

# ADAIR COUNTY 4-H FAMILY HANDBOOK



Missouri 4-H.....  
Creating environments where  
young people are valued,  
contributing members of the  
community.



Revised October 2004. This information is reviewed on a regular basis. Check the Adair County Extension/4-H Website at <http://extension.missouri.edu/adair/4h/index.shtml> for more information.

## **4-H Colors**

The white stands for purity.  
The green, nature's most common color, represents life, springtime and youth.

## **4-H Slogan**

“Learn to Do by Doing”

## **4-H Motto**

To make the best better.

## **4-H Pledge**

I pledge:  
My HEAD to clearer thinking,  
My HEART to greater loyalty,  
My HANDS to larger service, and  
My HEALTH to better living,  
For my club, my community, my country and my world.

## **The 4-H Emblem**

The green four-leaf clover has a white "H" on each leaf to represent one of the four H's - Head, Heart, Hands and Health

## **4-H Club Creed**

I believe in 4-H Club work for the opportunity it will give me to become a useful citizen.  
I believe in the training of my Head for the power it will give me to think, to plan, and to reason.  
I believe in the training of my Heart for the nobleness it will give me to become kind, sympathetic, and true.  
I believe in the training of my Hands for the ability it will give me to be helpful, useful, and skillful.  
I believe in the training of my Health for the strength it will give me to enjoy life, to resist disease, and to work efficiently.  
I believe in my country, my State, and my community, and in my responsibility for their development.  
In all these things I believe, and I am willing to dedicate my efforts to their fulfillment.

Dear Adair County 4-H Families:

4-H is University of Missouri Extension's youth development program for youth and adults. The program combines the cooperative efforts of youth, volunteer leaders, 4-H youth development specialists, and 4-H paraprofessionals.

Missouri's 4-H Youth Development Programs annually reach 150,000 youth and nearly 15,000 volunteer leaders. To conduct a program of such breadth, we must be governed by a set of policies, regulations, and guidelines. It is only through a cooperative effort that we can continue to build strong youth development programs.

The handbook is intended for use by 4-H families, volunteer leaders, youth development staff, other extension personnel and partners in the program. It cannot touch on every potential item of concern or conflict. However, it does provide the philosophical base for Adair County and Missouri 4-H guidelines within which the program operates.

I am here to help volunteers, parents, and members with literature, promote and organize 4-H clubs, manage county events and activities, and work with the Adair County 4-H Council.

I want you to be a successful 4-H Family! Therefore, please do not hesitate to call or make an appointment with me to discuss any questions or concerns you may have. Please contact the office at 665-9866 when I can be of service to you. Working together we can make things happen in 4-H. . .more than you ever imagined!

Sincerely,

Michelle Klem  
University of Missouri Extension 4-H Youth Development Specialist

# TABLE OF CONTENTS

Missouri 4-H Youth Programs.....	5
What Can I, As A Parent, Do to Help Our Club .....	7
Roles in 4-H.....	8
Directory of 4-H Terms .....	10
Adair County 4-H Council .....	14
4-H Scholarship Programs .....	14
Age Requirements for Trips.....	14
Educational Trips and Events.....	14



# MISSOURI 4-H YOUTH PROGRAMS

4-H is the Youth Development Program of the Missouri Cooperative Extension Service intended for youth of all income levels, abilities, ethnic and cultural backgrounds and belongs to all the people of Missouri. 4-H uses the knowledge resources of the University of Missouri and Lincoln University, USDA and other sources to respond to the local people's analyzed and expressed needs for youth programming.

## 1. Age Requirements

To be eligible for the Clover Kids Program a child must have passed his or her fifth birthday and must not have passed his or her eighth birthday before January 1 of the current program year.

Members in the 4-H Club Program must have passed his or her eighth birthday and must not have passed his or her nineteenth birthday before January 1 of the current program year.

## 2. Program Year

The 4-H Program Year runs from September 1 to August 31.

## 3. Members in Good Standing

Recognition and Awards are available for members who meet the standards Established by the Council. Members may enroll at anytime during the year. However, to qualify for participation in county, district, sub-regional, state or national events, members must have been enrolled by January 1 of the program year with final enrollments turned into the Extension Center within 30 days after enrolling. Members that enroll after a project has been completed may be responsible to find their own leadership for their projects.

Standards for completion are:

- a. A majority of club meetings since member's enrollment must be attended. Example would be 7 out of 12.
- b. Membership dues must be paid by the November council meeting. New members must have their dues paid within 30 days of enrolling if after the November Council meeting. If they are not paid by the above times, then membership will be restricted on a county level if the event is sponsored by the County 4-H Council.
- c. Project reports must be turned in with the Secretary's book. A majority of projects must be completed and project records turned in (i.e. if enrolled in 4 projects, must complete 3 projects and turn in 3 project records). No individual project records will be accepted from individuals at the Extension Center. Projects must be dropped by May 1, by submitting written request to the Extension Center.

#### 4. 4-H Marriage Rule

There is no limitation on 4-H membership or participation in club, county, state or national programs on the basis of marital status.

5. Each youth participating in 4-H Youth Programs should have a minimum of six hours of instruction in each project.

#### 6. Limitation of Members who are College or University Students

College or University students away from home are eligible to take part in 4-H projects and exhibit those projects providing that they assume full responsibility for projects when they are at home and full responsibility for all except daily care when away. If projects are animal projects, the selection of animals, choice of rations, measuring out of feed, keeping records and the like are the exhibitor's responsibility throughout the project period.

#### 7. Goal Setting

Every youth should be involved in a meaningful experience at the beginning of the year on what they individually/collectively want to accomplish in the short or immediate term. Some strategy questions are:

1. Clearly identify and write your goal.
2. Set the deadline for achieving your goal and write the date down.
3. Identify obstacles (persons or things) that you must overcome to successfully accomplish your goal.
4. Who (people, groups, etc.) can help you successfully accomplish your goal.
5. What do you need to learn to successfully accomplish your goal.
6. How will you reach your goal? Steps to move you from where you are to where you want to be.
7. Why do I want to accomplish this goal? List the benefits.

#### 8. Ownership of Animals

One of the objectives in owning an animal is to learn new skills in animal breeding, feeding, management and health. To accomplish this, the 4-H member should secure the animal as early in the year as possible. Livestock shows and exhibitions set up minimum dates for length of ownership necessary for exhibiting. It is the member's responsibility to know and adhere to these deadlines.

Be aware of ownership deadlines by: reading your county newsletter, correspondence from the Extension Center, fairbooks and communicating with your project leader.

# WHAT CAN I, AS A PARENT, DO TO HELP OUR CLUB

The most successful 4-H members have substantial parental support. Here are some suggestions for helping your youth get the most out of 4-H.

Learn what 4-H is all about. Ask questions.

Help your child choose projects he/she has the ability to carry out and furnish the items he/she needs for the project (project animal, feed, material, supplies, etc.).

Supervise, encourage and guide your child by taking an interest in and showing enthusiasm for their 4-H work.

Help your child with 4-H project record keeping.

Make 4-H a topic of family conversation.

Attend club meeting with your 4-Her. Provide transportation to project meetings, club meetings, county-wide, subregional and state 4-H events.

Serve on the Adair County 4-H Council, whose job it is to help organize county-wide activities and provide financial support to the county 4-H program.

Be a club or project leader. Offer your support and appreciation to the many volunteer leaders that put in many, many hours to help the 4-H members. Volunteer! Furnish refreshments, serve on committees or help make phone calls.

The members are guided by the four "H's".  
I think we might outline parent cooperation by the "H's" also.

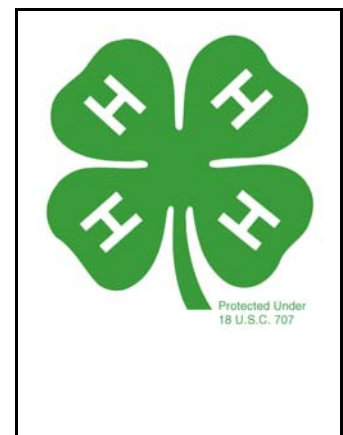
I would outline them as:

**H**aul them to local club meetings, training meetings,  
and county events.

**H**ear them when they ask advice; explain 4-H plans.

**H**elp them keep records, decide on projects.

**H**ooray them; encourage them. More interest, more participation, etc.



# ROLES IN 4-H

4-H YOUTH DEVELOPMENT SPECIALIST - A professional employed by the University of Missouri to coordinate Extension 4-H youth programs by aiding in local leadership development, program planning and evaluation, and conducting educational activities and training for Extension, 4-H and youth participants. Michelle Klem is the 4-H Youth Development Specialist serving Adair, Putnam, and Sullivan Counties. Michelle is based in Adair County.

4-H YOUTH PROGRAM ASSISTANT/ASSOCIATE/EDUCATOR - A paraprofessional employed by the University of Missouri to assist 4-H Youth Development Specialists in their goal to offer educational opportunities which promote youth development and family unity. The 4-H paraprofessional is responsible for recruiting leaders and members, organizing clubs, teaching leaders and members, and helping with events and other tasks. Para professionals act as a "bridge" between families in the community and Extension.

4-H CLUB LEADER - A volunteer adult who gives overall direction to the local 4-H club and serves as a contact between Extension personnel and local 4-H families. Is responsible for enrollment, officer election and training, helping plan and conduct club programs, informing families about awards, trips, activities, events, fairs, etc., and the general operation and coordination of the club.

ASSISTANT CLUB LEADER - Clubs are suggested to have two and designate them as follows:

Activity Coordinator - Coordinates club's and members' involvement in local county 4-H events and activities, assists the program planning committee, and helps evaluate club events.

Project Coordinator - Coordinates the 4-H project program by securing leaders and literature; follows up with leaders on training, holding project meetings and completion procedures; and encouraging demonstrations, judging and tours. The number of assistants will be dependent upon the size of the club.

4-H COUNCIL REPRESENTATIVE - 2 adults and 2 members are elected from each 4-H club to represent that club on the Adair County 4-H Council. The council meets on the first Saturday of the odd months of the year at 9 a.m. at the Adair County University of Missouri Extension Center. The council is the governing body of the 4-H club program in Adair County.

PROJECT LEADER - Main responsibility is to teach skills and subject matter in project area. They help members prepare demonstrations and fair exhibits, participate in 4-H events, meet their project goals and complete project requirements for completion and encourage members to keep good records. These individuals are encouraged to enlist the help of those 4-Hers enrolled in the Leadership project.

RESOURCE LEADERS - These are people who have special skills, talents, or abilities that can help a local 4-H club. People included are Extension personnel in areas of specialty, local business people, homemakers, farmers, senior citizens and others.

ACTIVITY LEADERS - An adult who works with the club's chosen activity for the year. This includes health and recreation plus one other activity like community improvement, first aid, safety, etc.

PARENTS - Support the local and county 4-H program and their children's work by helping when and where they are needed when possible.

4-H CLUB OFFICERS AND COMMITTEES - They conduct the club meetings and/or carry out plans of the local 4-H club. They should receive training and adult assistance.

MEMBER - Main goals are to participate in local and county 4-H activities, learn new skills and explore new interests, to have fun and enjoy 4-H. Members must have passed their eighth birthday (and not have passed their 19th) by January 1 of the 4-H Program Year to be a member. All 4-H ages are figured as of January 1 of the 4-H year, unless specified otherwise. To successfully complete a year and thus be entitled to a completion pin, 4-H members must meet requirements set forth by the Adair County 4-H Council.

## **DIRECTORY OF 4-H TERMS**

4-H CLOVER - A catalog provided free of charge by University of Missouri Extension. It lists all projects available to 4-H members as well as explaining other 4-H endeavors outside the traditional club model, such as conferences, trips, and 4-H School Enrichment programs. A "must have" in your 4-H library!

4-H MISSION - The mission of Missouri 4-H is to create environments in which young people are valued, contributing members of their community.

ACHIEVEMENT DAY - This county wide event is held in March or April and consists of demonstrations, judging, public speaking, personal development, and creative table setting. Ribbons and trophies are awarded, and many winners advance to state 4-H competitions.

ADAIR COUNTY RECORD OF INVOLVEMENT – A cumulative record of the progress of the 8-13 year old 4-H members in their projects. Among other awards, scholarships to 4-H Camp, 4-H Congress, 4-H Teen Conference, and 4-H Space Camp are awarded to outstanding applications.

AWARDS - These are special honors given to a 4-Her for achievement made during the 4-H year. Most awards are made based on competitive events or by application. Many awards are presented at Recognition Ceremonies held each winter.

CHARTER SEALS - At the close of each club year, clubs are evaluated based on their secretary's book. Areas considered are number of members in the club, number of projects completed, club programs, etc. Seals are awarded at Recognition Ceremonies.

CLOVER KIDS - The 4-H Clover Kids Program is designed to introduce 5, 6, and 7 year olds to a wide variety of 4-H experiences. The members of 4-H Clover Kids Club will be involved in activities led by an adult that will help the 4-H'ers learn how to get along and share with others; explore many different interests, learn basic living skills; build self-confidence; learn to communicate effectively; and learn how to be a part of a group. The ultimate goal is to make this age group so excited about 4-H that they'll continue their enrollment in 4-H beyond the 4-H Clover Kids experience.

COMPLETION - Members are said to "complete" the year when they meet requirements set up by the club and 4-H Council for completion. These standards and requirements must be met in order for the 4-Her to receive a Completion Pin at year end, to move ahead to the next year's project work, and to be eligible for awards.

CONFERENCE JUDGING - Also called self-evaluation judging, a technique where the 4-H member and the judge discuss the item or presentation to be evaluated. Together they confer on the strong and weak points and how the exhibit might be improved. This procedure gives the member a sense of personal improvement and an understanding of the judge's decision.

COUNTY-WIDE PROJECT – A project coordinated at the county level, so that members in all clubs may participate together. Clubs may have their own club-level project also, and members should choose which group they will participate with.

DANISH SYSTEM - Method of judging whereby all exhibits receive a ribbon. Blue, excellent; Red, superior; and White, average.

DEMONSTRATION - A method of presentation whereby the 4-Her explains a process while demonstrating that process to an audience.

EPISODIC VOLUNTEER – A volunteer who has a short term role, with minimal contact with youth. Episodic volunteers need not complete a 4-H Volunteer Application, but MUST have status as an episodic volunteer recorded prior to their volunteering. A letter of invitation to speak at a meeting, or minutes of a club meeting, where plans are made to invite an episodic volunteer serve as adequate documentation. If a volunteer will be working alone with a group of youth, it is appropriate and requested that they submit a 4-H Volunteer Application and wait for approval before working with youth.

EXTENSION - An educational function of the University of Missouri and Lincoln University which, through campus and field faculty, educational information on a wide variety of topics is provided to the citizens of the state. The 4-H Youth program is one part of this state-wide effort. Funds to operate this program are provided by the U.S. Dept. of Agriculture, State Legislature to the University, local county courts (for operation of county Extension Centers) and from donations from the private sector. University of Missouri Extension is an equal opportunity organization.

FASHION REVUE - This is an event where members enrolled in clothing, knitting, and crochet projects model the garments they have made (and purchased ensembles in certain clothing units) in their project. Fashion Revue is typically held during the summer. Garments are judged and a fashion show is held. Winners in Junior (8-13) and Senior (14-18) Division advance to the State 4-H Fashion Revue Contest held on the University of Missouri Campus.

JUDGING EVENT - This event exercises the 4-Her's decision-making abilities. Four similar items are presented and the 4-H member will rate these items in order from best to worst according to appropriateness, correctness, or other criteria. Then, the 4-H member presents his or her reasons to a judge.

MISSOURI 4-H KEY AWARD – A prestigious award for 4-H members who complete a plan of action with an adult mentor in the areas of Leadership, Community Service, Project Excellence and Personal Growth. Awards are available for youth and their mentors upon completion of each of the four areas, and the Key Award is presented when all four phases are complete.

MISSOURI STATE 4-H RECOGNITION FORM- A record of the member's progress in 4-H, school, church and other organizations. This form is used by members 14 and over, as an application for county and state awards. State winners in areas of the National Awards Program receive a trip to the National 4-H Congress. Among many other awards, youth may receive scholarships to the 4-H Citizenship Washington Focus Trip, State 4-H Congress, 4-H Youth Forum and Kansas City 4-H Conference awarded by Adair County 4-H Council, made possible by United Way of Adair County.

NATIONAL 4-H SUPPLY SERVICE - A service of the National 4-H Council which provides 4-H pins, clothing, insignia, plaques, and many other items specifically for support of the 4-H program. Catalogs

are sent to each 4-H family yearly, and are available at the Adair County Extension Center. The website is [www.4hstuff.org](http://www.4hstuff.org).

NATIONAL 4-H WEEK - The first full week in October. Many promotional activities take place in Adair County on the club and county levels.

NORTHEAST REGION – The Extension System in Missouri is divided into eight regions. The Northeast Extension Region includes Adair, Clark, Knox, Schuyler, Scotland, Linn, Putnam, Sullivan, Lewis, Macon, Marion, Monroe, Pike, Ralls, Randolph and Shelby counties.

PROGRAM YEAR – The 4-H program year runs from September 1 to August 31.

REASONS - This term applies to judging contests, where members give an oral justification for the order in which they placed a judging class. For more information, see the "Sharpen Your Judgement" publication available at the Extension Center.

RECOGNITION NIGHT - An annual event where all Adair County 4-H families gather to honor members and leaders for their accomplishments in the past year. In Adair County, Recognition Night is held on the third Saturday evening in January, for work done in the previous 4-H program year.

RECOGNIZED VOLUNTEER – An adult or youth who has submitted a 4-H volunteer application, AND has received approval from the state 4-H office to work with youth. All volunteers are screened for criminal and child abuse history. A criminal record or history of child abuse does NOT automatically disqualify a potential volunteer. All applications which are "flagged" will be reviewed by a local Volunteer Personnel Committee and the 4-H Youth Development Specialist. Input from the potential volunteer is offered and encouraged during the review process. Persons who are not Recognized and Approved as 4-H Volunteers should NOT under any circumstances work with 4-H youth. Some areas of volunteerism require volunteers to complete a certification course, notably Shooting Sports and Sportfishing.

RECORD OF INVOLVEMENT - A cumulative record of the progress of the 8 to 13 year old 4-H member in their projects. Among other awards, scholarships to "4-H Missions in Space" at the U.S. Space and Rocket Center, 4-H Teen Conference, 4-H Camp, 4-H Congress are awarded by the Adair County 4-H Council and made possible by United Way of Adair County.

THE POWER OF YOUTH - ADAIR COUNTY 4-H NEWSLETTER –Your monthly 4-H newsletter and guide to what, where, when, why, and how. This is the major line of communication between the 4-H Youth Staff and the 4-H families in the county.

TEEN OPTION - The Adair County 4-H Council recognizes that many teens are extremely busy with school activities, and often, a job as well. With this in mind, and recognizing that teens can offer much in the way of leadership to our 4-H program, the Teen Option has been approved to help older 4-H members meet the completion requirements set forth in the Adair County 4-H Council Constitution and Bylaws. This option must be chosen and documented at or near the beginning of the 4-H program year.

# **ADAIR COUNTY 4-H COUNCIL**

The 4-H Council is a policy-making body. Its major objectives are to guide, promote, and improve the county 4-H program. The Council serves you and 4-H by:

- Providing leadership to expand and carry on 4-H club work.
- Planning and coordinating county events and activities.
- Assuming responsibility for financial needs of 4-H.
- Assisting in determining leader needs and promoting 4-H leader training.

The Council meets six times per year, on the first Saturdays in January, March, May, July, September, and November at 9 a.m. at the Adair County Extension Center. Two adults and two members are elected from each club to serve as representatives on the Council. Within the Council are many committees whose responsibility it is to coordinate events, awards, etc.

## **4-H SCHOLARSHIPS PROGRAMS**

Many scholarships are available to 4-H members on a county, state and national level. Announcements of scholarships, deadlines, etc. are publicized in the Adair County 4-H Newsletter which is mailed to each 4-H family monthly.

4-H members who are planning to enter college in the next year (or in some cases, upperclassmen) should inquire at the Extension Center for more information, forms, etc.

## **AGE REQUIREMENTS FOR 4-H TRIPS**

4-H Camp .....	8 to 13
Camp Counselor.....	14 - 18
State 4-H Congress .....	14 - 18
Kansas City 4-H Conference .....	15 - 18
4-H Citizenship Washington Focus.....	15 - 18
National 4-H Congress .....	14 - 18
International 4-H Youth Exchange Ambassador.....	15 - 19
International 4-H Youth Exchange Representative.....	19 - 25
4-H Teen Conference .....	12 & 13
Space Camp.....	varies, usually over 5 <sup>th</sup> grade
4-H Youth Forum.....	14-18

## **EDUCATIONAL TRIPS AND EVENTS**

**ACHIEVEMENT DAY** - Held annually. All 4-H members are strongly encouraged to attend. This is an all-day event. Personal Appearance (formerly good grooming) is offered, with participants rotating through the Judging event simultaneously. These events are followed by Demonstrations and Public Speaking. The members receiving blue ribbons for their demonstrations are eligible to present that demonstration at the Missouri State Fair. Winners in the Junior (8-13) and Senior (14-18) Public Speaking Contest are eligible to present their speech at the State 4-H Public Speaking Contest held annually on the University of Missouri Campus.

**ARCHITECTURE AND INTERIOR DESIGN WORKSHOP** - Youth will participate in workshops and tours related to architecture and design. Participants will learn more about architecture and design processes; engage in hands-on architecture and design experiences; explore college majors and careers related to architecture and design; and meet youth throughout Missouri who share an interest in architecture and interior design. Youth will learn about what architects and designers must consider when making decisions throughout the design process. Youth will use and learn about computer technology used in design, including a look at 3-D animation. Hands-on projects will be included, as well as a tour of the Architectural Studies department and studios on the MU campus. Hear from a professional in the architectural design field and ask questions about just what it is that architects and designers do. Youths age 8-18 enrolled in 4-H Home Environment projects are the primary audience but young people associated with any Extension program are eligible to attend.

**4-H CAMP** - 4-H camp is one of the highlights of the 4-H program year to many members. Camp is held in June at Camp Derricott, Cuivre River State Park in Troy, MO. This three-day program features cabin living, cement walks, a swimming pool, opportunities for the members to take part in swimming, sports, crafts, dancing, fireside activities and many others. The camp staff is hired yearly by the Northeast Missouri Camp Committee and consists of a qualified camp director, nurse, cooks, lifeguards, as well as Extension Youth Faculty. 4-H members 14 & over serve as camp counselors, after a three-day "counselors camp" training session.

**CAMP FOOD AND FITNESS** - Youth who attend 4-H Camp Food and Fitness will learn more about personal health and well-being; engage in hands-on activities that promote better nutrition and physical fitness; explore college majors and careers in food, nutrition and fitness; meet youth throughout Missouri who share an interest in food, nutrition and fitness. Youths age 12-14 enrolled in 4-H Foods Projects are the primary audience but young people associated with any Extension program are eligible to attend if they are 12-14 years of age. 4-H Camp Food and Fitness is a partnership between the College of Human Environmental Sciences, Family Nutrition Education Program, the College of Agriculture, Food and Natural Resources - Department of Hotel and Restaurant Management, and the 4-H Youth Development Program. Activities are held on the University of Missouri – Columbia campus!

**HIPPOLOGY CONTEST** - This contest consists of approximately 10 stations at which participants are quizzed on their equine knowledge in areas such as equine nutrition, genetics, equitation, and others.

**HORSE BOWL CONTEST** - Participants enrolled in the Horsemanship project are encouraged to attend although enrollment in horsemanship is not required. This is similar to a quiz bowl with all subject matter equine related. This contest reinforces the 4-Her's knowledge and quick reflexes. Winners in this contest comprise a Junior and Senior Team to advance to the State 4-H Horse Bowl Contest. Winning Teams at the State Level advance to National Competition.

**HORSE JUDGING CONTEST** - The State 4-H Horse Judging Contest held annually in Columbia at the University of Missouri Campus Agriculture Facility. Members are presented with several classes of horses to be judged on conformation or performance. Placings are scored and members are asked to

justify their placings (give reasons) to a volunteer judge. This contest exercises the members' ability to make decisions and articulate his or her decisions verbally.

INTERNATIONAL 4-H YOUTH EXCHANGE - One of the best ways to learn about another country is to live and work there with the people. It is in this area that 4-H is having far-reaching influence on youth development throughout the world. The IFYE programs started in 1948 and there are more than 300 IFYE alumni in Missouri.

KANSAS CITY 4-H CONFERENCE - This trip provides 4-H members with an opportunity to become acquainted with the business and cultural environments of Kansas City. Participants are honored guests at luncheons, seminars, and workshops. Applicants must be 15 by January 1 of the 4-H program year.

LIVESTOCK JUDGING CONTEST - Classes of cattle, hogs and sheep are offered as well as the opportunity for the 4-Her to give reasons and answer questions concerning the animals. The State 4-H Livestock Judging Contest is held on the University of Missouri Campus in Columbia.

PUBLIC SPEAKING CONTEST - The county Public Speaking Contest is an opportunity for the 4-H member to perfect his or her speaking skills in the friendly, relaxed environment of Achievement Day. The topic is the choice of the speaker, time limits: 3-5 minutes for 4-Hers 8-13 and 5-7 minutes for the 14-18 age group. Winners at the county contest advance to the State 4-H Public Speaking Contest held in August on the Lincoln University Campus.

FASHION REVUE - This contest is open to clothing, knitting and crochet members. Contestants are judged on poise, confidence and their project garment; the fit, appropriateness, etc. Top finishers in the Junior, Senior, and Non-construction units advance to the State Fashion Revue Contest held in Columbia.

MISSOURI STATE FAIR - Held at Sedalia in mid-August. Information on classes, entry deadlines, etc., is available usually by mid-May at the Extension Center. Members presenting blue ribbon demonstrations at Achievement Day are eligible to present that demonstration at the Missouri State Fair. Livestock entries are due July 1, and may include entry and stall fees, etc. Exhibits in the 4-H Building are chosen from among the best from the county fair competition, and receive a blue ribbon and small premium. Exhibits are usually shipped to and from the State Fair. Counties are allowed 2 boxes each, therefore, large and/or breakable items will not be sent, but may be transported individually.

NATIONAL 4-H CONGRESS - National 4-H Youth Congress is a conference for state award winners. It recognizes the nation's outstanding 4-H youths in project work and 4-H leadership and achievement and provides them with continued educational development through tours, educational seminars and meetings with motivational speakers. Only 30 4-H members in Missouri are chosen annually through an application and interview process. This is one of the highest achievements available in Missouri 4-H.

NORTHEAST MISSOURI FAIR - The 4-H division of this fair is open to all 4-H members in the state. Adair County exhibitors are judged on two levels: on the county level, competing with just those exhibitors from Adair County; and the next level, competing with all 4-H exhibitors present.

NATIONAL 4-H WEEK - The first full week in October. At this time it is hoped that all 4-H clubs in the county will strive to show the general public its working programs. On a county-wide basis, a window display contest is held, the first baby born is named the National 4-H Week Baby and receives gifts, bonds, etc., courtesy of 4-H Council and local businesses. Local merchants also publicize 4-H week in the newspaper and on their business marquees. County commissioners sign a proclamation declaring the first week in October as National 4-H Week in Adair County.

SPACE CAMP - Space Campers will spend several days and nights at the US Space and Rocket Center in Huntsville, AL, learning the 4-H way about the history and future of space travel. Residents live in futuristic space quarters, and may participate in a simulated Shuttle Mission. This trip is coordinated and chaperoned by University of Missouri 4-H Faculty on an every-other-year basis. Highly recommended experience for 4-Hers who have finished the 5<sup>th</sup> grade and older!

STATE 4-H CONGRESS - A major state event held for 3 days and 2 nights in June at the University of Missouri in Columbia. Members in attendance are official voting delegates to elect the State 4-H Council and help give direction to the overall 4-H program. Delegates must be 14 or older. This is a wonderful opportunity for young adults to reside for a brief time in a university campus setting, rotate through educational workshops and attend enthusiasm-building assemblies.

4-H CITIZENSHIP WASHINGTON FOCUS - A one week trip to Washington D.C. during the summer, and includes citizenship seminars, congressional visits, tours of the Capitol and other government agencies. Participants stay at the beautiful National 4-H Center in Chevy Chase, Maryland.

STATE 4-H TEEN CONFERENCE - A one night trip to Columbia and the University of Missouri campus designed to provide 12 and 13 year olds with an introduction to workshops and conferences. This is usually a first overnight leadership conference for this age group. A definite must for your 12-13 year old 4-H member.

MISSOURI 4-H YOUTH FORUM - This three-day workshop takes place in Jefferson City, usually in late June or early July. Delegates have the opportunity to participate in a unique "hands on" program relating to Missouri state government. A highlight of the workshop is the delegates' chance to interact directly with legislators in mock committees and General Assembly sessions or interact with the judiciary in mock civil, criminal, or appellate court cases. The media portion of the workshop involves youth reporting the activities of state government through the use of print, video, and radio. To participate, youth must have completed the 8th grade or be at least 14 years old before January 1 of the current 4-H program year.

STATE 4-H CONTEST DAYS - Opportunities to participate in various educational judging events and contests are available in the following areas: Dairy Judging, Forestry, Horse Bowl, Meats Judging and Identification, Poultry Judging, Wildlife Judging, Hippology, Fashion Revue, Horse Judging, Livestock Judging, Public Speaking and Shooting Sports. Watch your 4-H newsletter for dates, locations and requirements.

