

**77th Annual
State 4-H Congress
May 31—June 2, 2023
University of Missouri - Columbia**



MISSOURI STATE 4-H CONGRESS

 **Extension**
University of Missouri



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Missouri 4-H,

Welcome to the 77th Annual Missouri State 4-H Congress. This year's State Council has planned an action packed couple of days. The council has spent countless hours to make this event happen and run smoothly. These three days will be a start to a stronger passion for 4-H and get back to our roots of working together to make the best better. I hope whether this is your first Congress or your last that you grow in your leadership and more importantly have a great time.

4-H has taught me so many things about myself and I have met so many great people along my journey. I have learned how to speak publicly, how to make things I never thought I could and pushed me outside my comfort zone. I have made the best friendships through my time in 4-H and people that I know I could go to if I ever need anything. For many of you Congress is the first trip you are taking in 4-H, so make new friends, learn something new, and together we will truly make the best better.

Working with this year's State Council has driven more passion, and excitement into me than ever before. At the end of this Congress, I will be wrapping up my time as your President. It has been an honor and blessing to serve this wonderful organization that is filled with many great people and memories. Serving this year has impacted me way more than I could ever imagine, and for that, I thank you. On behalf of the State 4-H Council, we look forward to seeing you at The Whole New World of Leadership , the 77th Annual Missouri State 4-H Congress!

Sincerely,
Emily Taylor
2022-2023 Missouri State 4-H Council President

2023 State 4-H Congress Agenda

Wednesday, May 31, 2023

1:00– 2:30 pm	Registration; Check In
2:45– 3:45 pm	Opening assembly
3:45– 4:15 pm	Regional Meeting
3:45– 4:15 pm	Chaperone Meeting
4:15– 4:45 pm	Group Photo
5:00– 6:30 pm	Dinner *Orientation session for Jefferson City sessions will be held during dinner
7:00– 9:30 pm	Dance, Movie, Dodge Ball
10:30 pm	Lights Out and In Rooms. Chaperones will conduct room checks

Thursday, June 1, 2023

7:30– 8:30 am	Breakfast
9:00– 9:30 am	Assembly -Spirit Competition
9:45– 10:30 am	Session 1
10:45– 11:30 am	Session 2
11:45– 1:00 pm	Lunch/ Free Time
1:15– 2:00 pm	Session 3
2:15– 3:00 pm	Small Group Activities
3:15 pm	Jefferson City Participants return to campus
3:15– 3:45 pm	Assembly; Officer speeches
3:45– 4:45 pm	Regional Meetings; voting, county photos
5:00– 6:30 pm	Dinner
6:30– 7:30 pm	Free Time
7:30– 9:30 pm	Dance (semi-formal)
9:45– 10:00 pm	Afterglow/ Wind Down
10:30 pm	Lights Out/ Room Check

Friday, June 2, 2023

7:30– 8:30 am	Breakfast
9:00– 10:00 am	Assembly: 2023 National 4-H Congress Delegates announced, 2022-2023 State 4-H Council Retirement, 2023-24 Regional Representatives and Executive Officer's announced, and Evaluations.
10:00– 10:30 am	Keynote
10:30– 10:45 am	Closing Remarks by 2023-24 President and Announcements
11:0– 11:30 am	Check Out/ Turn in key and meal card

Keynote Speaker: Mark Godfrey

Mark is a proud alumnus of the Missouri State 4-H Congress. The lessons and skills learned through 4-H have impacted every subsequent part of his life, including his time as a state 4-H council member, Boys State Mayor, Congressional Page, lifeguard, Yale graduate, high school swim coach, campaign staffer, legislative aide, attorney, accountant, auctioneer, triathlete, tax administrator, management consultant and Sunday School teacher. Far more important than any job or personal accomplishment are the opportunities that 4-H has provided to make a positive impact on others. He is pleased to present on using 4-H lessons to build your story and help others level-up.



Dress Code

	Gentlemen	Ladies
C– Casual	Shorts, jeans, or dress pants, t-shirts, polo or dress shirt; Athletic shoes, flip-flops, croc-type footwear are allowed; NO cut-offs; NO muscle shirts	Shorts, skirts, jeans or dress pants (all finger tip length), t-shirts, blouses, and dress shirts. Athletic shoes, flip-flops, croc-type footwear are allowed No cut-offs
B– Business Casual	Dress Slacks; collared dress shirt or polo required; tie (optional); suit or sports coat; black or brown dress shoes. NO athletic shoes, or croc-type footwear. NO denim.	Collared shirt or polo; dress slacks or skirt (knee length); suit; black or brown dress shoes or sandals. NO athletic shoes, croc-type footwear; NO denim and or mini skirts.
D-Dressy	Dress slacks; dress shirt or polo (required); tie (optional); suit or sports coat; black or brown dress shoes. NO athletic shoes, flip-flops or croc-type footwear.	Dress from knee to floor length or pants suit appropriate for a prom or similar dress up activity. Dress shoes or dressy flip-flops. NO athletic shoes or croc-type footwear.

The following items are not appropriate at Missouri State 4-H Congress:

- *Shorts, skirts, and dresses must be **appropriate length** (no shorter than a dollar bills width from the knee).*
- *Tube tops; clothing that exposes the midriff, navel, back or cleavage; halter tops; see-through clothing; cut-offs, ripped jeans or other clothing with holes; one-shoulder or strapless tops; muscle shirts; bare feet are not appropriate at any activity;*
- *Clothing that advertises alcoholic beverages, tobacco products or drugs; dress and appearance should not present health or safety hazards or cause disruption;*
- *Casual tops with spaghetti straps or Shirts with straps less than 1'' wide;*
- *Clothing that has vulgar, obscene or offensive messages or images;*
- *Camisoles, Pajamas/sleepwear or outfits with visible undergarments are not to be worn outside your room.*

Fragrance-free Environment: It is our goal to ensure that we have an environment that is conducive to learning and working. Individuals are often times sensitive to products that we wear every day and may cause severe medical difficulties to those who are sensitive to them. Products that may cause symptoms include: perfumes, after shave lotions, hair spray, colognes and body sprays. *We thank you for your flexibility and your good faith efforts to meet this accommodation.*

For security purposes, name tags are to be worn **AROUND THE NECK**. Missouri state 4-H staff, Extension personnel, adult volunteer leaders, and members of the Missouri State 4-H Council may ask any individual to modify their clothing selection if the Missouri State 4-H Congress dress code is not met.

Special Note for Semi-formal Dresses: Party and prom dresses may be strapless, but must be appropriate. However, backless, low-cut ensembles or those that expose the midriff or navel are not appropriate.

2023-2024 EXECUTIVE OFFICER CANDIDATES

PRESIDENT— Zoe Engelbrecht
 VICE PRESIDENT— Keon Engeman
 SECRETARY— Isabelle Allen
 TREASURER— Taylor Muench & Haylee Kiesling
 OUT REACH COORDINATOR— Sonya Grotjan & Ava Hughes

Voting is open to all Missouri 4-H members, ages 14-18 through their 4-H Online accounts. Voting will open Monday, May 29, 2023 at 8:00 a.m. and close Thursday, June 1, 2023 at 5:00 p.m. This will allow for a statewide election process if a member cannot attend State 4-H Congress. Voting will also be open during State 4-H Congress closing June 1, 2023 at 5:00 p.m.

2023 CONGRESS OBJECTIVES

1. *Provide quality age appropriate learning experiences for 4-H youth ages 14-18, through Career/College sessions and other leadership opportunities.*
2. *Introduce delegates to college life by simulating campus living, residence halls, cafeterias, classrooms, etc. As with all 4-H events adult advisors are always available using a minimum 1:10 adult to teen ratio.*
3. *Provide 4-H youth an opportunity to become acquainted with one another.*
4. *Facilitate the election of the next year's State 4-H Council's Officers and install regional representatives.*

“Equal opportunity is and shall be provided to all participants in Extension programs and activities, and for all employees and applicants for employment on the basis of their demonstrated ability and competence without discrimination on the basis of race, color, national origin, ancestry, religion, sex, sexual orientation, gender identity, gender expression, age, genetic information, disability, or protected veteran status. This policy shall not be interpreted in such a manner as to violate the legal rights of religious organizations or military organizations associated with the armed forces of the United States of America.”

REGISTRATION:

You must be at least 14 years of age before January 1, 2023 to attend. You may attend more than once, subject to county approval. The cost of this year's conference is \$200.00 includes housing, meals, Congress activities, and t-shirt.

Registration through 4HOnline (<https://mo.4honline.com>) will open on **March 1, 2023** and extend through **April 15, 2023**. *We cannot accept registrations after April 15.*

There will be no key deposit on residence hall keys; however, **those not turning in their keys upon checkout will be charged \$15.00** for the replacement key. Also, any damage to the room will be billed to the individuals concerned. There will be a **\$5.00 charge to replace any lost meal cards.**

REFUNDS AND SUBSTITUTIONS

Substitutions will not be accepted. Due to residence hall and meal guarantees, refunds cannot be granted after April 15, 2023. You will be notified of your learn-shop assignment by letter prior to Congress. PLEASE NOTE: Due to the complexities of scheduling, it is NOT possible to change learn-shops or roommates after arriving at Congress.

PARKING PERMITS - \$9.00 PER DAY

Any vehicle parked on university property will need a parking permit. These permits cost \$9.00 per day. A total cost of \$27.00. Enforcement Period: Wednesday 12:00 pm-Friday 12:00 pm.

Parking permit process will be shared in the confirmation letter mailed in May, 2023.

T-SHIRT DETAILS:

The cost of the t-shirt is included in the registration fee. Make sure that you indicate the size you prefer when registering in 4HOnline.

Be sure to check your emails regularly regarding Congress registration, updates and important information!

2023 State 4-H Congress CONGRESS CHECKLIST

- Sheets, blanket, pillow, pillowcase
- Towels and washcloths
- Personal Grooming Items
- Clothes (Refer to Dress Code)
- Money to purchase refreshments or snacks from residence hall vending machine

If you need accommodations because of a disability, contact Joyce Taylor, Taylorjl@missouri.edu to receive a request form to be filed for review and action.

Directions to Johnston and Wolpers Halls on the MU Campus

**GPS address:
1100 Rollins St.
Columbia, MO 65211
www.map.missouri.edu**

**Loading and unloading will be permitted ONLY
on Rollins St.**



East of Columbia (St. Louis)

- Take I-70 West to the U.S. 63 exit.
- Turn left (south) on U.S. 63.
- Turn right onto Stadium Boulevard.
- Turn right onto College Avenue.
- Turn left onto Rollins

West of Columbia (Kansas City)

- Take I-70 East to the Stadium exit.
- Turn right onto Stadium Boulevard.
- Turn left onto College Avenue.
- Turn left onto Rollins

North of Columbia (Moberly)

- Take U.S. 63 South to the Stadium exit.
- Turn right onto Stadium Boulevard.
- Turn right onto College Avenue.
- Turn left onto Rollins

South of Columbia (Jefferson City)

- Take U.S. 63 North to the Stadium exit.
- Turn left onto Stadium Boulevard.
- Turn right onto College Avenue.
- Turn left onto Rollins

IMPORTANT INFORMATION

Johnston Hall (573) 882-4715

Wolpers Hall (573) 882-9393

*If no one answers at the Hall and in case of an emergency call the MU Police Department at (573)-882-7201

**All delegates and advisors must
arrive between 1:00-2:30 p.m. on Wednesday,
May 31, 2023
Registration will be in Wolpers Hall.**

**DELEGATES ARE REQUIRED TO
ATTEND THE ENTIRE
CONGRESS EXPERIENCE.
NO ONE MAY LEAVE EARLY.**

Session 1

Thursday, June 1, 2023– 9:45-10:30 a.m.

1-A Costa Rica to Climbing the Ladder:

Setting Yourself up for Success with 4-H

Learn about opportunities to broaden your horizon and travel internationally through 4-H. This session is focused on setting goals for your future and using your time in 4-H to help you achieve them!

1-B Agricultural Farm Management and Market Trading

Everyone knows agriculture is RISKY! However, it is an exciting industry that combines reward, risk and lifestyle all in one profession. We in the Department of Agricultural and Applied Economics at the University of Missouri want to help teach business and economic concepts around the far, management and commodity trading in a “high” stake, fast paced, and fun interactive environment. Our goals is that when participants leave this workshop that they contain a deeper understanding of 1-Risk, 2-Market Price Discovery, 3-Profit Maximization. 4-Business Strategy. This will be accomplished by simulating an “oldie but goodie” market trading environment, while electronic today, still serve as the foundation for farm business management. Join us as we explore economic concepts that have relevance within and outside the agricultural industry for this highly interactive workshop.

1-C Passion vs. Paycheck: Choosing a College Major

Youth participant will conduct a philosophical chair on the topic of choosing a college major for the love or for the money. Participants will review 2-3 articles on the subject and construct reasons that support one side over another. Youth try to convince each other to come to their sides and then discuss choosing a college major in a fun and productive way.

1-D Line Dancing

Get your boot-scootin’ boogie on. Come lean some fun 4-H line dances so you are prepared for all 4-H and school dances. We will review some of the classics, and maybe even learn a couple of new ones.

1-E Green Careers Will Make Our World “Whole”

If you’re passionate about the natural world, and believe there is a way for YOU to contribute to our planet’s health and abundance, explore the “whole new world of Green Careers”. So many exciting experiences await you if you are interested in technology, environmental sciences, community service, interpretation and outdoor education, engineering, wildlife conservation, biology, forestry, and more! During this program we will: 1) discuss our passions and what green career paths we might want to follow 2) enjoy interactive activities that demonstrate what a day on the job might include, and 3) think about the kind of world we want to live in and how we can do our part.

Session 2

Thursday, June 1, 2023– 10:45-11:30 a.m.

2-A Exploring CAFNR at Mizzou

Take a look inside college life. Start planning you future now! Learn about college planning and what make Mizzou College of Agriculture, Food and Natural Resources unique.

2-B Snacks 4-H

Do you enjoy cooking and eating delicious food? Learn to prepare tasty and healthy snacks to fuel you throughout the day. In this session, you will learn how you can make a career in food and nutrition.

2-C 4-H Teambuilders: Paper Hammock Style

Creating Trust within a group of people can be challenging. Some trust others quickly and easily while others take longer and find it more difficult. This where the art and science of human nature comes together. This hands-on workshop provides a fun space to learn how to become a better leader and team player by creating trust at home, school, and beyond. Through designing and building newspaper hammocks as a team, youth will walk away with a better understanding of how establishing and keeping trust plays such a big role in our interactions with others in every situation.

2-D Leadership Through Service & Sacrifice

The word Leadership is complex, often misunderstood and sometimes muddled, even by those who value it. To better understand leadership, join us in looking back in time to find examples of great leadership– those who lead, through service and sacrifice.

2-E National Opportunities in 4-H

Join Missouri 4-H members who have attended National 4-H Congress and National 4-H Conference to learn more about these lifechanging opportunities.

2-F Creativity in Leadership

Whether you are the leader of an entire organization or leading a small group of people, leadership matters. Unfortunately, leadership training is not always a priority. We are often thrown into leadership positions, with little or no preparation, and then we sink or swim. Join us to learn about five essential practices of leadership and how creativity fits into our leadership roles.

Session 3

Thursday, June 1, 2023– 1:15-2:00 p.m.

3– A Lead your club to safety as the 4-H Safety and Preparedness Officer

Through hands on activities, teens will learn the basics to keep themselves and other club members safe in potential disaster scenarios. Student will build their knowledge about health and medical sciences and emergency response careers.

3– B “On My Own”

This hands on training will give participants the chance to assume the role of head of the household to make healthy and wise lifestyle choices similar to what adults face on a daily basis. After exploring careers, participants will receive a monthly salary and a family scenario to proceed through “real life” experiences to learn how to manage their assets.

3– C Agriculture Makes the World Go Round

Discover where you can go in the world of agriculture and how you can get there. From our local farmers and ranchers to the celebrity chef on TV– learn more about the careers relating to agriculture in every sector and at every stage. See how the agriculture industry is connected to nearly everything in our world and find your spot on the map.

3– D Aerial Ag Challenge with 4-H Ag Innovators Experience

This year’s challenge focuses on how precision agriculture practices applied with drones are helping farmers enhance crop yields, sustain world food systems, and be better environmental stewards. Join us in learning about how careers and advancements in agriculture technology and Innovation are critical to finding long term solutions for climate change, world hunger, and viable diverse ecosystems.

3– E Preparing for College

Do you have questions about continuing education after High School? Tour the University of Missouri’s beautiful campus and talk to Mizzou Collegiate 4-H members about their college experience.

3– F Diplomacy in Action: Key Actors in Foreign Policy and the Role of Youth in the Heartland

Often, Americans think of diplomacy as conducted by politicians in Washington DC. However, the skills needed to operate in a globalized world are needed more than ever in all communities across the country especially in rural one throughout the heartland. This session will provide the fundamental information on key foreign affairs and diplomacy actors for the United States to help prepare students to have global conversations.

Session 4

Thursday, June 1, 2023– 2:15-3:00 p.m.

Small Group Activity-

Participants will be assigned small groups by a letter on their name tag.

All Day Sessions

Thursday, June 1, 2023– 8:30-3:15 p.m.

*Business casual dress code and comfortable shoes are required for both of these sessions. See dress code.

This is an all day event. Select only 1 of these 2 sessions.

5– A Show Me The Capitol– Legislative Branch

Have you ever wondered how law of the State of Missouri are made? Thinking about a career in public service? Come with us to Jefferson City and work alongside members of the State Legislature to learn about the legislative process in the State of Missouri. You will have the opportunity to be a part of the way laws are introduced as a bill and move from committee to the floor of the legislature.

5– B Show Me The Capitol– Judicial Branch

Have you ever dreamed of arguing a case before the United States Supreme Court? Thinking about a career as an attorney? Come with us to Jefferson City and work alongside members of the Missouri Bar Association to learn about a legal career. You will have the opportunity to be a part of mock trial cases where you may serve as an attorney, the accused, the judge, a witness or even as a member of the jury.