enthused about learning. When possible, use hands-on experiences, simulations, games, demonstrations or models. Skill-a-thons and judging classes are also valuable hands-on teaching techniques. Examples of skill-a-thons are available on the project page of the MU Extension 4-H Web site, 4h.missouri.edu. Remember to use a variety of teaching methods to engage young people with different learning styles and try to avoid telling or asking members to read or listen in lecture style format as primary teaching models.

Ultimately, teaching skills and connecting with youth can happen in many ways, shapes, and forms. Be creative and have fun. The time you spend with the members in your project is helping them develop many skills that will help them in the future!

**Invitation to Missouri volunteers from Iowa**

Iowa 4-H’s State Volunteer Retreat is Feb. 8-9, 2013. Volunteers from other states are welcome to come. Cost is $20. Registration info is available at [www.extension.iastate.edu/4h/page/state-volunteer-retreat](http://www.extension.iastate.edu/4h/page/state-volunteer-retreat)
January club leader tips

January is a great month to start encouraging hands-on activities at club meetings. The weather can be challenging this time of year, and hands-on activities can help members funnel some of their excess energy. This month consider the following suggestions and ideas as you work with club officers, members and other volunteers:

1. Continue to provide support to project leaders, club officers, and club committees coordinating activities and events.

2. Set up program to describe awards opportunities, both state and county Missouri 4-H Recognition Forms Y2000, Y2100 and Y2300 (National Congress application) and the Key Award Y2300

3. Check on progress of project groups, make sure the different projects have already met or have a first meeting scheduled so that members can get started. Encourage members in each project to provide project reports at the meetings.

4. Plan Valentine Party and/or service project involving as many youth as possible in the decision-making and leadership roles.

5. Remind members of requirements for completion and eligibility for exhibiting at fairs and shows. Explain again the meaning of “member in good standing.”

6. Before the meeting, contact project leaders and confirm they have a skill-a-thon station prepared for the January club meeting. Junior leaders are a great resource for creating and working these stations, too.

7. Review club check-up responses with officers, together you may need to revisit plan of action to complete goals and activities for the year.

8. Work with project groups on gathering items for judging classes for February or March club meetings. Judging class resources can be found at 4h.missouri.edu.

9. Work with committees to recruit a member or project group for planned demonstrations at next month’s meeting.

Celebrate our Volunteers

Do you know a current or past volunteer who has made a real difference for 4-H in our counties? We would like to celebrate their efforts in making the best better. The Missouri 4-H Foundation recognizes our volunteers each year with awards to thank them for everything they do in our clubs and communities.

The Frank Graham and Naomi Crouch Leadership Awards deadline is February 1, 2013. Information about the wards are available at http://4h.missouri.edu/foundation/recognition/graeham.shtml.

The Missouri Hall of Fame celebration which takes place during the MO State fair has a nomination deadline of March 15, 2013. This award recognizes volunteers with at least 25 years of service to 4-H. Please nominate today!

Missouri Agribusiness Academy to visit Springfield and Jefferson City in 2013

The Missouri Department of Agriculture is offering high school sophomores an opportunity to explore careers in the ag industry through the Missouri Agribusiness Academy, June 3-7, 2013. The 2013 Academy will tour agribusinesses, explore educational opportunities and meet with agricultural leaders in the greater Springfield area and Jefferson City.

Each year, the Missouri Department of Agriculture gives 30 high school students from throughout Missouri the opportunity to explore careers in agriculture through the Missouri Agribusiness Academy – a competitive membership for sophomores interested in pursuing agriculture-related college degrees and careers. MAbA is a youth leadership program focused on career exploration in the fields of agribusiness, government and production agriculture.

Application Information

The deadline for applications for the 2013 Missouri Agribusiness Academy is February 1, 2013. Copies of the Application Form and Recommendation Form are available at http://mda.mo.gov/connect/youth/agribusacademy.php or by contacting the Department’s Agriculture Business Development Division at (573) 751-4762.
Northwest Region 4-H Energizer
January 12, 2013~9:00-2:30
Hamilton United Methodist Church

Registration: $10/person (not to exceed $30 per family)
QUESTIONS: Debbie Davis
(816)539-3765 or davisdd@missouri.edu