Dear 4-H Families:

We spend a lot of time helping volunteers and officers understand their roles in the success of a 4-H club. But before a club can be successful, every member has to do their part! What does it mean to be a responsible club member? Thanks to colleague Don Nicholson for this important reminder.

Responsibilities of a 4-H member:

⇒ Know the pledge and the motto. Be able to explain it.
⇒ Come to the meetings. Come to the meetings ready to roll. Be an active member, not a passive one.
⇒ Help other members—be supportive, encouraging, and helpful.
⇒ Be aware of deadlines and rules and observe them.
⇒ Stay in touch with your Club leaders and Project leaders—don’t wait for them to call.
⇒ When a project leader holds a meeting, BE there.
⇒ Actively look for opportunities to help out and to lead.
⇒ Do at least one well-prepared speech or demonstration or presentation at the club level every year.

Urgent advice:

⇒ Take part in at least one non-fair 4-H function outside of the club every year.

Are you doing your part? If not, what do you need to do to get on track?

Camp registration forms are included with this newsletter. A few scholarships are available for those wanting to attend camp but not able to pay the full fee. Contact me for more details.

Camp Counselor applications are also included with this newsletter, and are due back to the camp director by May 1. Our theme this year is Super Heroes! If you have an idea for a t-shirt design, we would love to see it! Deadline for design submissions is also May 1. We have three camps—clover kids, member camp and teen camp, so there are 3 opportunities to have your design chosen!

Project meetings should be in full swing, and many 4-H members and project leaders are working on fair exhibits. Need help deciding on an exhibit? Check out the project briefs on the state website for ideas.

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!

Ozark Empire Fair and MO State Fair Guidelines

As you think about exhibits for the fair this year, you will want to check out guidelines for Ozark Empire Fair and MO State Fair. You can find the full list of guidelines here: http://extension.missouri.edu/lawrence/documents/2015%20OEF%20Guidelines%20(3).pdf. Specific projects, such as photography, cake decorating, posters and educational displays have size and other requirements.

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

Camp applications are included with this newsletter, as well as camp counselor applications. This year’s camp will have some very special guests. Have you heard about Marshall the Miracle Dog? He will be coming to both Member Camps! Stay tuned for another special guest who will be at teen camp!

Have a camp t-shirt design in mind? Designs are due May 1 to the Extension office in Mt. Vernon or email to Karla Deaver at deaverk@missouri.edu.

County Fairs Coming Soon

Lawrence County Youth Fair and Achievement Day is set for June 5-6, 2015 in Freistatt. Lawrence County members have opportunities to bring exhibits, do demonstrations, public speaking, fashion revue, member judging and personal appearance. There will also be a silent auction fund raiser, livestock shows and work in the concession stand. Greene County 4-H Fair will be held June 26-27 at Ozark Empire Fair Grounds in Springfield. In May, we will be sending your newsletter filled with specific information about your county fair. Schedules, event updates, and entry information will be included. Watch your May newsletter for all the information!
COLUMBIA, Mo. — Karla Grimm of Lawrence County and Brenda Wieder of Greene County were named 2015 Frank Graham 4-H Volunteer Leadership Award winners by the Missouri 4-H Foundation on March 13. Grimm was recognized for her commitment to the University of Missouri Extension 4-H youth development program.

“It is our great pleasure to honor Karla Grimm and Brenda Wieder with the Frank Graham Volunteer Leadership award for their dedication to Missouri 4-H,” said Cheryl Reams, executive director of the Missouri 4-H Foundation. “It is volunteers like Karla and Brenda who have made Missouri 4-H the quality experience for young Missourians that it is today, and we are indebted to them for their service.”

Grimm has served as a 4-H club leader in Lawrence County for the past 25 years. Her Kountry Kids 4-H club is known for their interest in dairy cattle projects. Many of her club members have shown dairy cattle, have served on the state 4-H dairy judging team and have participated in the state 4-H dairy judging contest. Karla has led the club throughout her own children’s 4-H careers, and is now leading her grandchildren. In addition, Karla also serves on the Lawrence County Youth Fair Board of Directors, and is currently the board treasurer. Her commitment to the youth of Lawrence County and 4-H remains strong.

Wieder currently serves as club leader for the Horsin’ Around 4-H. A certified Horse Bowl coach, Brenda was also instrumental in starting the Back to School Blast Horse Show that Greene County hosts each August, and continues to serve as Secretary of that event. Brenda’s support of the county Horse bowl, hippology and horse judging teams is a contributing factor to the program’s recent successes.

The Frank Graham 4-H Volunteer Leadership Award recognizes leaders who work to guide our youth. The award is named for Frank Graham, who served as director of MU Extension 4-H Youth Programs from 1958 to 1975. During his tenure of 33 years, Mr. Graham was an avid supporter of volunteer leadership, believing that volunteers are the foundation of the 4-H program.

Celebrating more than 65 years of service to 4-H youth, the Missouri 4-H Foundation was established to secure and manage funds for the Missouri 4-H youth development program.

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.

Supportive Environment

A club that provides a supportive environment addresses these areas:

- Warm Welcome—All are greeted, leaders are warm, respectful, and have positive body language.
- Meeting Flow—The meeting starts and ends on time; materials are on hand; activities are explained clearly, and adequate time is allowed.
- Active Engagement—Youth have opportunities to engage with materials or ideas, and discuss their experiences.
- Skill Building—Adults model and encourage new learning activities, break down tasks, and provide support for struggling youth.

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

- Are members friendly, especially to new members and visitors?
- Are officers and other leaders prepared?
- Do leaders start the meeting on time and keep it moving along?
- Are the programs interesting and hands-on?
- Are all the necessary equipment and supplies on hand when needed?

As you can see, the quality standards for a supportive environment have very practical applications in the typical club meeting. New members and families, as well as those who struggle with imperfect results, are the most affected by a lack of a supportive environment. 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 Peer Interaction 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.
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.

**Do Different Colors Absorb Heat Better?**

**Materials**
- 4 sheets of colored paper (white, yellow, red, black)
- Newspaper
- Scissors
- Sunny day or heat lamp
- 4 Ice cubes
- Notebook to record observations

**Directions**
1. Ask children to imagine that it is 100° outside. What kinds of things will they do to stay cool? What kinds of clothing will they wear? What about the color of the clothing?
2. Have pre-stenciled 5 sided boxes ready to cut out and assemble. You will need one per color for a total of 4 colored boxes. See example above.
3. Lay newspaper down under the sunlight and place color boxes side by side with the opening facing away from the sunlight so the youth can see inside.
4. Place 1 ice cube in each of the colored cubes.
5. Have the children check the ice cubes every few minutes and record on a notebook which melted first, second, third and fourth.

Discuss the children’s observations. Why do ice cubes melt? How does the sun affect ice? Which color absorbs heat the quickest in the sun? What kinds of clothes do people wear outside in winter/summer?

**Science and Engineering Connection**
The study of light and its behavior is a major component in the design of optical instruments such as cameras, microscopes, CD players and medical systems. Different sources of light carry different quantities of energy. For example, lasers are very powerful and can cut through stone or even metal. Using this information, engineers can improve existing equipment designs. Source: Ohio State University Extension, Michelle Fehr, Program Coordinator, 4-H Youth Development, OSU Extension, Belmont County, Ohio. cloverbudconnections.osu.edu/summer2009.htm#story1

Did you know— the Missouri 4-H Foundation works for every 4-H family in Missouri! The mission of the Missouri 4-H Foundation is to secure and manage financial resources to enhance and expand the Missouri 4-H program. The Foundation does the following:

- Secure seed money for new projects, and funding for current programs
- Support statewide 4-H activities
- Establish 4-H college scholarships
- Sponsor volunteer 4-H leader training; and Recognize and honor 4-H volunteers, friends and supporters

Current fund raising efforts including endowing dairy, livestock and horse judging efforts in the state. Need more information: contact the Foundation at 573-882-2680 or 4hfounda-tion@missouri.edu.