Dear 4-H Families:

Lots of exciting events and activities are happening in 4-H. Everything from regional competitions and trips, to upcoming state events and fair season just around the corner!

Lawrence County 4-H members who want to participate in the Lawrence County Youth Fair chick project this year need to notify me at the Extension office in Mt. Vernon by March 30. Members will receive 15 chicks, and are eligible to bring their best three to the fair. These chicks are also eligible for the premium sale if the birds make a minimum pen weight. Look for more fair details in the next newsletter!

Registration for many of our state events is now being done through 4-H Online. This is a new system, so if you have questions, please do not hesitate to call or email.

Are your members engaged in your club? Do they get an opportunity to help set club goals and to cooperate in achieving them? Getting members involved in the planning process early on, and giving them responsibilities, makes for a better club experience as well.

Greene County members, are you ready to share some fun! The 4-H version of a talent show is set for Saturday, March 28, but you must pre-register by March 13. And, mark your calendars for personal presentations day on Sunday, April 12. This event is where you can participate in member judging or personal appearance, give a speech or demonstration, or do fashion revue. More details will be coming soon on this annual event!

As always, I am here to help you, 4-H members, parents and volunteers, have a more successful 4-H program. If there is anything I can do to help you, or if you would like me to visit a club meeting, don’t hesitate to call or email.

Karla Deaver
4-H Youth Specialist
4-H MOVE back for 2015

4-H Move Across Missouri (MOVE) is back for 2015! Enrollment for new and re-enrollment for current MOVErs began January 1, 2015. As you know, MOVE promotes physical activity and encourages youths to engage in a broad range of activities such as walking, biking, running, swimming, dance, taekwondo, gardening and more.

Using a paper tracking system, youth and their families can “log” the number of minutes they accumulate throughout the year and during the competitive component of the MOVE program from 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.

State 4-H Congress:

All-Star Leadership!

State 4-H Congress is scheduled for June 3-5, 2015, in Columbia on the MU Campus. For 4-H members age 14-19, this is the event where State 4-H Council members are elected each year.

What You’ll Do at State 4-H Congress

- Learn the life skills of a super leader, connecting with experts in quality workshops and learning opportunities!
- Experience campus living – residence halls, cafeterias, classrooms, you name it!
- Elect your representatives on the State 4-H Council!
- Get to know other 4-H youth from across Missouri...and HAVE FUN!

Registration is $200 per person and will be done through 4-H Online. State registration deadline is April 15, so don’t let this date get past you and “steal” your fun!

Southwest Region Poultry Day March 14

Mark you calendars for Saturday, March 14, four Southwest Regional Poultry Day, to be held in Neosho at Crowder College. Headlining the program is Dr. Keith Bramwell from the University of Arkansas talking about poultry husbandry, breeds and varieties; and Zach Rose, University of Arkansas, on exhibition. This is a great opportunity for anyone enrolled in the poultry project! Registration is $10 and includes lunch. See the enclosed flyer for more details.

4-H Camp—Watch out for Super Heroes!

June 13-14 Alumni Camp
June 14-17 Member Camp 1
June 17-20 Member Camp 2
June 20-21 Clover Kids Camp
June 21-25 Teen Camp

We are working on plans for 4-H camp as we speak, but get ready for an awesome adventure!

Camp counselor applications will be available soon and will be emailed to all eligible teens. Have a camp t-shirt design in mind? Designs are due April 16 to the Extension office in Mt. Vernon or email to Karla Deaver at deaverk@missouri.edu.
Put a Little Pizzazz in Your Club Meetings
Are your club meetings getting a little stale, or are your members complaining the monthly club meeting is boring? Pump up your club meetings by incorporating one or more of these ideas:

- Keep youth involved in the planning. Have a suggestion box, and follow through. If it is feasible, and the members suggest it, try to do it!
- Have a skit night—perfect for that meeting when you have new members!
- Bring in outside speakers from the community—but remember to keep activities hands-on! It’s what we do in 4-H!
- Hold officer experience night. Let younger members “hold an office” for one meeting. Officers can coach them. They get to try it out before they decide to run!
- Have a club make it and take it session. Take a project area that several members are interested in, and bring in a simple project so they can take something home.
- Plan your next community service activity. Let members offer suggestions.

Most of all, keep youth involved in the planning and the activity. Ask yourself these questions: Does the program provide time for members to have fun and enjoy each other? Do all members have a part on the program sometime during the year? Are committees used to carry out club meetings? Do club leaders confer with officers prior to the meeting?

Need more ideas? Contact Karla at the Lawrence County extension office for more information.

How Does 4-H Develop Life Skills in Youth?
Research has shown that there are certain elements (domains) present in effective youth programs. These “domains” are: A safe environment, a supportive environment, interaction, and engagement. In the next few newsletters, we will take a look at each of the five domains and what they look like in a 4-H club setting.

Safe Environment
A club that provides a safe environment addresses these areas:

- **Emotional Safety**—the club program offers a positive emotional climate.
- **Healthy Environment**—the meeting space is free of health and safety hazards.
- **Emergency Preparedness**—leaders are aware of emergency procedures. There is appropriate safety equipment, and supervised indoor and outdoor entrances.
- **Nourishment**—healthy snacks and refreshments are offered.

Practically speaking, these safe environment standards look like this in a club meeting:

- Does the meeting place have adequate space?
- Do you have an emergency preparedness plan?
- Do you use a written sign in/sign out process?
- Are lighting, heating and ventilation adequate?
- Is the room arranged for the meeting?
- Is the meeting room clean?
- Can everyone see what is happening?
- Are healthy snacks and drinking water available for members?

As you can see, the quality standards for a safe environment have very practical applications in the typical club meeting. If you find your club is missing one of these critical areas, take some time to review and determine how you might be able to address it.

Next month, we will look at the Supportive Environment domain. If you would like more information about the 4-H Program Quality Assessment, contact me at the Extension office and I would be happy to help you.

Quality Standards courtesy of the Weikert Center for Youth Program Quality, practically speaking courtesy of the MO 4-H publication, Take Time for a Club check-up, Y738.

SW Region RATT Trip set for April 18
Attention southwest 4-H teens—the 2015 RATT (Regional Action-Packed Trip for Teens) is scheduled for Saturday, April 18, and it will be one of the best trips yet! Destination this year is Eureka Springs. Enjoy a visit to the Turpentine Creek Wildlife Refuge, the Basin Park Hotel and historic Downtown Eureka Springs. See the attached registration brochure for details. Registration is $75 per person, and includes bus transportation, attraction tickets, and some meals.
Clover Kids Corner provides an activity, information or other materials that Clover Kids leaders can use in planning and implementing experiences that introduce five to seven-year olds to the 4-H concept of learning by doing.

Lucky Smoothie
Make this healthful, green smoothie for St. Patrick's Day.

Supplies
• 2 (peeled) kiwis
• 1 frozen banana
• 1/2 cup vanilla yogurt
• Splash of milk
• Dab of honey
• Green food coloring (optional)

Instructions
With the help of an adult, put all of the ingredients into a blender and puree until smooth. Serve in a chilled glass.