

Knox County 4-H

New Families Guide

2025-2026

What is 4-H? 4-H is America's largest youth serving organization in the world! University of Missouri Extension reaches more than 56,000 members through 4-H.

Who Can Join?

Clover Kids (ages 5-7)
4-H Members (ages 8-18)

Can I Volunteer?

4-H Volunteers are the heart of the 4-H program. They work directly with youth as club leaders and project leaders. 4-H is a family affair and parents are asked to consider serving as a 4-H volunteer. Volunteers must enroll annually, complete an orientation, and a background screening.

When? Where? How?

The 4-H year is October 1 through September 30. Missouri 4-H dues are \$25 per member and Knox County dues are \$25 per family.

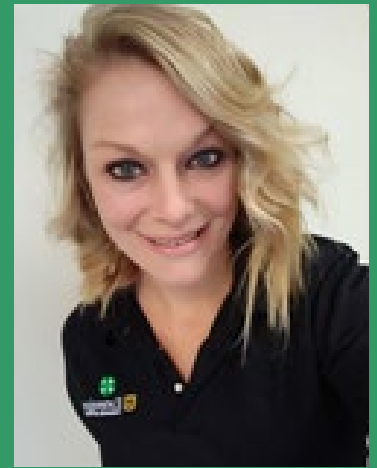
2025-2026 Knox County 4-H Community Clubs

COLONY 4-H CLUB meets on the third Saturday at Colony Community Center at 10 AM.

COUNTY LINERS 4-H CLUB meets on the first Tuesday at the Edina Assembly of God Church basement at 7 PM.

LIBERTY LEADERS 4-H CLUB meets in the Edina United Methodist Church basement on the second Monday at 6:30 PM.

Join 4-H! Enroll after October 1st in [4-H Online](#), contact Crystal Murr at the Knox County Extension office or call 660-397-2179.



Welcome to 4-H!

I am Crystal Murr, Knox County 4-H Youth Program Associate. I have worked for University of Missouri Extension since 2016. My job is to offer guidance, and support members and volunteers as they navigate the county 4-H program experience. I look forward to getting to know you and your family better. Please give me a call if you have any questions or would like more information about our programs.

Knox County
Extension
110 N 4th Street
Edina, MO 63537
660-397-2179
murrc@missouri.edu



4-H Clubs & Officers

4-H Club Meetings

Monthly club meetings include business, education, and recreation. Clubs also participate in fundraisers and community service projects.



4-H Club Officers

President

runs the meetings, keeps order, and informs the club of upcoming events.

Vice President

runs the meeting in the absence of the President, introduces guest speakers, keeps the flags and banners for the club.

Secretary

keeps a record of member attendance and records the minutes in the Secretary's book.

Treasurer

keeps financial records for the club and reports at each meeting.

Historian/Reporter

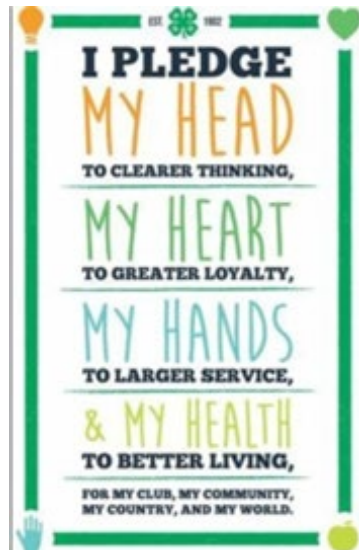
keeps a scrapbook of member activities for the year and reports events to local media.

Song and Game Leaders

lead a song or recreation at each meeting.

Pledge Leaders

lead the American pledge followed by the 4-H pledge at 4-H Club meetings and major events. The pledge reflects the values of the 4-H program.



4-H Projects

4-H Project Areas

A list of projects can be found in the [4-H Clover](#) or pick one up at the Extension office.

- Clover Kids & Exploring 4-H
- Engineering & Technology
- Environmental Science & Natural Resources
- Plant & Animal Science
- Communication & Expressive Arts
- Leadership & Personal Development
- Healthy Living
- Shooting Sports

How to Choose 4-H Projects?

When choosing projects that spark your interests, think about time, money, and space! Complete 6 hours of learning for each project with a 4-H volunteer.

Project Resources are available at [Missouri 4-H](#).

Project Briefs have learning goals, ideas for fair exhibits, demonstrations, speeches, field trips, community service, STEM, and more!

Project Curriculum is available on [Shop 4-H](#).

4-H Project Record is required to complete the 4-H year.

DO - learn new things!

REFLECT – What did I do? What did I learn?

APPLY – Use the skills you’ve learned every day!



Knox County 4-H Project Record

Please complete this form in its entirety for each project you are enrolled in. Use a separate form for each project. Project records are due at the conclusion of the 4-H program year. Complete this form for all projects, with the exception of Shooting Sports projects. Please use the Missouri 4-H Shooting Sports Project record (Y-7405) for reporting Shooting Sports projects.

Project	County	4-H Program Year
Name	4-H Age (as of December 31)	Date of Birth
Address	City	State Zip
4-H Club Name	Years in Project	Years in 4-H

Goal Setting

Project Goals: (What do I want to accomplish in my project?)

-
-
-

Outcome

Describe how you reached your goals (meetings, books, field trips, exhibits, other resources)

-
-
-

Project Information

Describe item(s) made and/or animal(s) used	List skills you have learned from this project.
1.	
2.	
3.	

Financial Summary Include information on all expenses and income related to your project. Expenses are all items or services you paid for to support this project. Income is all monies received from sales of project items or animals. Estimate market value of donated items and/or items you already had available.

Description of Expense or Income	Expense	Income	Net Profit/Loss

Approval of Report This is to verify that this report is the work of the 4-H member and is believed to be correct and accurate.

Member Signature	Date Completed
Parent/Guardian Name	Parent Signature



Missouri 4-H 2025-26 Project List



Extension
University of Missouri



4H.MISSOURI.EDU

*New this year

EXPRESSIVE ARTS

- Arts and Crafts:
 - Drawing, Fiber Arts & Sculpture
 - Painting & Printing
 - Graphic Design
 - Scrapbooking
- Cake Decorating
- Clothing:
 - Sewing
 - Purchased
- Clowning
- Crochet
- Filmmaking
- Interior Design
- Knitting
- Photography
- Quilting
- Theatre Arts

HEALTHY LIVING

- Breads
- Foods/Food Science
- International Foods
- Food Systems*
- Food Preservation:
 - Freezing
 - Drying
 - Canning
- Health/Fitness:
 - Bicycle
 - Bowling and Golf
 - First Aid
 - Healthy Feelings*
 - Healthy Thoughts*
 - Sports Nutrition*
 - Staying Healthy
 - Square Dancing
 - Soccer for Success

ENVIRONMENTAL SCIENCE & NATURAL RESOURCES

- Amphibians & Reptiles
- Entomology:
 - Beekeeping
 - Butterfly Wings
- Exploring Your Environment
- Forestry
- Geology
- Outdoor Adventures
- Soil & Water Science
- Sportfishing
- Weather & Climate Science
- Wildlife

SHOOTING SPORTS

- Archery
- Air Rifle
- Smallbore Rifle
- Air Pistol
- Shotgun
- Smallbore Pistol
- Hunting & Outdoor Skills
- Shooting Sports Safety
- Muzzleloading
- Western Heritage and Cowboy Shooting

- Agronomy
- Beef/Bucket calf
- Cats
- Dairy/Judging Dairy Cattle
- Dogs
- Goats:
 - Dairy
 - Meat
- Guinea Pigs
- Horses
- Horticulture:
 - Floriculture
- Gardening
- Landscape Design
- Livestock Judging
- Meats:
 - Bacon
 - Hams
- Meat Evaluation
- Pets
- Poultry
- Rabbits
- Sheep
- Swine
- Veterinary Science

ENGINEERING & TECHNOLOGY

- Aerospace
- Agricultural Tractor
- Computers & Programming
 - Scratch
 - Alice
 - Other
- Electricity
- Energy
- Geospatial
- Robotics:
 - Junk Drawer
 - EV3N
 - Other
- Small Engines
- 4-H STEM Challenge
- Welding
- Woodworking

LEADERSHIP & PERSONAL DEVELOPMENT

- 4-H Clover Kids
- Career Pathways
 - Youth Futures
- Civic Engagement
- Communications
- Consumer Savvy
- Entrepreneurship
- Exploring 4-H
- Financial Literacy
- Global Education
- Leadership
- Public Speaking



**Beyond
Ready**

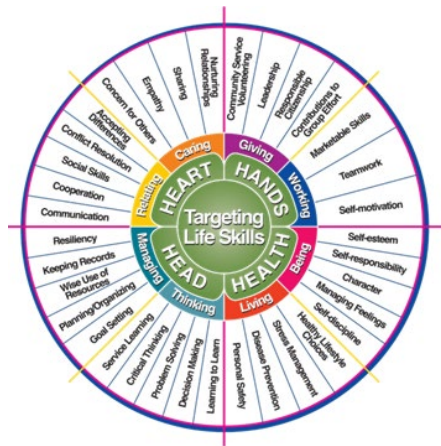
Knox County 4-H

Knox County 4-H Monthly Newsletter tells you what is going on in 4-H! The newsletter is emailed to you and posted on the club Facebook pages. Please take time to read the newsletter as a family. The information in this guide just hints at what you need to know to be successful in your first year in 4-H, but the monthly newsletter provides all the latest details and opportunities.

Knox County 4-H Council & Committees

Knox County 4-H Council meets to provide communication between clubs and Missouri 4-H to support, guide, improve, and expand 4-H programs at the county level. Voting representatives of each club meet on the 2nd Tuesday of each month at 6:30 PM in the Knox County Extension Office.

Knox County 4-H/FFA Fair Board meets to plan the Knox County 4-H/FFA Fair and Sale on the 2nd Tuesday of each month at 7:30 PM in the Knox County Extension Office. Membership includes club voting representatives, livestock superintendents and committee members.



4-H: Targeting Life Skills 4-H's slogan is "Learning by Doing". We are focused on experiential learning or learning through our experiences. The Targeting Life Skills Wheel shows you how we take the four areas of the pledge (Head, Heart, Hands, and Health) and focus on the development of life skills.



4-H Activities

Community Service

All clubs participate in community service projects throughout the year. What a great way to give back through our club to our community, our country, and our world!

Demonstrations

Most clubs require members to present a short demonstration throughout the year.

Choose a topic you enjoy! Demonstrations tied to your projects are great. Remember - a demonstration is just like show and tell.

- Tell us what you are going to do, show us, and review.

Check out [Missouri 4-H](#) for 4-H Demonstrations [LG744](#) and Demonstration Worksheet [Y745](#) to help you.

Knox County 4-H/FFA Fair

The fair allows you to showcase your project work and share your knowledge.

The fair is held in July and is open to all 4-H/FFA members and Clover Kids. 4-H members must have attended one half of the club meetings offered between October and June.

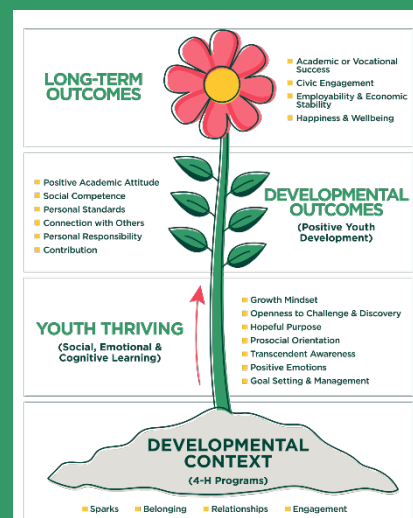
Knox County 4-H/FFA Fair Livestock and Art Hall Sale

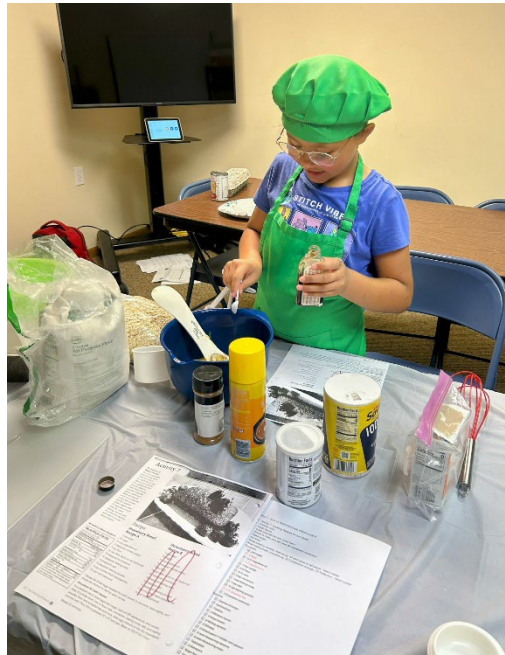
The sale is an opportunity for the community to support the project work of members (Clover Kids do not participate in the sale).

Beyond the County Lines

4-H Regional Energizers are a wonderful opportunity to meet other 4-H members from around the region while enjoying in a variety of fun learning activities. Energizers are hosted in the spring and the fall for Clover Kids, members, and volunteers.

4-H Teen Conference (ages 11-13) and **4-H Congress** (ages 14-19) are overnight visits to the University of Missouri-Columbia Campus to participate in activities.





Shooting Sports

Breads Project



Liberty Tree Community Service Project



Sheep & Goat Weigh In

Teen Conference



For every **\$1 invested** in a 4-H'er, there's a **\$40 return** in economic benefit to the youth, their family and the community.

DELIVERING IMPACT THROUGH OUR NETWORK

In every county and parish in America



6M
YOUTH



3,500
EDUCATORS



500K
VOLUNTEERS

TO BUILD A READY GENERATION THAT IS:

2x

more likely to
live life with
purpose

2x

more likely to
be a leader

4x

more likely to
give back to
the community

4x

more likely to
feel competent

* 2024 Westat Study

** Tufts University, the Institute for Applied Research in Youth Development and Boston College conducted the Reconnection and Replication of the 4-H Study of PYD



**Beyond
Ready**

4-H.org/BeyondReady