

# 4-H Happenings!

News for 4-H families and friends

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### Online Enrollment Opened October 1, 2018

**New 4-H families** will need a computer, internet access, a valid email address and a web browser (like Google Chrome or Firefox, DO NOT use Internet Explorer). Go to <http://mo.4honline.com> and select “I need to set up a profile” and complete the information for your family profile. Add members to the family (adult or youth) by selecting from the “Add A New Family Member” drop down menu. Complete the profile for each member, submit your enrollment and pay the required dues (either by credit card or bring payment to extension office).

**Returning families** will log into their family profile with their log-in email address. (If you can’t remember your password, select “I forgot my password”). If you can’t remember your log-in email, call your county office. **Do Not** create a duplicate profile! Continue to your family member list. Select **edit** next to the member you are re-enrolling and then select “**enroll for 2018-2019**” at the bottom of the first page. Review all content in the member profile, update any health form changes and change any projects (if you aren’t enrolling in a project, delete it for this year). Submit enrollment and pay required dues (either by credit card or bring payment to extension office). If you have any problems with this process, please feel free to call the office at 324-5464 and we will do our best to help you.

## 4-H Volunteer Application Process

- A. Applicants (new and returning) need to ask local 4-H staff about current volunteer needs. Ask to see volunteer role descriptions to identify a role that might be a good fit.
- B. Build a new or, if returning, annually update your volunteer profile at <http://mo.4honline.com>.
- C. Complete the one-time 4-H volunteer orientation, if you are a brand new 4-H volunteer applicant. The orientation helps new applicants learn basic terms, organizational structure and safety practices. **Online Orientation can be found at <http://4h.missouri.edu/volunteer.aspx>. Be sure to go all the way to the end of the module to where it asks your name, county, etc. If you do not, you will not be given credit for completion.**
- D. All volunteers need to complete the New Background Check Consent Form this year and turn in to the Extension Office.

## Managed Care Coverage for 4-H Membership Dues

Youth covered by MO HealthNet Managed Care plans may be eligible to have their membership in one afterschool program or club paid by their insurance company. This includes membership fees for 4-H clubs!

1. Call the Member Services number and request a voucher for each child.
  - MissouriCare 1-800-322-6027
  - Home State Health 1-855-694-4663
  - United Healthcare (Does not cover 4-H membership at this time.)
2. The insurance company will verify eligibility and send a voucher in the mail.
3. Sign and date the voucher form and send the original form to your County Extension office.
4. The County Extension office will send the forms to the State 4-H office and your child's membership will become active.

## Citizenship Washington Focus - June 22-July 1, 2019

4-H Citizenship Washington Focus (CWF) is a week-long summer program in Washington, D.C. 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! We will also be traveling to Baltimore and New York for more exploring after leaving Washington D.C. 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.



**Total Trip Cost:** \$2000 with first payment of \$500.00 due with application by December 3, 2018. Remaining installment due dates will be January 14, February 15, and April 15, 2019.

Registration forms and more information is available at <https://4h.missouri.edu/CWF/main#gsc.tab=0> or contact your local extension office.

## Teen Conference - Mark Your Calendars!

### March 16-17, 2019 - Columbia, MO

Teen Conference is a fun-filled, two-day event for ages 11-13, planned by your State 4-H Council teens, to promote *Belonging, Independence, Generosity* and *Mastery*. Mark your calendars now and don't miss out on the fun!! Registration will begin on December 1, 2018. Cost will be \$199 (for youth sharing a bed with a friend they select).

## National 4-H Conference

Are you interested in government, public policy, or working with others to solve a problem in your community? National 4-H Conference may be the place for you. It is the premier professional and leadership development event for 4-H members (15-19). While at National Conference you will work with other youth to create solutions to some of today's social problems such as distracted driving, childhood obesity and others. You will then have the opportunity to present your ideas to government agencies that can put your ideas to work such as the National Institute for Health, the National Traffic Safety Board and others. You will learn effective ways to advocate for an issue and can bring these skills home to your local community.

If you are interested in this opportunity, you will need to complete the Level 3 State Excellence Award form, answer an additional four questions about your citizenship experiences and if selected for regional and/or state judging prepare up to a five minute presentation about a current topic. Additional questions are due at the time you submit your Level 3 award form. Forms and additional questions are due by Friday, January 5. More information and questions available: <http://4h.missouri.edu/recognition/awards/competition.htm>.

## Friends of the Troops

November is the month we officially recognize and thank our military veterans and those currently serving. Here are a couple of simple projects that don't take a lot of time or money, but benefits the men and women serving our country through the National Guard and Reserves who may not get a chance to be with their families during the upcoming holiday season.



What a great way to share some holiday cheer! The preferred way for letters to be done is on an 8 ½ x 11 paper or light card stock, folded to 8 ½ x 5 ½. Each letter must be folded individually and sharply. The second accepted method is to use a purchased greeting card with (do not seal) or without envelope. The sender's name, club name, and address should be on the back of each card in the left hand corner. If the surface is too slick to write on, use labels to put the information on. All cards are due in the Extension Office no later than November 19. Your club will need to cover the expense of mailing the cards, it will cost 25 cents per piece. Each member is encouraged to do two cards.

## Regional Representative

Are you interested in representing Missouri 4-H members, assisting with planning and implementing major 4-H events such as 4-H Congress and Teen Conference? Would you like to represent the State 4-H Council at special events and provide youth input? If so, serving as a Northeast Regional Representative may be the position for you. Find out more about what the council does on their website: <http://4h.missouri.edu/missouri-4h-council.aspx>. Applications are also available on the website. Applications are due to the Extension office by Friday, January 11, 2019.



## Missouri Association of Fairs & Festivals Scholarship

The Missouri Association of Fairs and Festivals (MAFF) is pleased to announce the availability of the 2018 \$1,000 scholarship sponsored by Staats Awards and administered by the MAFF Presidents. Potential applicants must be spring of 2019 graduate. The fair recommending the applicant must be a member of Missouri Association of Fairs & Festivals. A listing of member fairs and the application is available from at [www.mofairs.org](http://www.mofairs.org). Applications must be postmarked by November 12, 2018. The

scholarship will be awarded in January 2019. For additional information, please contact Elizabeth Schlueter at 636-528-4613.

## **Missy North Scholarship (MO Pork Producers)**

The Missy North Memorial Scholarship was created to honor the late Missy North, wife of Missouri Pork Producer Bob North. She loved raising pigs, and was very active in the industry. Bob and his family are making the scholarship available to a deserving student aspiring to play a role in the pork industry. They are partnering with the Missouri Pork Association to select candidates. A scholarship in the amount of \$2,500 will be awarded at the Missouri Pork Expo on February 12, 2019. For eligibility requirements and application, go to <http://www.mopork.com/youth/missy-north-memorial-scholarship/>. Deadline to apply is Friday, January 11, 2019.

## **Missouri Youth Pork Ambassador**

The Missouri Youth Pork Ambassador Program is designed to provide youth with an opportunity to become actively involved in the pork industry. The program will help youth develop strong relationships with both pork producers and allied industry members. It is an opportunity to learn about pork production and the industry and to improve communication and leadership skills.

The main goal of the Youth Pork Ambassador is to promote the Missouri Pork Association and the pork industry at various events. The successful candidate will gain valuable experience and develop relationships that will last a lifetime. The Ambassador will also receive a \$1,000 scholarship, payable to a technical school, community college or 4-year University at the end of the program. – The applicant must be a senior in high school up to a sophomore in college as of January 1st of the year they will begin the program. Applicants may apply more than once, but may only be selected as an Ambassador once. Applicant must be involved in the pork industry or the son/daughter of a parent or guardian involved in the pork industry (owner, operator or allied industry). Applications are due by December 14, 2018. For more information go to: <http://www.mopork.com/youth/youth-pork-ambassador/>.

## **4-H Zoo Apprentice Experience**

The 2018 Zoo Apprentice (ages 14-18) and Junior Zoo (ages 10-13) apprentice experience will be held December 19, 2018-January 2, 2019, at Busch Gardens in Tampa, Florida and Sea World, Orlando, Florida. Become an amateur zookeeper and discover first hand what it takes to care for animals from around the world. Assist zoo staff behind the scenes and observe animal care sessions. There is a registration fee of \$592, which does not include airfare. For more information go to [http://www.4h.missouri.edu/zoo\\_camp/main#gsc.tab=0](http://www.4h.missouri.edu/zoo_camp/main#gsc.tab=0). Registration deadline is December 1, 2018.

## **FCS Financial Ag Youth Program**

### **Program Terms**

- Interest-free funds for qualifying Missouri 4-H and FFA projects
- Must be used for specified projects and repaid within one year
- One project, per year, per student
- Goals include accurate records, budgeting and learning about repayment obligations

Project limits range from \$250 to \$2000. To apply, complete the Ag Youth Program Agreement, submit a detailed projected cash flow, complete a photo authorization form, have parent and adult club supervisor sign the agreement, and submit all materials to your nearest FCS Financial office. Find more information and application go to <https://www.myfcsfinancial.com/about-us/special-programs/ag-youth-program>.

## High School Seniors - College Readiness FAFSA

The guidelines, methods and dates for the FAFSA (Free Application for Federal Student Aid) have changed.

The 2019–20 *Free Application for Federal Student Aid* (FAFSA®) form is already available, Students can now complete and submit the FAFSA application by using their phones to access the redesigned [fafsa.gov](https://fafsa.gov) or by downloading the new myStudentAid mobile app.

A mobile-ready FAFSA form means students can apply for federal student aid from virtually anywhere, using nothing more than the phone in their pocket.

To fill out the FAFSA form, students can simply

- download the myStudentAid app (iOS or Android) and fill it out from a mobile device, or
- visit [fafsa.gov](https://fafsa.gov) and fill out the form using the device of their choice, including a smartphone, tablet, or laptop.



Youth who don't complete the FAFSA application could be missing out on valuable financial aid.

Every year, there are a number of reasons youth think they shouldn't complete the FAFSA form; however, the reality is that EVERYONE who's thinking about going to college or career school should fill it out.

To learn more about FAFSA and to view some great FAFSA videos, visit:

[https://financialaidtoolkit.ed.gov/tk/outreach/social-media/digital-resources.jsp?utm\\_source=email&utm\\_medium=FSA&utm\\_campaign=201920bff&utm\\_content=partners\\_20181001](https://financialaidtoolkit.ed.gov/tk/outreach/social-media/digital-resources.jsp?utm_source=email&utm_medium=FSA&utm_campaign=201920bff&utm_content=partners_20181001)



### Legislative Academy Feb. 18 - 20, 2019

Legislative Academy is a one-of-a-kind opportunity for 4-H teens to be ambassadors for Missouri 4-H at the heart of Missouri state government in Jefferson City. Youth delegates from across the state are selected by 4-H to meet with executive, legislative, and judicial state government leaders. Highlights also include shadowing state legislators, and meeting with commodity groups, state agencies, and major supporters of the 4-H program.

The Academy provides teens with opportunities to share their 4-H experiences and success stories, while gaining leadership and citizenship skills for careers in public service, law, journalism, public relations, lobbying, and related fields. Deadline to register through 4honline is December 15, 2018. More information can be found at <http://www.4h.missouri.edu/legislativeacad/main#gsc.tab=0>.

### State 4-H Congress Opportunity Scholarship

If you are interested in attending the 2019 State 4-H Congress and have a need for a scholarship, please contact the Extension office for the application.



## Monthly MOVEment Activity

### Tunnel time

Materials - None

This activity helps participants stretch out their backs. Participants bend over on all fours (hands and feet) and lift their belly up to the ceiling – hold stomach in as far as possible and round the back. Choose the smallest person in the group to be the “crawler”. At the count of “three” the participants will get in position and remain there until the crawler has a chance to go through the tunnel. When the crawler reaches the end, the tunnel can collapse!

## Clover Kids Corner

### Football Pudding

#### Supplies

- Spoons, markers and liquid measuring cup
- Quart size sealable bags – 1/participant
- Gallon size sealable bags – 1 for every 2 participants
- Instant pudding – one package (3.4 oz.) for every 2 participants
- Milk – 2/3 cup for each participant

#### Directions

1. Each youth puts ½ the package of instant pudding in a quart size sealable bag.
2. Add 2/3-cup milk and seal bag WELL and mark with children’s names. Two youth can place their WELL-SEALED quart bags into a gallon bag and close.
3. Have children toss the bag to each other GENTLY (best done outside) until pudding is ready to eat.
4. Pass out spoons and participants can eat from plastic bag.



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# Ralls County News

## Countywide Leaders

The following have volunteered to lead a countywide project this year: Meats – Jim Meyer; Beef – Chad Wallace; Photography 3 - Dana Keller; Quilting - Amanda Haas; Archery – Branten Ingram, Dana Keller & Deanna Terry; Smallbore Rifle – Darrell Britt, Branten Ingram, & Alan Smith; Shotgun - Branten Ingram; Shooting Sports Safety - Branten Ingram; Air Rifle-Alan Smith; County Coordinator – Dana Keller; Sportfishing - Jon Barnes; Sarah Evans – Wildlife; International Foods and Breads – Pam Barnes and Dogs – Nichole Birkhead.

## Fair Premium Checks

Fair premium checks have been given to Club Leaders. Please be sure and cash your check as soon as possible. Send a fair donor from your community a thank you to show your appreciation.

## Teen Council Update

Does leadership, fun, spending time with youth of a similar age interest you? If you are in the sixth grade and older then you should join the Ralls County Teen Council. The Teen Council meetings will be held January 21, February 18, April 15, and June 17. Newly elected officers are: President –Thomas Barnes ; Vice-President – Sam Northcutt ; Secretary – Halynna Yager; and Treasurer – Devyn Keller ; Leaders-Lori Robinson & Carla Northcutt.

