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# MDC's Discover Nature Girls Camp Teaches Outdoor Skills

JUNE 27TH 2017 BY DEE LOFLIN

## MDC's Discover Nature Girls Camp Teaches Outdoor Skills

Wappapello, Missouri - Discover Nature Girls Camp is a three-day, two-night camp hosted by the Missouri Department of Conservation (MDC) across the state each year. This week, 28 girls, ages 12 to 14, from across southeast Missouri stayed at Camp SEMO at Wappapello Lake. Camp Coordinator and Conservation Agent Alan Lamb said it's important for the future of hunting and conservation that more girls, specifically, are introduced to outdoor skills -- and that's the purpose of the camp.

"As time progresses, we're losing more hunters and anglers and outdoorsmen in general. Women are a very important part of the outdoor tradition and we want to continue that," Lamb said.

Discover Nature Girls Camps teach girls outdoor skills from a young age.

"With the hunter education program, we really stress firearm safety," Lamb said. "Along with that, we teach them skills for archery and everything that goes along with that."

Lamb said the girls were taught how to climb safely in and out of a tree stand, how to use a fall-arrest system, basic water safety skills, and how to throw safety devices to a drowning victim. Other activities included duck decoy painting, a fish dissection exercise, camp fire fun, and opportunities to taste wild game.

Camp Counselors, such as Ellington High School Science Teacher Katie Neece, chaperoned and guided their groups of girls throughout the activities. Neece appreciated the emphasis on science, as well as the repeated message that girls can accomplish anything they want in life.

"We had several women from the Missouri Department of Conservation come and talk to the girls about their careers, the paths they took, and how to get there. And they encouraged the girls to not limit themselves and know they can do anything they set their minds to," Neece said. "Being a girl does not limit you in any way."

Anna Albertson, a 12 year old from Cape Girardeau, said she learned new things throughout the week that she hopes to be able to do again on her own or with her family.

"I would love to try hunting again and archery," Anna said. "I was pretty good at shooting and that made me feel good, so I'd like to keep on doing it."

Anna also learned something besides outdoor skills.

"You got to learn that girls can do whatever they want," she said.

Lamb and Neece both said they witnessed a transformation in the girls' confidence as well.

"Every year we've done this, the girls come in on the first day and they're pretty shy, not wanting to engage with the instructors very much, especially those of us in uniform. By the end of the camp, it is completely different," Lamb said.

"Seeing the girls get interested and watching them go from being very shy the first day they got here to very outgoing was a wonderful experience for me as a camp counselor," Neece said.

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## Mother-to-Mother BEAT THE HEAT CAMPAIGN!

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JUNE 26TH 2017 BY DEE LOFLIN

### Mother-to-Mother BEAT THE HEAT CAMPAIGN!

Stoddard County, Missouri - Summer is officially here, and along with it comes all the best loved traditions: swimming, camping, 4th of July fireworks, vacations. However, since around 1998 another event has crept into our collective psyches: news flashing over the TV that yet another child has died in a hot car due to heatstroke.

Collectively we shake our heads and wonder out loud how a parent could possibly leave his or her child in the backseat of a car for a short time or perhaps for hours. Either way the result can be the same. The child's core body temperature reaches over 107 degrees F. This means that the child's organs have started to or have shut down and death or severe brain damage probably has occurred.

Since 1990, According to KidsNCars, a national clearing house for data and information on car related injuries, over 800 children have died after having been left in a hot car. This averages to about 37 deaths per year.

Dexter Community Regional Healthcare Foundation's Mother-to-Mother (M2M) Program, in cooperation with Missouri Children's Trust Fund, is initiating its third annual

## Beat the Heat Campaign.

M2M knows how important it is to remind all caregivers...birth parents, grandparents, baby sitters, older siblings... that it is a lifesaving responsibility to always check the backseat before leaving the vehicle.

For the past fifteen years, M2M has been actively involved in child abuse and prevention activities throughout Stoddard County. Empowering young first time mothers to be able to provide for the physical, emotional and financial needs of their children, the program's primary focus is reducing incidences of child abuse and neglect, thus providing another generation with brighter and more productive futures.

Mother-to-Mother's 2017 Beat the Heat Campaign will center around the sharing of information on this important topic.

"With guidance from the Mother-to-Mother Advisory Council, we will be working with communities throughout the county to increase public awareness about vehicular heatstroke," explains Teresa Overall, M2M Program Coordinator.

This effort will include posters, public service announcements, newspaper articles, and displays on marquees.

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## Regional Healthcare Foundation 4-Person Scramble

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JUNE 23RD 2017 BY DEE LOFLIN

### Regional Healthcare Foundation 4-Person Scramble

Dexter, Missouri - The Regional Healthcare Foundation's 2017 4-Person Golf Scramble will be held on Friday, July 14th with a shotgun start of 1:00 p.m. at the Hidden Trails Country Club in Dexter.

Entry fee is \$75 per player and that includes Green Fees and buffet meal after the scramble. Golf cart rental is not included in the entry fee. Flights and Cash Pay Outs determined day of scramble.

This is the only fundraiser for the Regional Healthcare Foundation located at 215 W. Grant St. in Dexter. They support local programs such as Prescription Drug Assistance, Mother-to-Mother Program, Scholarships, GED/HSE Classes, First Thursday, Fitness Challenge, Walkers for Wellness, and Special Assistance Programs.

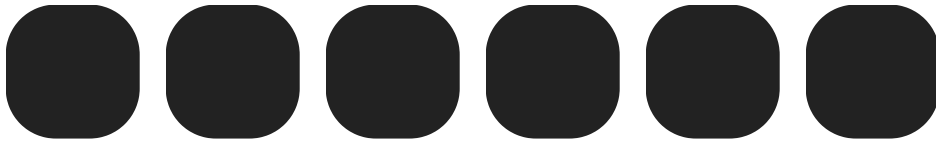
Corporate Sponsor is \$500 and that includes 2 paid entries and a banner. Hole Sponsorships are \$100 each.

For more information or to register please contact the Regional Healthcare Foundation at (573) 624-1607.

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## Downtown Beautification Project

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JUNE 22ND 2017 BY DEE LOFLIN

### Downtown Beautification Project

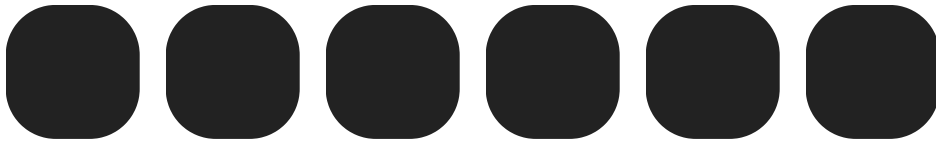
Dexter, Missouri - As a beautification project National Title and Escrow graciously donated \$500 to the Dexter Downtown Historic Association to purchase flowers. They were even on hand to help plant the flowers purchased.

Photo submitted.

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## Stoddard County Nutrition Center Menu and Activities

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JUNE 19TH 2017 BY DEE LOFLIN

### Stoddard County Nutrition Center Menu and Activities

Dexter, Missouri - The Stoddard County Nutrition Center aka Dexter Senior Center lunch menu for Monday, June 19, 2017 - Friday, June 23, 2017.

The Dexter Senior Center is located at 23 W. Stoddard St. in historic downtown Dexter.

You don't have to be a senior to eat. They serve lunch from 11:30 a.m. - 1 p.m. and the cost is \$3.50 for seniors and \$5.00 for non-seniors.

Monday, June 19, 2017 - Tex Mex tacos with lettuce, tomato, cheese, and sour cream, refried beans, and cinnamon chips.

Activities: Bewitched at 11:00 a.m., Toss 'N Talk at 11:30 a.m. and BINGO at 1:00 p.m.

Tuesday, June 20, 2017 - Spinach, bacon, and egg quiche, hash browns, biscuit & gravy, and peaches.

Activities: Blood Pressure check by Health Department at 10:00 a.m., Sit & Motion Singing at 11:30 a.m., and BINGO at 1:00 p.m.

Wednesday, June 21, 2017 - Mushroom chicken, peas, sweet potato casserole, roll, and banana pudding.

Activities: Activity Chair BINGO at 11:30 a.m. and Old Westerns at 1:00 p.m.

Thursday, June 22, 2017 - Breaded fish, poppy seed salad, seasoned wedges, corn chips, and snickerdoodle cookie.

Activities: Arts & Crafts at 11:00 a.m. and My Community Guest at 1:00 p.m.

Friday, June 23, 2017 - Ham & cheese on bun, catfish, black-eyed peas salad, carrots, cornbread, and Jello cake.

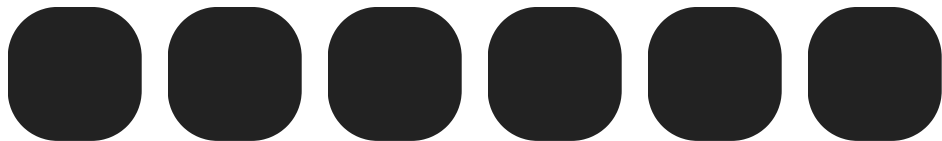
Activities: Beverly Hillbillies at 11:00 a.m., Eat Smart at 11:30 a.m. and BINGO at 1:00 p.m.

Movie Night will begin at 5:00 p.m. on Friday, June 23rd until 7:00 p.m.

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