

# Dade County 4-H Newsletter

**BOB McNARY**

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Dear 4-H Families,

**Putting First Things First...**

A teacher brings a large gallon glass jar in to the classroom. He sits it on a nearby table. Then, he pulls out a box of rocks and sets it next to the jar. He clears his throat, gestures to the rocks, and asks, "Who would like to show us how much you can fit in the jar?" Someone volunteers, he is summoned forward. He works quickly but carefully, astutely positioning rocks in the jar until it is satiated. "Is the jar full?" the teacher inquires. "Yes!" the students reply in strong unison. "Can you fit any more in the jar?" he asks. "No!" is the enthusiastic chorus.

Next, the instructor produces a bag of pebbles, "How about now?" Somewhat hesitantly, another student raises her hand and is again beckoned forward. With greater care and less haste, she places a handful of pebbles at the top and by tapping, shaking, and rotating the jar, they make their way to fill the gaps below. Satisfied she has done her best; with hopeful confidence she returns to her chair. "Is the jar full?" the educator again inquires. "Um, yes," is the students' cautious reply. "Can you fit any more in the jar?" he questions. "No," they guardedly answer.

Next, the instructor brings out a pail of sand. Many students begin to smile. "How about now," he inquires? So, another volunteer comes back to the table and using the same technique, filters the fine sand through the coarser maze of rocks and pebbles. The teacher gleefully asks, "Is the jar full now?" No one will venture a response. Whatever they might say, they fear it would be wrong. The professor ignores their silence, "Can you fit any more in the jar?" he questions. No answer. Without a word, the teacher reaches under the podium and brings forth a pitcher of water. Some student's groan; others smile.

Unable to contain himself, grinning he inquires, "How about now?" He doesn't ask for volunteers, but slowly he begins pouring the water into the jar. Gradually, it permeates every crack and crevice. He fills it to the top and then adds a bit more to overflow the jar. There is no doubt that the jar is now full. "What can we learn from this?" is his final query. Someone ventures to say, "It means that no matter how much you've got goin' on, you can always fit more in!" "No," the teacher exclaims, "It means that unless you take care of the big things first, they will never get done!"

I have heard several variations of this narrative; however, I have not been able to track down the source of this tale or its author.

I find myself dealing with the pebbles and sand in my life, topping it off with a large supply of water. However, I've discovered that it requires thinking and planning for me to handle the rocks. Those big and important things, are the ones that I find that without careful care I put off until tomorrow. Everyone is busy! All too often, our busyness distracts us from what is important, from what really matters, those things that could truly make a difference.

*Time Management* doesn't usually bring relief or reduce stress, it just squeezes more into an already full day. Turn time management into how we spend our time, so that we do *less*. Multitasking is not really doing two things at once; it is merely quickly switching back and forth. Computers do this well...humans don't. For us, it is actually inefficient and counter-productive.

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*More info: [4h.missouri.edu](http://4h.missouri.edu)*

Keep a Time Log to fully understand what you do and how long you spend (or waste) on it; the results will likely shock you.

Just Say No to some things – even good things – in order to protect yourself from over-committing and therefore being too busy to do anything well.

Set Limits to how much you work, otherwise you will end up working as much as you are physically and mentally able, leaving no significant time for anything else.

Know Yourself: I usually handle the pebbles and sand first and then attend to the rocks – if there is time. This is not wise. I am handling trivial stuff at my peak, while reserving the important tasks for my low point. It takes an ongoing effort to do key tasks for times of peak energy, while doing lesser activities to slower times in the day.

Do First Things First: Once you've taken steps to resume control over life's activities, there is then time to attend to the big things. Without the pressures of the little concerns, there is the freedom to focus on the important, removing us from the rut that all too easily goes from day to day, week to week, month to month, and even year to year without accomplishing much.

Please join me today in putting first things first.

Have a marvelous March!

Bob McNary,  
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## County News

If you are interested in applying for any awards on the county level, they are **due in the County Office by February 15<sup>th</sup>**. These awards include Level 1(Y2000) Member Award ages 8-10, Level 2 (Y2100) Member Award ages 11-13, Level 3 Member Award ages 14 and over (Y2200) and also the Project Awards (Y620) and the Shooting Sports Project Award (Y7405). \*There is also a video on how to fill out your **project record form**. It is located under the project record form link at <http://www.4h.missouri.edu/resources-forms.aspx>. Project Forms are available, please contact the Dade County Extension Office for more information. Remember to include pictures and your 4-H story in your end-of-year report.

**The project report date has been extended to March 15, 2022. They will be used for recognition at the Awards Banquet in April, date and time to-be-determined.**

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### May 14, 2022

Busch Stadium, St. Louis, MO

You are invited to join us for the 19th Annual 4-H Day with the Cardinals. The Cardinals will be taking on the San Francisco Giants at the 1:15 p.m. game. Don't miss out! We have a limited number of tickets, and they go quickly!



[Order tickets and learn more](#)



**Dade County Youth Fair will be June 24-26, 2022.** More information to follow.



**Ozark Empire Fair will be July 28 – August 6, 2022.** More information to follow.



**Missouri State Fair will be August 11-21, 2022.** More information to follow.

# Shooting Sports Update



## 740 Safety Class

The Shooting Sports 740 Safety class, which is mandatory for all first-year participants and is offered in the counties in person, will also be offered in a free online format this year for those that cannot attend an in-person training. In person training is recommended, but we understand not all will be able to attend.

The online training will be available in 4-H Online, hopefully by February 1, and to register, you must contact your county 4-H Specialist so they can register you. You will not be able to register yourself in 4-H Online.

## Shooting Sports Trainings

[Full details for all trainings](#)

### Leader Certification Workshop

- 2-part training, both portions MUST be completed before certification will be granted.
  - Part 1: Online training that MUST be completed before the in-person training in 4-H Online.
  - Part 2: March 25-26 at Life Change Camp in Clinton
    - Registration in 4-H Online Feb 1—March 15 (or until full)

### Hunter Skills AND Western Heritage Leader Certification Trainings (choose 1)

- April 22-24 at Dysart Memorial Range in Marshall
- Register in 4-H Online Feb 1--April 1 (or until full)
- You cannot register for both

### State Shoot Dates Set

PLEASE NOTE: THERE HAVE BEEN DATE AND TIME CHANGES—PLEASE READ [the Updated rules!](#)

Opportunity	Date	Reg Opens	Reg Closes	Location
State Shoot: Skeet	August 13	June 1	Aug 1	Gateway Gun Club, <u>Hazlewood</u>
State Shoot: Trap	Aug 27	June 1	Aug 1	Mo Trap shooters Assoc, Linn Creek
State Shoot: Archery 300	August 27-28	June 1	Aug 1	Prairie Grove, Columbia
Western Heritage State Contest	Sept 10-11	June 1	Aug 15	Dysart Memorial Range in Marshall
State Shoot: Everything else	Sept 17-18	June 1	Sept 1	Various locations TBD
State Shooting Sports Award Ceremony	Tentatively 3 <sup>rd</sup> weekend of Oct	No registration		Mathewson Arena on the Mo State Fairgrounds in Sedalia

### FCS Financial Shaping Rural Missouri Grants

#### Due April 1

FCS Financial awards \$500 grants to 4-H clubs whose service-learning projects add tangible value to a community where the outcome of the project can be seen or touched. Examples include landscaping at a park, building picnic tables for a community facility, making repairs to a local fairground, etc. Projects must be completed by Dec. 31, 2022.

For more information, examples, and to apply visit: <https://www.myfcsfinancial.com/about-us/shaping-rural-missouri>

### 4-H Community Service Grants

Did you know that the Missouri 4-H Foundation offers Community Service Grants for clubs to do a project in their communities? Through generous grants from **Crader Distributing** and **Stihldealers.com**, the Missouri 4-H Foundation offers grants of up to \$1,000 to match funding for a 4-H Community Service project. [More info on Community Service Grants](#)



## 4-H Feeding Missouri Mini Grants

Through a partnership and a generous donation from Missouri Farmers Care, matching mini grants are available. *Proposals will be accepted from January 1 to March 31*, for projects/events occurring between January 1 and April 30. Matching grant guidelines and application can be found under the Matching Mini Grants tab on [the 4-H Feeding Missouri webpage](#).

## 4-H on Canvas

Canvas is an online learning system that allows us to create modules for multiple project areas in one place. Project areas will have videos, lesson plans and opportunities to connect on discussion boards to extend our project learning beyond our face-to-face meetings.

For use by members and volunteers!

Set up ONE profile for your entire household for \$5.00 to access ALL project areas. Scholarship funds may be requested. [Sign up here](#)



\*If you are a new 4-H employee OR if you previously had access this year to 4-H on Canvas and did not get access to the new Canvas format, please contact [4hcanvassupport@missouri.edu](mailto:4hcanvassupport@missouri.edu) for a coupon code for free access.



## Missouri State Fair First-Time Youth Livestock Exhibitor Grants

**Applications are due March 14**

Youth who have never exhibited livestock in a #4H or FFA class at the Missouri State Fair can apply for this grant from the Missouri State Fair Foundation. Each youth exhibiting cattle, horses, swine, sheep, or goats will receive \$500 each and youth exhibiting rabbits and chickens will receive \$250.

[For more information](#)

## 4-H Photography Contest

**Deadline March 31**

Minnesota 4-H Photography is excited to offer another multi-state photography contest open to youth in grades K-13.! Select your best photo (with no or minimal editing) and submit it with up to three sentences that explains why it's special to you! More information and rules for the challenge can be found at: ["Hit me with your best shot" 4-H photo contest | UMN Extension](#) with rules available [here](#).

Submit one (1) jpg or jpeg images to [fourhphoto@umn.edu](mailto:fourhphoto@umn.edu) by 11:59 p.m. (CST) on March 31, 2022. Volunteer 4-H photography judges will provide feedback via a slideshow. Top photos will be recognized with a prize and random prize drawing winners will also receive a gift.

[Register Here](#)

Questions? Email [fourhphoto@umn.edu](mailto:fourhphoto@umn.edu).



## Apply for the 2023 Youth in Action Awards

Applications are now open for the 2023 4-H Youth in Action Awards! Now is the chance for

4-H'ers ages 15-19 to tell their 4-H story of impact, leadership, and purpose. Learn more about the application process and set your calendars to **apply by March 28, 2022**. [Apply here](#)



## Important Changes to the 2022 National Healthy Living Summit

The current COVID surge and omicron variant have introduced new complexities as states begin to plan their travel to and participation in the National 4-H Healthy Living Summit, scheduled for February 10-13, 2022. After consulting with Extension leadership and the Healthy Living Summit planning team, Council has postponed the National 4-H Healthy Living Summit to April 21-24, 2022. The **deadline to register has been extended to April 4, 2022**. Any participant currently registered for the Summit who is unable to attend during the new April dates will receive a full refund.

[Learn more](#)

## 4-H Feeding Missouri

Missouri 4-H kicks off year FOUR of 4-H Feeding Missouri on January 1! Join with us to tackle food insecurity where you live.



You will find the resources you need on the [4-H Feeding Mo webpage](#) to educate others about this important topic, ideas on planning food and money drives, and suggestions for volunteering your time to fight hunger.

Our friendly county competition runs from JAN 1 – APRIL 30.

- Use #4HFEEDINGMO in all your promotions
- Monetary donation options (they go directly to Feeding Missouri for the most impact):
  - Text to Give: 4HFM2022 to 44-321
  - Online donation link: [Donate to Give to Feeding Missouri](#)
- Survey for reporting your food donations and volunteer hours: [4-H Feeding Mo Donation Survey](#)

## 4-H Move Across Missouri



4-H MOVE Across Missouri is an annual program to encourage youth and the adults in their life to get active!

- From February 1 - April 30 keep track of your active minutes.
- Before May 1st, be sure to enroll in the MOVE project to be eligible for prizes.
- From May 1 - May 15, enter your results into 4-H Online for the official tally.
- Results will be published on or before May 31 on the Missouri 4-H webpage.

For full details, visit the [4-H MOVE webpage](#).

Extension  
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## Missouri 4-H State Horse Judging

### State Horse Judging Contest

Saturday, April 9, 2022

William Woods University, Fulton, MO

Register in 4-H Online February 15 to March 15

Cost: \$25 per youth, no fee for coaches

[More information to come!](#)

### State Horse Bowl Contest

Sunday, April 10, 2022

University of Missouri

Register in 4-H Online February 15 to March 15

Cost: \$25 per youth, no fee for coaches

[More information to come!](#)

### Missouri Equine Career Tour

May 21-27, 2022

Register in 4-H Online February 1 to March 15 (this event usually fills quickly!)

Cost: \$700

[Full details on the Equine Tour](#)

### Mizzou Livestock Judging Camp

June 6-8, 2022

Designed for youth with experience in livestock judging wanting to enhance their skills in evaluation, performance data and reasons.

One-on-one coaching/reasons help from current and past livestock judging team members and coaches.

[More details and to register](#)



### 4-H Sportfishing SLAM

Open to all 4-H members

All participants must register for the SLAM in 4-H Online.

There is **no cost** to participate, and entries are accepted March 1 – June 1, 2022.

Once registered, you will automatically receive an email containing SLAM details and the link for submitting entries.

[Full details on Sportfishing SLAM](#)



### 4-H Crop Scouting Event

Tuesday, July 19

Bradford Farm, Columbia, MO

Connect with MU Extension experts – learn more about common Missouri crops – test your knowledge and skills relating to crop scouting!

[More details coming soon!](#)

## 2021-22 State 4-H Calendar

Event	Date(s)	Registration
NOTE: This chart reflects the current plan. Occasionally, situations beyond our control force us to move or cancel an event. Changes will be broadcast on social media, newsletters, and emailed to those already registered.		
Mo 4-H Foundation: Scholarships	Jan 1—Mar 1	
4-H Feeding Missouri	Jan 1-April 30	
Move Across Missouri (MOVE)	Competition: Feb 1 to Apr 30; Reporting: May 1-15	
Sportfishing SLAM	March 1 - June 1	No Registration
National Volunteer Week	April 17-23, 2022	
Tractor Supply Paper Clover Campaign	April 27 – May 8	
Missouri/Kansas Shoot Out Event	Spring	
Shooting Sports Leader Certification Workshop	March 25-26	Feb 1 – March 15
State Horse Judging Contest	Apr 9	Feb 15—Mar 15
Horse Bowl (no Hippology this year)	April 10	Feb 15—Mar 15
Hunter Skills AND Western Heritage Leader Certification Trainings (choose 1)	April 22-24	Feb 1 – March 15
4-H Stem Extravaganza		
<b>Missouri 4-H Week</b>		
State 4-H Teen Conference	May 31-June 1 (noon to noon)	March 1—Apr 15
4-H Explorers (NEW)	June 1-2 (noon to noon)	March 1—Apr 15
State 4-H Congress	June 2-3 (noon to noon)	March 1—April 15
Poultry Day	June 11	May 1—June 1
State Sportfishing Contest	June 25	May 1—June 1
Shooting Sports National Championships	June 26—July 1	
Citizen Washington Focus Trip	July 1-11	
MFA Saddle Award Application	Due July 1	
Youth Futures Conference	July 18-21	
FilmFest	Tentatively 1 <sup>st</sup> weekend in Aug.	
Western Heritage National Conference	Tentatively 1 <sup>st</sup> week of Aug	
<b>Missouri State Fair</b>	<b>August 11-21</b>	
4-Her Demonstrations in 4-H Building		June 1—July 15
State Shoot: Skeet	August 13	Jun 1—Aug 1
State Shoot: Trap	Aug 27	Jun 1—Aug 1
State Shoot: Archery 300	August 27-28	
Western Heritage State Shoot	Sept 10-11	Jul 15—Aug 31
State Shoot: Everything Else	Sept 17-18	Jul 15—Aug 31
State 4-H Public Speaking Contest	Sept 24	
State Livestock Judging Contest	Sept 10	August 1—Sept 1
State Fashion Revue	Oct 8	
State Shooting Sports Award Ceremony	Tentatively 3 <sup>rd</sup> weekend of Oct	No registration
Shooting Sports State Team Tryouts	Various weekends Sept-- Dec	

# Start Planning for Missouri 4-H Week!

All events register in 4-H Online from March 1 to April 15.

	<p><b><u>Teen Conference</u></b> Learn the ropes of leadership through interactive workshops planned by your State 4-H Council, make friends with youth from across Missouri, and explore the exciting opportunities that await you in 4-H.</p>	<p>Date: May 31-June 1 Ages: 11-13 Cost: \$200</p>
	<p><b><u>Missouri 4-H Explores</u></b> Through hands-on workshops and connections with peers, college students, and professionals, youth will explore the college and career opportunities offered by the University of Missouri's College of Agriculture, Food, and Natural Resources or College of Education and Human Development.</p>	<p>Date: June 1-2 Ages: 14-18 Cost: \$140</p>
	<p><b><u>State 4-H Congress</u></b> Roundup to Leadership at this year's State Congress! Network with 4-H'ers from all around Missouri, develop new leadership knowledge and skills through interactive workshops, elect your 2022-2023 Missouri State 4-H Council, and more.</p>	<p>Date: June 2-3 Ages: 14-18 Cost: \$200</p>

## Clover Kids Corner

Through Clover Kids clubs, children learn how to get along, share, and work in groups, explore their interests, and build self-confidence. Each 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.

#### You Will Need:

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

#### Here's How:

Adults and youth work together to put all of the ingredients into a blender and puree until smooth. Serve in a chilled glass.

Source: National Geographic <http://kids.nationalgeographic.com/Activities/Recipes/Lucky-smoothie>