

# 4-H Happenings!

News for 4-H families and friends

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## February 2019

4-H Expo – The Road to Success!	1	2019 Missouri 4-H Equine Tour	5
State Horse Judging Contest – February 23, 2019	1	4-H Day with the Cardinals	5
Missouri 4-H Foundation Scholarships Available	2	Monthly MOVEMENT Activity	5
2019 National 4-H Beekeeping Essay Competition	2	Clover Kids Corner	6
2019 Agriculture Innovators Experience	2	Achievement Night – Register by March 7	6
4-H Feeding Missouri	3	Shooting Sports Safety Meeting	7
State Teen Conference – Registration Deadline February 1, 2019	3	Junior Fair Board Meeting	7
State Hippology Contest – April 28, 2019	3	Fundraiser Dinner	7
Missouri 4-H T-Shirts	3	Meats Practices	7
Missouri Pork Expo	4	Dates to Remember	8
2019 Shooting Sports Leader Certification Workshop – March 22-24, 2019	4		
April 12-14, 2019 - Hunting and Outdoor Skills Leader Certification Workshop	4		
State 4-H Congress Opportunity Scholarship	4		
Project Leader Training – February 26, 2019	4		

### 4-H Expo - The Road to Success!

Mark your calendars for the 4-H Expo. Youth ages 5 – 18 and adults are all invited to join us on Saturday, February 16 for a day of workshops, activities, and lunch! This will be held at the Clover Road Christian Church, 785 Clover Rd., Hannibal, Mo. Some tracts being presented will be Clover Kids-Careers and What Their Jobs Entail; 8-10-Forensic Science; 11-13-Computer Coding, International, Demonstration Workshop, Cell Phone Photography and Careers; 14 and over-Everyday Living Skills, Basic Car Maintenance, Cooking, and Laundry; Adults – Animal Project Leader Training, Financing Your Future, 4-H Exchange, Using Social Media for Project Meetings, Leadership/Citizenship and Sharing. The cost is \$10/participant. The day will start at 10:00 a.m. and finish at 2:00 p.m. Registration is due by February 1. Make checks to Pike County Extension Council.

### State Horse Judging Contest - February 23, 2019

**National Equestrian Center, 6880 Lake St. Louis Blvd., Lake St. Louis, MO 63367**

This event is open to all 4-H members. There is no limit on the number of members a county may pre-enter in the contest; however, youth must pre-enter if they wish to participate. The contest's registration cost is \$20 per individual and no fee for parents or leaders. Pre-entered youth will receive an information email with maps, details, etc. Registration deadline is February 1, 2019 and will be done through your [4HOnline profile](#).

## Missouri 4-H Foundation Scholarships Available

The Missouri 4-H Foundation offers educational scholarships for 4-H youth and former 4-H members pursuing post-secondary study. More than sixty scholarships are available, each ranging from \$500 to \$2,500. One scholarship application allows the applicant to be considered for any available scholarship, subject to the conditions specified by the donor. Applications are accepted after January 1 and applications are due in your local extension office by February 15, 2019.

4-H members who are current high school seniors and former 4-H members who are college students are eligible to apply. The scholarship guidelines and application is available on the Missouri 4-H Foundation website at <https://extension2.missouri.edu/programs/missouri-4-h-foundation/scholarships>. Check out the list of scholarships on the 4-H scholarship website and apply! The scholarship application format is almost identical to the 4-H Missouri Recognition Form (MRF) format. If you complete the MRF form, you've completed most of the narrative for the scholarship application, too.

## 2019 National 4-H Beekeeping Essay Competition

The 2019 National 4-H Beekeeping Essay competition is open to active 4-H club members only. Any 4-H club member interested in writing an essay should contact their local extension office for competition details. The 2019 essay topic is "Honey Varietals, State to State". Your essay will need to identify one unique varietal to Missouri and discuss the flower's uniqueness and how beekeepers can effectively market that varietal. Please include a photo of the varietal's flower, an interview with a local beekeeper who collects this varietal and a recipe that highlights the varietal. Check with your local extension office for the complete rules. Essays must be received in the Missouri State 4-H Office by February 15, 2019.

## 2019 Agriculture Innovators Experience

Missouri 4-H is seeking twenty teens (4-H age 14-18) to serve as leaders for the 2019 4-H Agriculture Innovators Experience: "Native Bee Challenge". Through this activity youth will not only participate in a science based program providing an awareness and interest in agricultural careers and agriculture innovation, but they will have the opportunity to teach others along the way. The "Native Bee Challenge" is an educational activity focusing on the importance of pollination to agriculture and its connection to a sustainable food supply, specifically as related to native bees. The "Native Bee Challenge" will introduce youth to native bees as important pollinators, exploring their relationship to agriculture and the food we eat. Using modeling, youth will understand the process of pollination, the role of pollinators in our food supply, and the importance of creating habitat for native bees. Teams will be challenged to make recommendations that would increase food production, profitability and biodiversity, which benefits everyone in the community.

Participants must:

- Have a positive attitude and be excited about teaching others
- Be of 4-H age 14-18
- If chosen, be able to participate in a national training program February 8-10, in Ames Iowa.
- Be able to attend a 1-day state training on Saturday, March 9, 2019 in Columbia, Missouri at the 4-H Center for Youth Development.

Deadline to apply is February 15. For more information go to <https://4h.missouri.edu/ag-innovators/main#gsc.tab=0> or contact the Extension office.



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.



### State Teen Conference - Registration Deadline February 1, 2019

Come join the game of leadership at the 2019 State 4-H Teen Conference, March 16-17 in Columbia! The State 4-H Council is planning another "don't miss" event that you'll be talking about all year. Teen Conference begins at 12:30 p.m. on Saturday and ends by noon on Sunday. Registration is \$189 for youth (sharing a bed with a friend you select) and for chaperones. For youth who would prefer their own bed, registration is \$239. Registration through 4HOnline is open and extends through February 1, 2019. Late registration is open February 2-10 with an additional \$50 late fee. For more info on Teen Conference, please visit <http://4h.missouri.edu/teen-conference>. **Remember your dues must be paid to be activated in 4HOnline to be able to register.**

### State Hippology Contest - April 28, 2019

Hippology is an activity that can enhance learning for 4-H members by letting them exhibit their knowledge and understanding of equine science and husbandry in a competitive setting. The primary objective of the Hippology Contest is to provide an opportunity for youth enrolled in 4-H Horsemanship and Horseless Horse projects to demonstrate their depth and breadth of their horse knowledge in competitive setting where attitudes of friendship and fairness prevail. The Hippology Contest has four (4) phases: examination phase, station phase, judging phase and team problems. This contest is open to all 4-Hers, but is limited to the first 180. Registration is open through April 1 in [4HOnline](#). The Hippology Contest will be in the University of Missouri Animal Science Center and begins at 9:00 a.m. with check-in. Lunch is on your own. Boone County 4-H is sponsoring a food stand. More information can be found online at <https://4h.missouri.edu/horses/Hippology#gsc.tab=0>.

### Missouri 4-H T-Shirts

Youth, families, faculty and staff may once again purchase a Missouri 4-H t-shirt through 4HOnline. The cost of the shirts are \$11 each. Orders will be placed through the event registration system in 4HOnline. You may pay by check or credit card. If paying by check, please make your check out to your local extension office. Once payment is received in the local county extension office, your 4-H faculty/staff will approve the registration and the order will be processed. The t-shirts are black with short-sleeves and a green and white design. Sizes available include youth sizes small-large; adult sizes small-3XL. If your size is currently out of stock, you will be contacted directly by someone from the Daviess County Extension office. Any out of stock sizes will be replenished in a timely manner and your order processed. If you have any questions, please contact Becky Simpson at [simpsonre@missouri.edu](mailto:simpsonre@missouri.edu) or 660-663-3232.



## **Missouri Pork Expo**

The 2019 Missouri Pork Expo and In the Show Ring are rapidly approaching. In the Show Ring is February 12, 2019. Those youth attending also receive Show Me Quality Assurance certification/recertification. Afternoon topics include daily care, nutrition, selection and more. Parents can attend youth sessions or producer sessions. Lunch is free for all youth who participate in the sessions. We are **strongly encouraging** attendees to pre-register! All information is on their website, [www.mopork.com/events/missouri-pork-expo](http://www.mopork.com/events/missouri-pork-expo).

## **2019 Shooting Sports Leader Certification Workshop March 22-24, 2019**

Are you a volunteer that is interested in becoming a certified Shooting Sports leader? Well look no further! The spring Shooting Sports Leader Certification workshop is taking place March 22-24, 2019 at Camp Jo-Ota in Clarence, Missouri. Registration is open via 4HOnline until March 1. Registration is limited and will close when a discipline class reaches maximum number; or when the camp is full. All registrations accepted on a first-come, first-served basis when accompanied by a \$100.00 fee. Workshops usually fill up before the deadline, so don't procrastinate-register ASAP! For more information about the workshop, contact your local extension office.

## **April 12-14, 2019 - Hunting and Outdoor Skills Leader Certification Workshop Windermere Conference Center, Roach, Mo.**

Here is your chance to become certified to teach the 4-H Hunting and Outdoor Skills project of the Shooting Sports program. Participate in active learning as you become acquainted with this challenging, yet FUN project. Learn firsthand from the state instructors on how to lead a local/county Hunting Skills program. Experience various teaching activities that have proven effective for youth. Receive answers to your questions and become part of a network of other Hunting Skills volunteer instructors. Cost is \$85.00 and registration is open via 4HOnline until March 15 or when the workshop is full. For more information, contact your local extension office.

## **State 4-H Congress Opportunity Scholarship**

State 4-H Congress will be May 29-May 31, 2019 at the University of Missouri in Columbia. There are opportunity scholarships available to help with the cost of this trip. If you are interested in a scholarship, please contact the Extension office by February 19. Congress is designed for Missouri 4-Her's ages 14-19. The Missouri State 4-H Council plans and implements the event that is held on the University of Missouri campus. You will learn the life skills of a 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, and get to know other 4-H youth from across Missouri...and HAVE FUN!

## **Project Leader Training - February 26, 2019**

Project Leader Training will be held on Tuesday, February 26, 6:30 p.m. in the meeting room of the basement of the Ralls County Courthouse. Please RSVP by February 19 to your local county extension office if you plan on attending. Training will include basic requirements, how to spice up your meetings, and resources available.

## 2019 Missouri 4-H Equine Tour

Do you dream of combining your equine passion with a future career, love to learn more about the horse industry, and enjoy making new 4-H friends who share your love of horses? The University of Missouri Extension 4-H Annual Equine Career Tour may be just for you! The 2019 tour, May 20-28, will be exploring the horse industry in Missouri, Illinois, Wisconsin, Michigan, Indiana, Ohio and Canada and is open to Missouri 4-H teens, ages 14-18. Tour highlights will include collegiate equine education departments, harness racing, visiting a variety of equine farms, meeting 4-H youth, and touring Mackinac Island. Participants will learn from leading equine professionals in the fields of equine therapy, dressage, entertainment, training, art, harness racing, equine facility management and equine welfare. In its 13th year, the tour has proven to be a great opportunity for participants to expand and clarify their possible equine related career paths. The \$650 tour fee provides charter bus transportation, 4-H staff chaperones, and most all travel related expenses. Applications are available at <http://4h.missouri.edu/equine-tour> and are due before March 1, 2019. Specific travel information with detailed tour itinerary will be available to participants after March 1. For additional information, contact Debbie Davis, 816-866-9880, [davisdd@missouri.edu](mailto:davisdd@missouri.edu).

## 4-H Day with the Cardinals

**Saturday, May 11, 2019**

**Busch Stadium, St. Louis, Mo.**

You are invited to join us for the 18th Annual 4-H Day with the Cardinals. The Cardinals will be taking on the Pittsburgh Pirates in a 1:15 p.m. game. Don't miss out! We have a limited number of tickets, and they go quickly!



Tickets for the event must be ordered on the 4-H Day with the Cardinals order form. Ticket order forms are available at the University of Missouri Extension office, or on the web at [www.mo4h.missouri.edu](http://www.mo4h.missouri.edu). **Ticket orders must be postmarked by April 1, 2019.** Tickets are only \$25 each for this wonderful family outing and includes a specially designed t-shirt featuring the 4-H Clover on the back and the Cardinals emblem on the front.

Order as quickly as possible! A limited number of tickets are available and tickets usually sell out early. 4-H Clubs, counties or groups of families who would like to be seated together must send their orders in the same envelope.



## Monthly MOVEment Activity

### Bounce the Ball

Materials: two or three wiffle or ping pong balls; one sheet

You will need at least four people for this game. Each person holds a corner and side of the sheet – stretched taut. Place the balls in the center of the sheet. Participants shake the sheet causing the balls to bounce in the air. The object of the game is to keep the balls bouncing in the air and keep them from bouncing off the sheet onto the floor.

# Clover Kids Corner

## Mini Heart Boxes

### Mini Heart Box Supplies

- Mini Heart Boxes (cardboard boxes can be purchased at local craft stores)
- Red Paint
- Paint Brushes
- Ribbon/Lace
- Gemstones (can be purchased at local craft stores)
- Tacky Glue
- Scissors
- Child's Photo

### Instructions:

Each child paints a box. As the boxes are drying, help each child cut a heart shaped photo of him/her to glue on the box lid. Decorate the box with ribbon, lace and gemstones. Children can fill with candy or small treasures to give to someone for Valentine's Day.

# Ralls County News

## Achievement Night - A Great Opportunity!

The 4-H Achievement Night offers a wealth of experiences for 4-H members. It will be held **Thursday, March 28, 5:30 p.m.** at the Mark Twain Elementary School. Entry forms are being mailed and emailed to each family with this newsletter and are **due in the Extension office by March 7**. Events during the evening will include personal development, table setting, collections, public speaking, and demonstrations.

A list of **demonstration** types and requirements are on the back of the entry form. Guide sheets on how to prepare a demonstration are available at the Extension office.

In **Public Speaking**, you may select any topic of your choice. For the junior division (8-10 years of age) the speech must be three to five minutes long; intermediates (11-13 years of age) the speech must be four to six minutes long. For the senior division (14 years of age and older) the speech must be five to seven minutes long.

**Technology Assisted Public Speaking** may be on any topic of your choice. The presentation follows the same guidelines as prepared speech, but allows for use of presentation software. There will be a junior, intermediate and a senior division.

**Extemporaneous Speech** will draw for three topics, select one to speak on and have 15 minutes to prepare.

**Interpretation** is to be memorized and take place without music or other external sound effects. Special makeup and clothing may be worn as the contestant deems appropriate to the content of the interpretation. Interpretation consists of three sub-categories: dramatic, pantomime, and humorous. Time limit is three to five minutes.

**Business Pitch Speech** quickly generates interest and energetically demonstrates knowledge and persuasion to motivate the listener to reach a decision or act immediately on the information presented. Presenters are allowed to use presentation software such as PowerPoint. An example would be a "Shark Tank" TV show style pitch by an entrepreneur about a 4-H made product or service.

**Personal Development** is broken down into junior, intermediate and senior divisions. Participants are asked to say what occasion they are dressed for, give a short introduction of themselves, answer questions about personal care, family and maintaining friendships. Older youth will have interview type questions.

**Table Setting** is an event where the participant chooses an occasion to set a table for, which includes a menu, decorations, and place setting for one person. You must provide your own card table. You are judged on creativity, coordination of items, eye appeal, and the proper placement of dishes and utensils. Guidelines are available at the extension office.

**Photography** is open to any member. You may enter one photograph per category, animal, landscape or people. Guidelines are on the back of the entry form.

**Collections** is open to any member. The Collection must be owned by the member and displayed on a card table. You must provide your own table. Collections are judged on the interview, knowledge about collection and the appearance of the display. Collection examples are: rocks, stamps, animal figurines, tractors, and ornaments.

Entry forms can also be found at <http://extension.missouri.edu/ralls/4hforms.aspx>.

### **Shooting Sports Safety Meeting**

Members that are first year shooters must attend six hours of safety instruction. Everyone is encouraged to attend at least twice. The safety meeting will be held on Saturday, February 9 at the Center Town Hall from 9 a.m. to 3 p.m. Pizza will be provided for lunch. Each participant will also receive two hours of project time at discipline meetings.

### **Ralls County Fair Board Meeting**

The Ralls County Junior Fair Board will meet on Thursday, February 7, 6:30 p.m. at Center Town Hall. The agenda will include a review of the fair book.

### **Fundraiser Dinner 2019**

The Annual 4-H Fundraiser Dinner is coming up on April 14, 11 a.m. to 1 p.m., at the Mark Twain High School Cafeteria. Advanced tickets are due back to your club leader prior to March 29. Silent auction basket or item descriptions and value are due in Extension office by March 1. Desserts need to be at the school no later than 10:00 a.m. on April 14. A great way to support the county program is by selling your tickets and signing up to work!

Where does the money go from the fundraiser? It goes to support your county events, trip scholarships, awards, and literature for leaders.

### **Meats Practice**

Meat practices are scheduled for February 4, 7, 12 and the 14, to prepare for the State Meats Contest on February 16. Meetings are held in the Courthouse basement in the meeting room and are from 6 – 7:30 p.m..

 *Happy Valentines Day* 

A great time to do something nice for those you love and those not as fortunate as you!