

# Osage County 4-H

November 2018



## Upcoming Meetings:

4-H Council: November 19<sup>th</sup>, 2018 6:00 pm

Fairboard: November 19<sup>th</sup>, 2018 7:00 pm

## Upcoming 4-H Events:

Club Officer Training November 15, 2018 beginning at 6:00 pm at the Linn Community Center. To RSVP please contact Molly Grellner at the Osage County Extension Office, (573)897- 3648 or at [grellnerma@missouri.edu](mailto:grellnerma@missouri.edu).

Youth Science Day Coding Clinic will be November 15, 2018 from 4:00 pm- 5:00 pm at the Osage County Library. To save a spot please contact Noelle Parker at [parkern@mrrl.org](mailto:parkern@mrrl.org) or (573)897- 2951.

East Central Region Energizer will be on December 1<sup>st</sup>, 2018 in Owensville.

## State 4-H Events

### Featured Volunteer

The 4-H Center for Youth Development has been featuring volunteers on our Facebook, Twitter, Instagram, and website. For more information please visit, <http://4h.missouri.edu/feature.aspx>.

### 4-H Feeding Missouri

The goal of 4-H Feeding Missouri is to raise one million meals the month of February in a first-of-its-kind statewide food drive, and every 4-H club in the state can contribute to its success! From February 1-28, 4-Hers across Missouri will engage in a friendly service competition to see which clubs can contribute the greatest amount of food, donations and volunteer hours. They'll have an opportunity to organize and/or participate in food drives, fundraising, volunteerism and educational outreach to learn about hunger and food insecurity. Stay tuned for more information!

In the meantime, please consider including educational opportunities about hunger and food insecurity during club meetings and other events leading up to the February drive. Included on the 4-H Feeding Missouri webpage is a resource section that features a "4-H: Empowering Youth to End Hunger in Their Communities Toolkit" with ready-made activities for youth to learn about this topic. You can draw from this resource to help youth learn about hunger and food insecurity.

### 4-H Move Across Missouri (MOVE)

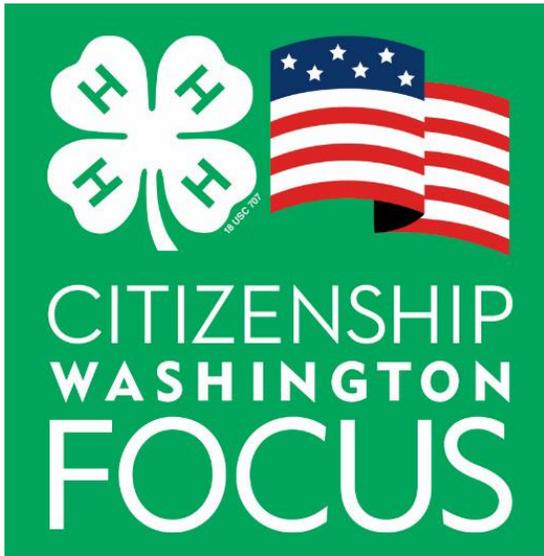
MOVE in 2019! 4-H MOVE promotes physical activity and encourages youth to engage in a broad range of activities such as walking, biking, running, swimming, dance, taekwondo, gardening and more.

Enrollment for new and re-enrollment for current MOVERs begins January 1, 2018 and continues until May 1 (please make sure to register by May 1 so you can participate in the competition!).

Here's what youth and adults need to do to participate:

- Enroll in the Move Across Missouri (MOVE) project (HF775) in 4HOnline in their profile. Enrollment in 4-H MOVE does not count as a part of county limits on projects.
- Using a paper tracking system found on the 4-H website at: <http://4h.missouri.edu/4hmove/moveinfo>, youth and their families can "log" the number of minutes they accumulate throughout the year and during the competitive component of the MOVE program (scroll to the bottom of the website page and click "My Move Activity Log"). Record keeping through the paper tracking system is important because the competition period will be from February 1 to April 30. Youth and families will submit their total number of minutes logged and activities (basketball, running, chores, etc.) throughout the 12 week competitive period between May 1 - 15 in 4HOnline.

4-Hers and adults can register for the competitive event 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.



### **Citizenship Washington Focus**

The Citizenship Washington Focus trip is scheduled and confirmed for June 22-July 1, 2019! The delegate application is attached to this EYC.

4-H Citizenship Washington Focus (CWF) is a weeklong summer program in Washington, DC where high school students learn about government and citizenship. Youth get a chance to see George Washington's home of Mount Vernon, Arlington National Cemetery, many of the memorials located in Washington, D.C., as well as all of the Smithsonian Museums. The groups will also take advantage of being in the Nation's Capital to meet with senators and representatives on Capitol Hill!

A statewide delegation of teens and chaperones from Missouri attend CWF every other summer. The Summer 2019 trip will include one group of approx. 35 youth, ages 15-19, traveling together with the trip coordinator and chaperones. Estimated trip cost will be \$2,000 per youth, paid in four installments over several months.

Youth applications will be due by December 3, 2018, along with the first

payment installment. Remaining installment due dates will be January 14, February 15, and April 15, 2019.

Go here for more details: <http://www.4h.missouri.edu/CWF/main>

### **4-H Volunteer News**

#### **4-H Volunteer Impact Study - You May Be Contacted**

What you do makes a difference! We are excited to share that our state will be participating in 4-H Volunteer Impact Study of volunteers in the North Central Region.

This survey is being conducted as a part of 12 state effort to document the impact of volunteering.

It will focus on three areas:

- the personal benefits of your volunteer experience;
- the impact you have on the organization by volunteering; and
- how your volunteer efforts contribute to your community in which you live and work.

A random sample of volunteers of 1000 volunteers from each state will be surveyed. This study will be conducted through an electronic survey. If you are selected you will receive an e-mail to let you know you have been selected to participate.

You may be picked! If you are, please respond. We want to hear from you and learn from your volunteer experiences.

Your comments will be used to quantify the personal, organizational and public impacts of volunteers involved with 4-H Youth Development Programs in our twelve state region.

Your impact is great and we want to hear from you!

If you have any questions or concerns please contact the Osage County Extension Office at (573)897-3648, Molly Grellner at [grellnerma@missouri.edu](mailto:grellnerma@missouri.edu) or Christal Huber at [hubercd@missouri.edu](mailto:hubercd@missouri.edu).