




HELPING  YOUTH
THRIVE
Missouri 4-H

A YEAR OF INNOVATION

2019-2020 4-H ANNUAL REPORT



Extension
University of Missouri



Message from the Director



Dear Missouri 4-H Family:

We are pleased to present you with the Missouri 4-H Annual Report. This report addresses and reflects the efforts of more than 7,441 volunteers and 148 academics and staff members around the state during a very challenging year, facing an unprecedented pandemic.

Our 4-H year started in October 2019 with a 4-H team retreat in the Ozarks, where we worked together to define our goals. Our top goal was to grow our program by diversifying our delivery modes. Working together we had an amazing start to the year. However, in March after the White House declared a national emergency due to COVID-19, we followed MU Extension guidelines and cancelled all of our face-to-face 4-H activities. Our world and how we do 4-H changed forever.

Our team came together to keep youth and families engaged in 4-H. In a couple of days, a group of 4-H faculty members started offering live and pre-recorded content videos focused on at-home, experiential learning using social media. This leadership team expanded, and the number of sessions offered grew exponentially. The state Marketing and Communications team coordinated the efforts and we started a virtual communication channel with our 4-H members, five days a week for at least three hours each day. After nine weeks, these efforts reached an audience of over 750,000, with video views spanning across the nation. Missouri 4-H Facebook page members grew 850% in a matter of days. Our team delivered and mailed thousands of packages with 4-H activities to areas with limited broadband and continued supporting our communities, from sewing mask to showing our appreciation to first responders.

In addition to this incredible online effort, our 4-H faculty and staff continued supporting our 4-H clubs. The Youth Futures Conference, Public Speaking Competition, FilmFest, many Ag contests, Fashion Review, along with many camps and fairs were delivered virtually. For the first time we selected our 4-H Council using an online voting system. Looking back, I remember this difficult time, having to cancel events every day, and not knowing what would happen next. On a positive note, we were lucky enough to have a modified State Fair which allowed our youth to show their animals and projects. This year I learned about Missouri Resilience and we, as a family, found more than one new way to work together, and I will be always grateful.

Even with our annual membership dropping 38%, mainly due to our limitations reaching our members in in-school and afterschool settings, the balance of our challenging year is 100% positive. We redesigned our Clover catalogue, added 4-H on Canvas, have a more active YouTube Channel and a team that is stronger than ever. We demonstrated that working together (families, youth, faculty and staff) we can achieve our goals. We have the ability to change and adapt to new conditions and we have a love for innovation. I could not ask for more.

I am hopeful that our future, as a 4-H family, will bring us new challenges and opportunities that we will face together. Please review our report, provide us your feedback and be proud of all that we accomplished together.

***Maria G. (Lupita)
Fabregas
Janeiro, PhD
Director,
4-H Center for
Youth
Development***

I believe we all have the responsibility to support the new generations of youth in our state and in our country. I want all of them to have an opportunity to do what they love and be happy. I believe in the power that adults provide by mentoring and good example. I never had the opportunity to be in 4-H but I had two incredible hard working parents who did not have a college education, but showed me with their example, that achieving my dreams was possible. My parents also taught me that the only way to succeed was to work hard, never stop learning and serve my community. I am committed to serving in 4-H; this is the joy of my life. — Lupita

4-H Membership

Membership enrollment



43,732

YOUTH
enrolled in
Missouri 4-H

7,441

VOLUNTEERS
supporting and
mentoring them



Where do they enroll?

Special Interest	10,376
Overnight Camps	35
Day Camps	121
Total SHORT TERM Programs	10,531

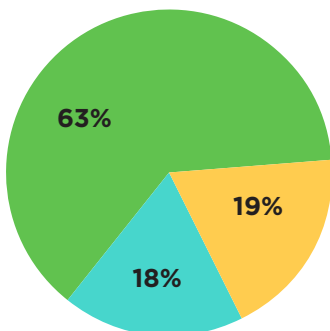
Military Club	60
Community Club	14,699
In-school Clubs	1,551
Afterschool Clubs	2,460
TOTAL CLUB	18,770

School enrichment	15,408
Family learning	341
After school programming	501

Numbers above include youth participating in multiple programs.

I joined 4-H to become more of a leader and to take part in the fun activities we do as a club with my friends. I like the trips we take, such as going to the Cardinals game, taking part in the fair, attending 4-H Camp, and helping our area through the community service our club does. My favorite was helping walk dogs at the Humane Society. You should join 4-H because you can learn responsibility, become a leader in your club, community, country and world and have fun and meet new people along the way.
— Wyatt, 12, Willing Workers 4-H Club

Where do they live?



- Farm/Rural (<10k)
- Towns/cities (10k-50k)
- Cities/suburbs (>50k)

What do they look like?

American Indian/Alaskan Native	0.5%
Asian	0.7%
Black or African American	3.6%
Native Hawaiian/Pacific Islander	0.3%
White	81%
More than one race	14%
Undetermined	0.1%
Hispanic/Latinx	7%

Volunteers

5,424

TOTAL VOLUNTEERS

2,017

TOTAL YOUTH VOLUNTEERS

The 4-H program would not be possible without volunteers. Missouri 4-H volunteers have a positive impact where they live and work. They make communities stronger, connect communities to each other, improve community health and increase overall civic involvement. The value of 4-H volunteers extends far beyond the scope of youth development into every part of their community



Benefits to youth

97% **Help Youth Develop Leadership Skills**

“I believe the difference we make in the lives of the youth are most rewarding. These kids learn leadership skills without being in a classroom. They learn to appreciate their community more.”

86% **Made a difference in the lives of youth**

“We often join others in helping them accomplish large community service projects. We use our leadership and teamwork skills to accomplish good things for others.”

Benefits to volunteers

92% **Built new relationships with youth**

Many have fond memories of 4-H and give credit to their leaders for helping them become the person they are today. As a volunteer I do not need credit- Just seeing them become a working, community minded adult and good parent is enough for me. I just wish every kid in the world could experience 4-H.”

86% **Gained skills that are useful in other settings**

“I have shared my 4-H experiences with other adults in my community to encourage them and their children to become a part of a 4-H club in our county. I have shared with other adults (who don't have any 4-H youth) in the community about the positive benefits 4-H can have on the youth in the community.”

Volunteering with 4-H strengthens communities

87% **Volunteering with 4-H makes communities stronger**

82% **Volunteering with 4-H contributes to better connected communities**

THE TOP REASONS FOR VOLUNTEERING



#1 | **Support a child in 4-H**



#2 | **Help others**



#3 | **Make a difference**



MISSOURI 4-H IMPACT IN 2019-2020

AN INNOVATIVE YEAR




Opportunity

Due to the COVID-19 pandemic, face-to-face 4-H programming was unexpectedly suspended. This meant that 4-H leaders and volunteers had to adapt and innovate new ways to provide positive youth development experiences.


Approach

To keep youth and volunteers active and engaged, Missouri 4-H took a multi-pronged approach.

- We immediately implemented a series of online activities from mid-March through the end of May 2020. We used Facebook to house these activities and branded the overall experience as QuarantIME.
- Across the state, counties taught volunteers to hold meetings on Zoom, Facebook, and other platforms to keep communications going.
- Many 4-H'ers and volunteers donated their time and skills to provide resources for those in need.
- Our Extension offices found ways to deliver curriculum and supplies to families in a low contact manner.
- Our faculty and staff took to creating virtual content to better reach our members.



Missouri 4-H QuarantIME
*Meeting the challenge with you!
Check out our **NEW** resources
and daily opportunities.*

 Extension
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Impact

Over the course of several months, Missouri 4-H's efforts reached over **500,000** people. The resources developed and the new lines of communication implemented has forever changed the way we 4-H.

REACHING OUT TO OUR COMMUNITIES:

- ★ Face masks & scrub hats were made by the thousands for hospitals & state agencies, emergency workers, nursing homes and friends and families
- ★ Teen leaders made cards for those in nursing homes
- ★ Members wrote thank you cards to health care and emergency workers
- ★ 4-H specialists are made phone calls to those they knew had no internet to check on them and offer assistance
- ★ Hot spots were opened at county Extension offices for WiFi and copies of schoolwork made for youth in need
- ★ Many counties mailed out packets of materials for hands-on learning, especially for Clover Kids

Instead of lowering our expectations, we ask our leaders to become creative in the way meetings were managed.

A Few of our Innovations



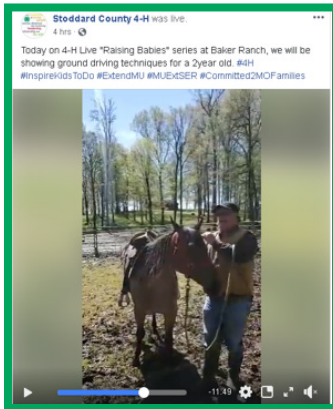
Story Time: I read a children's book every day Monday-Friday, and did a project spotlight video weekly. These videos are shared widely.

Karla Deaver, CES, SW Region

4-H QuarantIME Memory Book: A fillable PDF or Word doc that provided our youth with a place to document what is happening during this time.



Stephanie Milner, SE Region & Amanda Meek, State Office



Facebook LIVE: A series on "Raising Babies" with Baker Ranch that covered many aspects of horse ownership and responsibilities. Live Monday, Wednesday, and Friday each week at 10:30 a.m.

Kristi Baker, SE Region

4-H BINGO: I created the BINGO card to get my 4-Hers to work on things that I needed them to be working on during this time along with a few fun things in between.

Misty Hitch-SE Region



4-H Jeopardy: Hosted 4-H Jeopardy games online through Zoom!

Emily Doosing-SE Region

Missouri 4-H QuarantIME

10 AM QuarantIME Challenge

Daily challenges, led by 4-H professionals, taught youth a short lesson around a 4-H project and gave them an action item to complete at home. Youth were encouraged to share their Challenge results with us through social media. *This idea was adapted from Arizona 4-H.



10ish and 2ish Teen Time with the State 4-H Council

Our 4-H State Council is a group of teens ages 14-18 who have been elected by their peers. They posted daily videos and social media activities that engaged youth. They also ran a coloring contest.

11 AM Cooking Connection

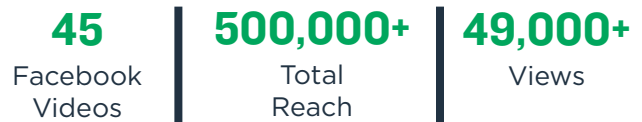
This healthy cooking segment was done by MU's Nutrition and Health Extension department.

1 PM Wed & Friday Show Me Your 4-H Demo

Demonstrations and public speaking are a large part of the 4-H experience. We provided our youth with a safe space to show off their skills.

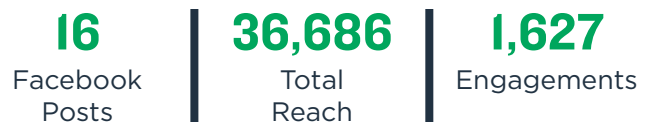
3:30 PM 4-H Live: Online Learning

This program crossed disciplinary lines by featuring MU Extension livestock, nutrition/health, horticulture, natural resources, and youth development specialists, as well as multiple 4-H volunteers. With more than 30 adult and youth presenters, 4-H Live showcased rapid innovation and commitment to resilient youth education with quick and effective teamwork. Each video produced was unique and instructed youth and their parents in a hands-on activity they could do at home.



5 PM Chick Watch

Each day, state 4-H specialist Laura Browning did a short embryology lesson. She also has a live 24/7 Chick Cam so youth could follow chicks through hatching and beyond.



4-H on Canvas

During the summer of 2020, 4-H did a “soft launch” of 4-H on Canvas to prepare for its roll-out in the 2020-2021 year.

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

This additional format will:

- Supplement what youth are doing locally
- Fill in when project leaders can't be found
- Allow meetings to happen if youth cannot gather

This course can be used by club leaders, project leaders and 4-H members alike. If clubs or project groups would like to establish their own groups within the course, they can do so. This course is intended to be an alternative method for project meetings/resources if and when necessary.



Meet 4-H Flat Truman

This year we introduced 4-H Flat Truman into our family. We tied together the mascot of the MU Tigers and the Flat Stanley concept introduced by author Jeff Brown. Flat Truman is quickly becoming Missouri 4-H's mascot and we can't wait to share with you his adventures in coming years.

A few things 2020 taught us:

How to be flexible. — Emily H.

Things can change at any moment, but usually there's a solution. — Chloe M.

By doing Zoom meetings (in 4-H), it prepared us for school and future technology. — Sarah S.

Even with things cut short, we can still have fun and make memories with our club. — Owen H.

This year was hard because I had to learn to use online resources and how important it is to have human interaction. — Taryn S.



MISSOURI 4-H IMPACT IN 2019-2020

HEALTHY LIVING



Our OPPORTUNITY

Childhood obesity is at an all-time high. We know that overweight youth are at a higher rate for anxiety, depression and self-esteem issues.

Our APPROACH

Missouri 4-H provides sound nutrition and meal preparation skills to youth through our cooking projects and clubs. We also provide resources and incentives for youth to stay active with programs like MOVE and Soccer for Success.



9,949 Project enrollments are related to Healthy Living

MOVE Across Missouri

Youth and adults engage in friendly competition while tracking their activity for three months. Any type of MOVEMENT counts!

223 PARTICIPANTS IN 33 COUNTIES

1,332,475 MINUTES OF ACTIVITY

173 YOUTH PARTICIPANTS | 50 ADULT PARTICIPANTS | 23 REGISTERED TEAMS

Our IMPACT

Missouri 4-H is changing the eating and exercise habits of our youth through our healthy living programs. Our programming empowers youth to be healthy in body and mind, with the skills to make healthy decisions and lead healthy lifestyles.

HEALTHY LIVING

4-H'ers are...

2x more likely to make healthier choices



THANK YOU

Major support for 4-H Healthy Living is provided by the Missouri 4-H Foundation in partnership with Healthy Blue. Additional major support is provided by National 4-H Council and the Walmart Foundation.



Healthy Habits Grant

Teen leaders in the Missouri 4-H Healthy Habits program are promoting nutrition education and food access to underserved youth and families. The program is supported by the National 4-H Council and the Walmart Foundation.

Teens and 4-H faculty in Jefferson and St. Louis counties put together 150 Healthy Habits kits with recipes and ingredients for clients of area service providers. Bags included recipes and ingredients for no-bake energy bites, stuffed apples and pineapple carrot muffins.

Before COVID-19, Healthy Habits teen educators had been teaching in-person classes on nutrition and healthy living. Now they're spreading the word by creating videos, exercise cards and the Missouri 4-H Healthy Habits Cookbook.



4-H Student Nutrition Advisory Council (SNAC)

The 4-H Student Nutrition Advisory Council (SNAC) initiative, developed with MU Extension's Family Nutrition Education Program, created new 4-H clubs that focus on teaching nutrition along with leadership and citizenship skills central to 4-H. SNAC clubs reach new youth and families through partnerships with nutrition education programs, schools and other community organizations. The clubs meet in school or after school with nutrition education programs for underserved youth. Members learn to advocate for increased nutritional awareness, education and initiatives in their communities.

"This is about youth taking the lead for healthy living as they learn to promote healthy eating, better school lunches, exercise and wellness," said Sarah Morefield, SNAC supervisor and a 4-H youth development specialist for MU Extension in Clay County. "If we can reach more families who may not have encountered 4-H before while also helping youth become nutrition ambassadors within local communities, it is truly a win-win."

After a successful pilot in Kansas City, SNAC clubs are expanding into other counties. SNAC youth also connect with MU Extension programs such as Kids in the Kitchen and Soccer for Success. They participate in advocacy projects to promote healthy habits in their community — such as the 54 healthy meal recipe kits that six Kansas City teens developed and assembled (following strict social-distancing and mask-wearing guidelines) and distributed to families through a partnership with the Walmart Foundation and the mobile food pantry at Kansas City's Ruskin High School.

Pilot Program	20 New Clubs Created	5,000 Students influenced
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SOCCER FOR SUCCESS

4-H Healthy Living: Soccer for Success has kicked off in Missouri on the field and online. Twenty-seven youth members enrolled in either socially distanced in-person sessions or virtual live sessions. This program had an additional 345 views online through University of Missouri Extension with partnership support of Purdue University. With the introduction to this project-based learning curricula Missouri 4-H has growing interest with fifteen coach-mentor in five regions who are trained with U.S. Soccer Foundation, Soccer for Success and looking to expand in the coming program year.

MISSOURI 4-H IMPACT IN 2019-2020

AGRICULTURE



Our OPPORTUNITY

Only 11% of Americans are employed by the agriculture and food sectors, with just 1% direct on-farm employment (USDA ERS, 2019). This leaves 89% of Americans whose connection to agriculture is not in production, but in consumption. By connecting youth to agriculture now, Missouri 4-H hopes to develop educated producers and consumers for the future.

Our APPROACH

Through experiential learning opportunities and competitions, Missouri 4-H is connecting youth to agriculture beginning at a level all are familiar with — being a consumer. Starting at this level, youth explore the diverse sectors of the industry, while seeing the possibilities of a deeper involvement in agriculture.



AGRICULTURE

Our IMPACT

Missouri 4-H members are excelling to be more confident, educated consumers of agricultural information and products.



36,237 Project enrollments are related to Agriculture

Ag Contest Participants

90% are educated consumers of agricultural products

82% are comfortable sharing knowledge of agriculture with others

83% are an advocate for the agriculture industry

75% are seeking a career in agriculture

THANK YOU Major support for 4-H Agriculture is provided by the Missouri 4-H Foundation in partnership with Eunice Campbell, FCS Financial, Dr. Robert E. "Bud" Hertzog, Missouri Association of Meat Processors, Missouri Farm Bureau, Missouri Holstein Association, and Anita and Wayne Vanderwert.

2020

Meats Judging (in-person)

51
Competitors

12
Counties

Horse Judging (in-person)

51
Competitors

13
Counties

↑30% Poultry Day (virtual)
Participation

90
Competitors

28
Counties

↑66% Horse Public Speaking & Demo (in-person)
Participation

6
Competitors

5
Counties

Livestock Judging (virtual)

117
Competitors

16
Counties



100% of 4-H members in animal science projects are certified in animal ethics and quality care of animals.

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National 4-H Meat Evaluation and Identification Contest

Youth involved with the 4-H meats judging program develop key life skills to aid in their future career success. Judging team members must make rapid, logical decisions and defend their decisions via oral reasons. Students improve their ability for critical thinking and accurate communication. In addition, students become organized and self-disciplined, learn to accept criticism, develop self-confidence and become leaders.

A team from Jasper County placed seventh in the overall contest that consisted of six meal evaluation classes, three of which required oral reasons, and a retail cuts identification class.

Jasper County 4-H would like to thank Cloud's Meats for the donation of lab coats, hard hats and hair nets required to participate in the contest.



American Royal National Livestock Judging Contest



Teams from Audrain (pictured) and Vernon counties represented at the 2020 American Royal National 4-H and FFA Livestock Judging Contest. These teams were selected to compete at the national level based on their performance in the State Livestock Judging Contest. Youth competed to judge livestock classes and give reasons for their placement. They also sharpened their skills in decision-making, critical thinking, communication and self-confidence, in addition to advancing their knowledge of the livestock industry.

Chick Watch

In a normal year, 4-H Extension offices distribute incubators and eggs to elementary classrooms so the students can experience chick growth and hatching. This year, however, right at the moment eggs were to be delivered, schools had to transition to a virtual setting due to COVID-19. State 4-H specialist Laura Browning came to the rescue and took home an incubator and many eggs. She set up a 24/7 Chick Cam as part of Missouri 4-H's QuarantIME offerings. Teachers could live stream the chicks at any time and follow her educational posts on Facebook, which described what was happening inside the eggs.



“The Hatching Chick program is by far the most popular unit of study in kindergarten. When real life objects are presented in student learning, their understanding of the subject matter is greatly deepened. The chicks offer an opportunity to engage the students’ senses by seeing the hatching eggs, hearing the peeping chicks, feeling their soft down, and experiencing the smells, too! The program also presents the opportunity to learn beyond the life cycle of the chick as questions naturally present themselves during the process. Examples would be: What is an incubator? Where will the chicks go when they leave the classroom? What is a farm? What else lives on a farm?”

– Jayme L., kindergarten teacher using embryology program for six years

MISSOURI 4-H IMPACT IN 2019-2020

ENVIRONMENTAL SCIENCE & NATURAL RESOURCES



Our OPPORTUNITY

Missouri has an abundance of natural resources to care for and explore. By connecting youth to natural resources, we can help ensure these resources will be a strong asset for the state in years to come.

Our APPROACH

Through experiential learning opportunities and immersion in specific content areas, Missouri 4-H provides youth a platform to gain experiences and knowledge about natural resources.



NATURAL RESOURCES

Our IMPACT

Missouri 4-H members are exploring their interests in natural resources and engaging in environmental stewardship.

NEW This Year

The Sportfishing Slam contest was created to challenge all 4-H members to stretch their skills and knowledge surrounding fishing in the State of Missouri. The Sportfishing Slam contest encourages members to learn more about and determine the appropriate fish species, habitat, and bait that will allow for the completion of a slam category. This program will continue to be offered and hopes to grow greater participation in the Sportfishing project.



19,411 Project enrollments are related to Environmental Science and Natural Resources

SPORTFISHING

477 youth participated in the Sportfishing project this year. The culminating event of this project is the State Sportfishing Contest, which tests youth's angling skills and knowledge of fish species, tackle, aquatic ecosystems, and fish anatomy. As a result of their experiences in 4-H, youth stated they are able to describe the importance of aquatic ecosystems and identify equipment and techniques used in sportfishing. This event was sponsored by Bass Pro Shops and the Missouri Department of Conservation with support from the Missouri 4-H Foundation.

2020 State Sportfishing Contest (virtual)

94 Competitors

31 Counties

↑59% Participation

THANK YOU Major support for 4-H Environmental Education and Natural Resources is provided by the Missouri 4-H Foundation in partnership with Bass Pro Shops and Corteva Agriscience. Additional major support is provided by Bayer Crop Science and the Missouri Department of Conservation.



A BEEutiful year in Missouri 4-H

Ag Innovators Experience

The 2019 4-H Ag Innovators Experience, Native Bee Challenge, teaches 4-H youth about the importance of pollination to agriculture and its connection to a sustainable food supply, specifically as related to native bees. Through this experience, youth will understand the process of pollination, the role of pollinators in our food supply and the importance of creating habitat for native bees.

20

Teen Leaders

1,121

Youth Reached

41

Events



Missouri 4-H Pollinator Habitat Program

More than 25 youth and nearly 20 adult volunteers gathered at the Corteva Agriscience facility in New Madrid to seed a several acre pollinator site. The event brought together youth from throughout the community to spark excitement and awareness of pollinators and pollinator gardens for youth who have never been involved in agriculture before. Youth were challenged to learn how increasing biodiversity, specifically by increasing habitat for pollinators, benefits the food supply and agriculture.

“It was quite a sight to see everyone, buckets in hand, working to make a difference in the lives of these important animals. Helping turn a bare field to a place of refuge, helps ensure that there are pollinators to aid in providing food for each of us.” — Richard Rickman, CES 4-H Youth Development.

The program aimed to engage youth on the importance of habitat for pollinators and to establish quality pollinator habitat. The program trained 35 targeted ambassadors who gave presentations at camps, fairs, and summer school programs.

35

Teen Leaders
Trained

709

Youth Directly
Reached

500

Youth
Indirectly

15

Adults
Involved

“My favorite part about teaching classes is being able to actively see students’ curiosity at work,” Drachen said. “It is truly a great feeling to see them asking questions, absorb knowledge, and then coming to the answers through experiential learning.”



Drachen Koester, of St. Louis, is a runner-up for the 2021 4-H Youth in Action Pillar Award for Agriculture. Koester is recognized nationally for his commitment to educating youth about the importance of native bees.

Koester’s passion for native bees and the importance of pollination grew when he was chosen as a state teen leader for the Ag Innovators Experience. After attending a national training to learn about bees, Koester discovered a passion for teaching and a better understanding of the natural world. Koester used his training to teach 17 other teens about native bees and empowered them to educate others in their communities. Through 41 events statewide, Koester and the leaders he trained taught 1,121 youth about native bees.

Koester says his 4-H experience inspired him to pursue a career in agricultural education. He is currently an intern with the St. Louis County 4-H program to lead teen programming. As a 4-H member for eight years, Koester was involved in 4-H Robotics, Science Matters, Ag Innovators and Healthy Habits. Koester was also a leader in his Science Matters groups, which addressed community issues, and he attended the National Youth Summit on Agri-Science three times.

MISSOURI 4-H IMPACT IN 2019-2020

SHOOTING SPORTS



Our OPPORTUNITY

Across the nation, there is a negative connotation between kids and firearms. There is also a generational gap in shooting sports traditions.

Our APPROACH

In Missouri 4-H Shooting Sports, we go with a family involvement approach. This provides the opportunity to positively express the life skills learned through the use of firearms as a teaching platform.



6,388 Project enrollments are related to Shooting Sports



1,305 Volunteers support our Shooting Sports youth

Safety first — but lots of fun! Breaking clays, punching paper, busting caps, flinging arrows and counting X's are all part of the 4-H Shooting Sports project. Members learn safe gun handling skills and sound fundamentals of shooting under the guidance of caring and knowledgeable adult volunteers



100% of 4-H shooting sports members complete a separate Safety Course. Missouri 4-H is the **ONLY** state to require this.

Our IMPACT

We say in 4-H Shooting Sports, “We are not trying to build champion shooters; we are trying to build champion youth.” We want to show kids you can perform whatever your physical or mental capabilities. All kids have the ability to perform in shooting sports.

PROGRAM FOCUS:

The development of youth as individuals and as responsible and productive citizens.

Youth:

- **Learn** marksmanship, the safe and responsible use of firearms, the principles of hunting and archery, and much more.
- **Develop** life skills, self-worth, and conservation ethics.
- **Experience** hands-on, fun learning experiences.





Shooting Sports Ambassadors

Youth selected to serve as Ambassadors receive training that allows them to return to their homes and advocate for the Shooting Sports program at the county, regional, and state level. Ambassadors provide public relations support at special events such as donor/sponsor functions and also serve as spokespersons for the 4-H Shooting Sports program, helping to make 4-H and the 4-H Shooting Sports programs more visible. The Ambassador's further develop their skills in leadership, public presentation, citizenship, community service, public relations and team building.

Western Heritage and Cowboy Shooting

provides an avenue for 4-H members to experience the lifestyles and cultures of the Old West through a living history approach to learning.

- ★ Connecting today's youth with the values and traditions of our past and encouraging visits to local, state, regional, and national museums
- ★ Instilling an investigative interest in American Frontier history leading to personal research and increased knowledge of the Old West
- ★ Recognizing the accomplishments and importance of both men and women from a variety of cultures and races who contributed to the history of the Old West
- ★ Enhancing learning by participation in living-history through the use of historically accurate firearms, clothing, and accessories

Fundraiser

Each year Missouri 4-H partners with the Missouri Friends of NRA to provide a fund-raising opportunity to counties, clubs, and groups. This year was the seventh year these are very special calendars were sold. Not only did they showcase the photos of the State Shooting Sports Teams, each calendar entered the owner into 104 drawings for guns. Each calendar was \$50 and a portion of each sale went back to the group selling the calendar.

THANK YOU Major support for 4-H Shooting Sports is provided by the Missouri 4-H Foundation in partnership with Big Game Hunters Foundation, Cathy Cody, MidwayUSA Foundation, Missouri Friends of NRA, Missouri Youth Shooting Sports Alliance, Larry and Brenda Potterfield, Rocky Mountain Elk Foundation, and The NRA Foundation. Additional major support is provided by Ralph and Mary Ann Gates and the Missouri Department of Conservation.

Ambassadors for
Missouri 4-H
Shooting Sports

32
State

2
National

State Shoot

The Shooting Sports State Contest is typically a series of very large events with many spectators. Since this was not an option this year, Missouri 4-H came up with the idea of a virtual/postal match to allow youth to compete anyway. The contest ran from September 1 through 20 and contestants mailed or emailed in their targets that had been verified by an instructor certified in their discipline. Each discipline was slightly different. Some had to meet in small groups at designated times and places to shoot. Others had to take an online test at an Extension office. And others required video verification.

NEW Opportunities:

- ★ **Shooting Sports Project Judging:** Since many county fairs were cancelled, members were allowed to submit photos of any project that they would have (or did) enter in their county fair. These were judged for ribbons.
- ★ **Video Demonstrations:** Members submitted a 5- to 7-minute video demonstration of a non-shooting subject that pertained to shooting sports; for example, how to fletch an arrow or clean a firearm.

MISSOURI 4-H IMPACT IN 2019-2020

PREPARING FOR THE FUTURE



Our OPPORTUNITY

The State of Missouri has set a goal for 60 percent of adults to have a certificate or degree by 2025. According to the Missouri Economic Research and Information Center, Missouri employers report they are experiencing employee shortcomings in areas such as work habits, communication, problem solving, and teamwork.

Our APPROACH

Missouri 4-H is taking a twofold approach to college and career readiness. First, college and career readiness pieces are woven into our regular programming even at the youngest ages. This can be as simple as discussing possible careers in enjoyed project areas and by working on soft skills, such as interacting with others and learning to express ideas. Secondly, the Youth Futures program offers youth who face obstacles that might make success seem out of reach the opportunity to see college as an attainable goal.

Missouri 4-H Youth Futures: College Within Reach

is an extensive college orientation program that promotes college as an attainable goal for high school youth who may not necessarily consider college as an option, such as first-generation college students. The goal of this program is to help youth prepare for, enroll in and graduate from college.

Components of Youth Futures:

- **Mentoring** throughout the preparation process
- **Parenting sessions** to equip parents with skills to help their youth
- The **Youth Futures Conference** where youth learn about:
 - ★ Academic programs
 - ★ Student life activities
 - ★ College survival skills
- **Rising Seniors Weekend**
- **Transitioning Seniors Conference**



COLLEGE & CAREER READINESS

Our IMPACT

Because of Missouri 4-H's programming in college and career readiness, youth begin exploring careers they might enjoy at an early age and practicing the soft skills needed in the workplace. As a result of the Youth Futures program, many youth who would otherwise be overlooked are given the support they need to succeed.

Founded
in MO
in
2002

1,000+
Youth reached
in Missouri

8
States
replicating the
program



4-H YOUTH FUTURES
COLLEGE WITHIN REACH

THANK YOU

Major support for 4-H College and Career Readiness is provided by the Missouri 4-H Foundation in partnership with Anthem Foundation, FCS Financial, JCPenney Communities Foundation, Miller Family Foundation, National 4-H Council, Union Pacific Foundation, and U.S. Bank.



Missouri 4-H wins National Extension Diversity Award

“They were the students who were not supposed to make it,” says Donna Garcia.

They are young people with the potential to become top scholars and leaders in their communities, but they face obstacles that might make success seem forever out of reach, said Garcia, University of Missouri Extension state 4-H specialist for college and career readiness.

Garcia is director of Missouri 4-H’s Youth Futures: College Within Reach, a program designed to help vulnerable and underserved high school students work past those obstacles. Through ongoing mentoring and an annual conference, Youth Futures makes college an attainable goal for high school youth who are not typically encouraged to attend college, she says.

Youth Futures has made Missouri 4-H a leader in college and career preparation, with more than half a dozen other states adopting the program. On Oct. 28 the program received the 2020 National Extension Diversity Award, presented jointly by the USDA National Institute of Food and Agriculture, the Cooperative Extension System and the Association of Public and Land-grant Universities.

Missouri 4-H receives funding to prepare youth for STEM workforce

Missouri 4-H has received funding through the Union Pacific Foundation Local Grants program to support programming to raise awareness, educate and prepare youth for jobs in STEM fields. “The Missouri 4-H Career Exploration program will give rural youth opportunities that could develop into family-supporting jobs like those Union Pacific offers,” said Amanda Meek, University of Missouri Extension state specialist in youth STEM education and engagement.

Youth will gain technical and life skills while participating in hands-on activities, virtual learning from professionals in those fields, and field trips when allowable.

Through the Missouri 4-H Career Exploration program, middle school students in rural areas can explore STEM careers and build foundational skills in areas such as welding, electrical work, machine operations, and civil and electrical engineering, she said. “For more than 150 years, Union Pacific has

not only connected communities, it has provided training and employment to millions of workers in cities and towns throughout the nation,” Meek said. “Today, the company also helps communities thrive through the Local Grants program.” The Union Pacific Foundation awards local grants related to safety, workforce development, community spaces and unique local needs



So You Wanna Be A...

Missouri 4-H hosted a series of Zoom webinars to connect youth with experts in a wide variety of careers last summer. During each session, the experts gave the participants a look into their careers and allowed them to ask questions. Each Zoom lasted an hour and the videos are now on the Missouri 4-H YouTube channel for viewing.

“One of the biggest ways 4-H has influenced me is it helped me decide on a career field which I am passionate about. In my work with raising and caring for animal in my 4-H projects, I found that I have a great love for animals. This helped me decided to become a veterinary technologist in the future.”

– Riley E., 4-H member 2011-2021

MISSOURI 4-H IMPACT IN 2019-2020

ENGINEERING & TECHNOLOGY



Our OPPORTUNITY

Nearly all of the 30 fastest-growing occupations in the next decade will require STEM skills. But, only 16 percent of American high school seniors are interested in a STEM career, and the problem is worse for girls and minority youth, who are significantly under-represented in STEM degrees and careers.



ENGINEERING & TECHNOLOGY

Our APPROACH

There is a tremendous need for young people to know how to create technology, not just consume it. This is true across every industry, and that's why 4-H engineering and technology programs help prepare youth for college and career by teaching technical programming alongside essential life skills like problem solving, teamwork and resiliency.

Our IMPACT

Missouri 4-H'ers are leading the way in their communities by not only cultivating the knowledge and skills needed in technical areas but also engaging with and empowering others to do the same.



102,592 Project enrollments are related to Engineering and Technology



STEM Day at the Capitol provided the opportunity for our youth to teach our legislators about 4-H and native bees as part of the Ag Innovators project

National Youth Summit on Agri-Science gave



two Missouri 4-H'ers the experience of creating a community action plan to teach youth about pollinators, agriculture and where their food comes from, and ways to help the environment.

Teen-led online classes:

- ★ Scratch
- ★ micro:bit
- ★ Girls Tech Challenge
- ★ Pollinators
- ★ Ag on the MOOVE
- ★ Make a Pet Toy with PALS

Courses offered to volunteers:

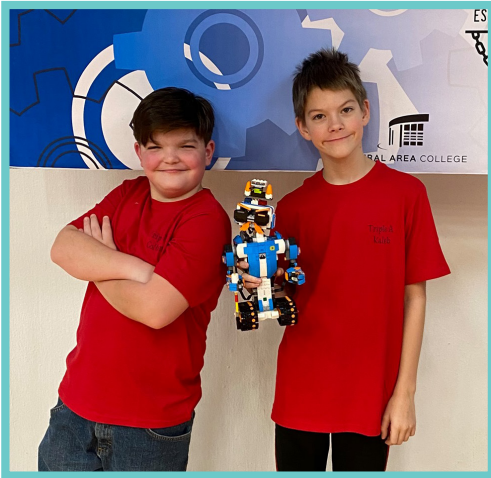
- ★ Programming, Game Design & 3-D Modeling
- ★ 4-H Computer Science Monthly Webinars
- ★ EV3 Robotics



THANK YOU

Major support for 4-H Engineering and Technology is provided by the Missouri 4-H Foundation in partnership with the MFA Foundation. Additional major support is provided by Bayer and the Charles Stewart Mott Foundation.





Robotics

The **4-H Electric Dolphins Club** from St. Louis shared about VEX at **MU Science Day**. They demonstrated their knowledge and skill in building and programming robots. **Science Matters** teens provided activities for youth to showcase their community action plans to teach kids about agriculture, ways to help the environment, and making toys for their pets to bring awareness to animal abandonment.

The **4-H Electric Dolphins** from St. Louis also helped to host the **State VEX competition** in February at Linn Tech. There were 17 VEX IQ and 24 VEX teams.



NATIONAL 4-H COUNCIL

SCIENCE MATTERS



National Youth Science Day

A statewide teen training was held in Columbia in September 2019 to equip youth with the skills and knowledge to teach the National Youth Science Day (NYSD) activities to youth in their community. Through a partnership with the U.S.

15

Team Leaders Trained

807

Youth Reached

Air Force and National 4-H Council, Missouri 4-H received NYSD kits which were distributed throughout the state. Fifteen teens received kits and reached the goal of teaching at least 50 youth each with a total outreach of 807 youth. One teen reflected about his teaching experience, “After this teaching experience, I am more confident to teach about different topics. This experience helped me becoming a better public speaker for different school or public events. It also plays a key role in improving my overall organization skills for a public event.”

Entrepreneur Pitch Challenge

A crime-fighting alert bracelet that looks like a smartwatch. A simple way to sanitize toilet brushes. A solution for those stinky kitchen sink sponges. A fail-safe system for tidying messy drawers. These were among the winning ideas submitted by 20 Missouri youth who participated in this spring’s Young Entrepreneur Pitch Challenge — a collaboration of the Missouri AfterSchool Network, Missouri 4-H and the Young Entrepreneur Institute in northeastern Ohio.



CHALLENGE: propose an idea for a business that will solve a problem— and pitch it in a short video.

After-school programs can provide space and opportunities for students to explore and discover their future hopes and dreams, said Mark Cowser, Missouri AfterSchool Network associate director of policy and partnerships. “And developing an entrepreneurial mindset will give them the essential skills for their future success.”

Entrepreneurial skills also prepare students for the jobs of the future, most of which may not even exist yet, according to business analysts and economists, said Steve Hennes, MU Extension state 4-H youth development specialist in civic engagement. “This is also contributing to workforce development and MU Extension’s impact on the state’s grand challenge of improved economic opportunities.”

4-H believes in the power of young people.

MISSOURI 4-H IMPACT IN 2019-2020

CIVIC ENGAGEMENT AND SERVICE LEARNING



Our OPPORTUNITY

America is in constant need of growing new leaders—for today and tomorrow. Today’s youth lack the understanding of how our government works and how to advocate for change. Youth need to learn the communication and organizational skills to succeed in the workforce. It is also critical that they develop an understanding of other countries, cultures and languages. They need a place to practice generosity and philanthropy. Young people need to hone these basic skills to be comfortable in society and productive in their home and work lives.

Our APPROACH

4-H is an innovator in developing youth leadership and decision-making skills to prepare young people for the future. Our civic engagement programs engage youth in programs, organizations, and communities where they share a voice, influence, and decision-making authority. 4-H civic engagement programs equip young people with confidence and leadership skills to be leaders today and tomorrow.



Our IMPACT

Missouri 4-H grows well-informed citizens who are confident leaders that are actively engaged in solving issues in their communities. They build decision making skills and develop a sense of understanding and community. Youth engage with local and state leaders to impact Missouri.



857 Project enrollments are related to Civic Engagement



4-H Legislative Academy provides youth with a civic engagement experience focused on engaging youth in hands-on learning about Missouri state government. Youth are given the opportunity to explore the executive, legislative and judicial branches of government and learn how they can be engaged citizens as youth!



The Youth Civic Engagement Summit (YCLS) is a weekend getaway for youth to learn about ways they can address needs specific to their community by partnering with adults to get the job done. Youth hear from guest speakers, participate in hands-on workshops and share their ideas with their peers.

4,068
Youth

1,270
Volunteers

614
Organized Service Activities



28
Youth

8-9
Volunteers

508+
Service Hours

\$12.5 K
Community Value

4-H'ers are...

2x more likely to be civically active



2nd Annual 4-H Feeding Missouri

Even with in-person local drives, fundraising, volunteer service, and education and outreach activities unexpectedly suspended due to COVID-19, 4-H clubs successfully inspired donors to contribute. The donations went directly to Feeding Missouri, a coalition of the state's six major food banks that provides hunger relief through a network of more than 1,600 community-based food programs in every county and the city of St. Louis.



4 months

70 COUNTIES

297,132 MEALS DONATED

48,811 LBS. FOOD | \$14,272 DONATED

1,562 VOLUNTEER HOURS

WINNING COUNTY: WEBSTER | 61,391 MEALS

“One in five Missourians face hunger, and the needs of those who are food insecure are on the rise. But together we are making a difference.”

—Dan Cassidy, Drive to Feed Kids chair

18

RITM Trained
Instructors

5

MyPI Trained
Instructors

38

MyPI & JR
Firefighter Youth



Missouri 4-H Ready in the Middle, for ages 11 and 12 seeks to: a.) engage the entire household, b.) identify and mitigate risks and hazards in and around the house, and c.) provide solutions to enhance safety and preparedness. There is an added focus on emergency equipment and local emergency contact information, as well as family preparedness planning that includes escape plans, communication plans, insurance, and first aid kits.

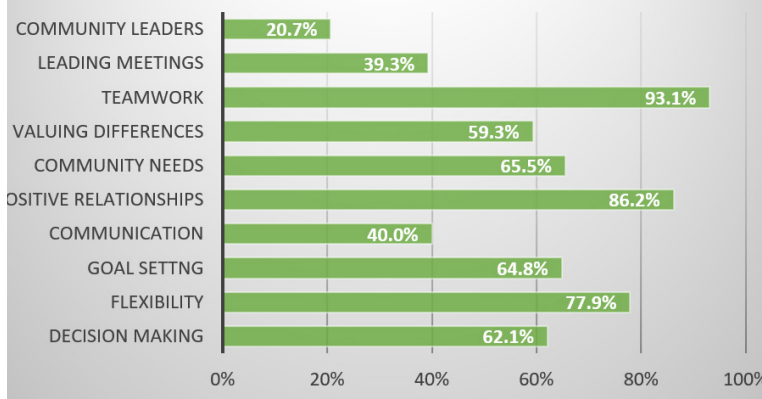
MyPI Missouri prepares teens ages 13-19 with life-saving skills for community emergency and disaster response. Teens learn valuable leadership and teamwork skills to assist families, neighborhoods and communities in times of disaster or emergency. MyPI involves CERT (Community Emergency Response Teams) core training,

CPR and AED certification and a service project to assist seven families with their disaster kits/communication plans.



4-H club leaders reported on citizenship skills they observed 4-H members demonstrating through planning and conducting service learning projects. The table summarizes the percentage of respondents who observed and commented on specific skills in action.

4-H Clubs Applying Citizenship Skills



THANK YOU

Major support for 4-H Civic Engagement is provided by the Missouri 4-H Foundation in partnership with the Association of Missouri Electric Cooperatives, Axiom Strategies, LLC, Crader Distributing Company, FCS Financial, First State Community Bank, Nelda and Darrell Godfrey, Miller Family Foundation, Missouri Pork Producers Association, State Farm, States' 4-H International Exchange Programs, U.S. Bank Foundation, and The Honorable Rudy Viet. Additional major support is provided by Missouri Farmers Care.

MISSOURI 4-H IMPACT IN 2019-2020

YOUTH LEADING THE WAY



Our OPPORTUNITY

“America is facing a leadership crisis. Many young people today aren’t being given the opportunity to learn the tenacity, strategic-thinking and people skills that they’ll need to lead – now and in the future.”
 — Jennifer Sirangelo, President & CEO of Nation 4-H Council.

Our APPROACH

Many 4-H’ers start their leadership path at their local club level. Attending our camps and conferences encourages them to build more skills and relationships. The 4-H ideal of “learn by doing” encourages youth to experiment, innovate and think independently.

Our IMPACT

Missouri 4-H youth are developing the knowledge, skills, attitudes, and beliefs to lead today and tomorrow. By helping young leaders find their spark, we are honing life skills and learning to thrive.

Teen Conference

Participants:

- ★ Build **new skills**
- ★ Building networks of positive **new friends**
- ★ Experience an atmosphere of **self-acceptance and belonging**
- ★ Explore **independence** in an extremely safe environment



Teen Conference is often the first big trip away from home for youth ages 11-14. Led by the State 4-H Council, this event focuses on belonging, building independence, mastering new leadership skills, and making the world a better place.



YOUTH LEADERSHIP



11,291 Project enrollments are related to Leadership



The C.A.R.E.S. project connected members of our State 4-H Council with senior citizens during the COVID-19 crisis. Both parties were connected in a way that lessened the feelings of isolation.

100% of the youth in this program recognize the importance of volunteering AND planned to encourage others to volunteer.



4-H State Congress provides youth with a fun-filled event where teens have the opportunity to participate in a variety of workshops, experience team building, meet new people from across the state and see your State 4-H Council be installed to office, meet the teens that represent you! Congress is planned and implemented with the Council and held on the MU campus.



State 4-H Council

All Missouri 4-H'ers are represented at the state level by the State 4-H Council. Elected from each region at State 4-H Congress, Missouri's State 4-H Council works with county youth liaisons, assists in planning and implementing statewide 4-H programs, gives young people input on 4-H program and policy issues, and works to address the issues and concerns most important to Missouri 4-H youth.

NEW in 2020 was the opportunity for any 4-H'er ages 14 to 18 to vote on the State 4-H Council's executive members. Usually this is done by 4-H'er attending State 4-H Congress. Now everyone will have the opportunity to vote, regardless of their Congress attendance.

#TrueLeaders



REPRESENT 4-H at the Missouri State Fair in the 4-H Building, livestock shows and Governor's Ham Breakfast and round table discussion.

INFLUENCE policy and procedures for the Missouri 4-H program. Serve on the Missouri 4-H Foundation's Board of Trustees.



CONTRIBUTE to the well-being of other 4-H'ers through the Kids Helping Kids mini-grant program.

VOLUNTEER at many statewide and regional events and activities.



PROMOTE 4-H through their volunteer efforts and by producing digital assets to be used on our social media pages.

PLAN and IMPLEMENT Teen Conference and State 4-H Congress opportunities for other Missouri 4-H'ers.



BUILD RELATIONSHIPS with each other and 4-H members, volunteers, and staff in their region and across the state.

INSPIRE others in all they do.



Youth on County Councils

Many counties have 4-H youth as members of their County Extension Councils and/or their 4-H County Councils. These youth provide a young perspective on local issues.

“The last two years I have served as the 4-H County Council representative on the Johnson County Missouri Extension Council. Through serving on this council I have seen the needs of our community. I have helped coordinate how to make the community better for our youth and give them more opportunities.” —Justin P., 4-H member 2013-2020

THANK YOU Major support for 4-H Youth Leadership is provided by the Missouri 4-H Foundation in partnership with Aetna Foundation, Inc., Association of Missouri Electric Cooperatives, Aaron and Erica Baker, Mary Davis, Dr. Robert E. “Bud” Hertzog, Missouri Pork Producers Association, Martha Orris, and Dr. Marla J. Tobin. Additional major support is provided by Bayer.

MISSOURI 4-H IMPACT IN 2019-2020

YOUTH VOICE



Our OPPORTUNITY

Rising stress in youth creates a need for a safe place for youth to confidently express themselves. When youth can share their emotions and creativity in a positive way, they build a better version of themselves while staying healthier.

Our APPROACH

4 H programming allows students to participate in projects where they can design, create and make for themselves. These hands-on experiences are proven to strengthen creativity and imaginative thinking, and improve motor skills, coordination and self-esteem.



YOUTH VOICE



10,307 Project enrollments are related to **Communication & Expressive Arts**



At the heart of it all are youth **sparks**, the interests and qualities youth discover and become passionate about.

Our IMPACT

Missouri 4-H youth have the technical skills and knowledge to express their creativity and thoughts in a positive way that benefits their communities.

“Being a 4H member is a great way to be a part of your community. It helps in learning responsibility and communications skills. Allows you to express yourself and learn new things. I would highly recommend joining a club today!!”
— Chayce, 13,
Fox Rivers 4-H Club

THANK YOU

Major support for 4-H Youth Voice is provided by the Missouri 4-H Foundation in partnership with Nancy Wilkerson and Tom Tate. Additional major support is provided the Missouri Film Commission and National 4-H Council.





FilmFest celebrates 10-year anniversary

Making something real from imagination is powerful. For many creative young people, it's a spark that ignites them to develop their talents, seek

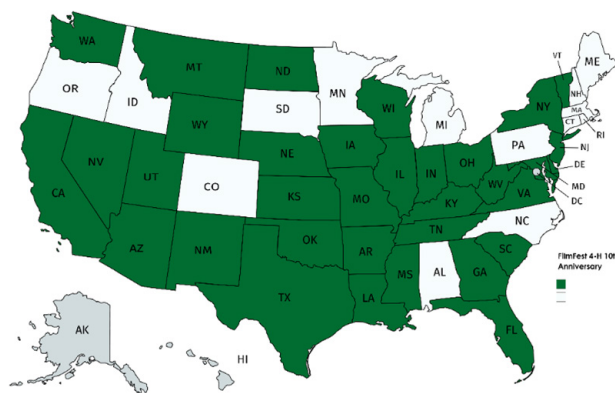
out others to learn from, and master innovative tech as they create their futures.

FilmFest is a national film festival for youth filmmakers, visual artists, aspiring actors and those who are just interested in meeting other creative people.

Youth prepare for film industry careers.

At FilmFest 4-H 2020 participant's....

- **Knowledge** of screenwriting skills and careers more than doubled.
- **Understanding** of acting careers and working conditions quadrupled.
- **Ability** to obtain archival footage for their projects increased five times.



84% said they would push themselves to do more, improve their skills even further, and teach others

56% said learning from film industry professionals was the best part of FilmFest

Fashion Revue



Youth need outlets to be creative, express themselves and learn to communicate their creativity in a variety of ways. The Fashion Show during State Fashion Revue provided that opportunity and participants enjoyed modeling their garments for the camera from the comfort of their own homes. NEW this year was the addition of

six workshops, which allowed youth to learn about innovation in the fashion industry from the president of Kansas City Fashion week, a local boutique owner and a designer. A hands-on blanket-making workshop benefiting Project Linus inspired many 4-H'ers to take the project back to their clubs.

Public Speaking



Youth need to learn to effectively communicate with others and the 4-H Public Speaking Contest allows them to hone their skills. Youth chose to compete in one of the following categories: prepared speaking, extemporaneous speaking, tech-assisted speaking, an entrepreneurial business pitch, and interpretation.

"I chose to sign up because I want to face my fears of speaking in front of others," said one participant. Another youth said they hoped to meet other people who share a common interest and to improve their ability to give speeches.

This year, the contest hosted four workshops and additional speakers for the first time. Keynote speaker, Lisa Overholser, MU Extension community arts specialist and St. Louis Storytelling Festival director, used storytelling to excite participants about life and career benefits of public speaking skills. "I loved hearing from (Overholser) who talked about professional story telling," one 4-H'er said afterwards. "I had no idea that was a real job!"

MISSOURI STATE FAIR 2020



Our Reach in 2019-2020



783

LIVESTOCK
Exhibitors

188

HORSE SHOW
Exhibitors

2,549

BUILDING
Exhibitors

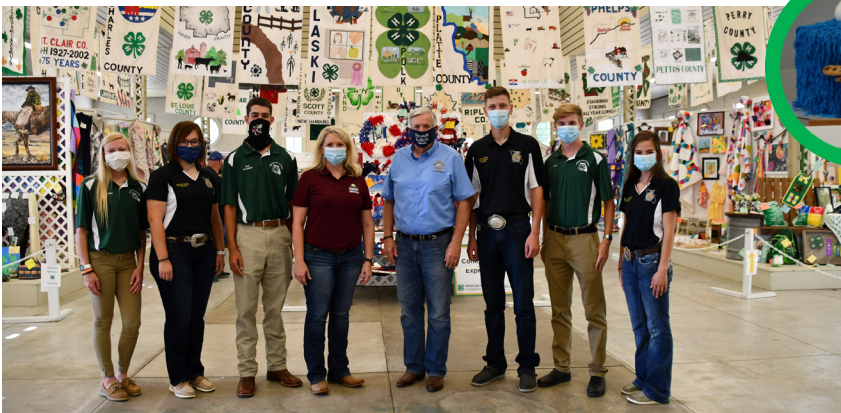
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DEMONSTRATIONS
by 4-H Youth

While 2020 presented its “fair” share of challenges, Missouri 4-H was able to participate in a safe and successful way at the 2020 Missouri State Fair Youth Livestock Show. With limited opportunities to show in the summer, the state fair provided a critical experience for youth to cultivate their project year. 4-H families and members were grateful for the chance to exhibit in the show ring and 4-H Building. New in the 4-H Building this year, 50 exhibits were selected for a Best in Show Award.



State 4-H Council President Seth Hansen and Representative Caroline Mayes present Gov. Mike Parson with the Missouri 4-H Clover & Annual report.



Cake Entry



In the 4-H Building, Governor Mike Parson and Missouri Department of Agriculture Director Chris Chinn met and had lunch with youth representing Missouri 4-H and the Missouri FFA Association. Representing 4-H is State Council President Seth Hansen and Representatives Caroline Mayes and Evan Meyer. Representing FFA is State President Justin Eddy, State Secretary Jenna Perry, and State VP Kaylee Lower.

Livestock Entries

	Entries	Exhibitors
Beef	465	268
Dairy Cattle	43	18
Dairy Goats	72	20
Dogs	109	32
Boer Goats	147	70
Poultry	189	36
Rabbits	MSF Rabbit Shows canceled due to rabbit hemorrhagic disease	
Sheep	455	150
Swine	822	285

*Youth may enter in more than one species.



All photos on this page provided by the Office of Missouri Governor.

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M Extension
University of Missouri



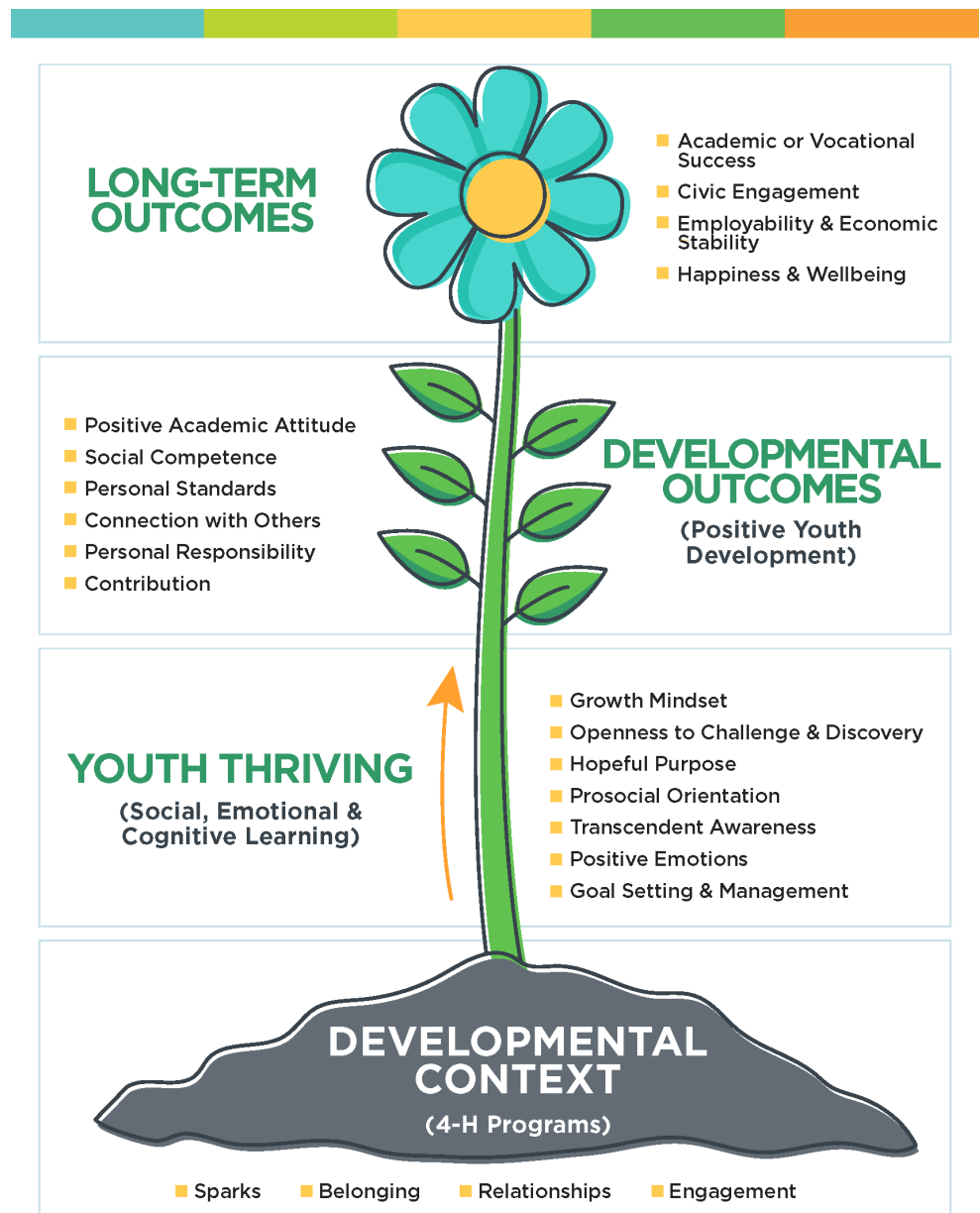
Youth Thriving

Missouri 4-H is fully committed to the Thriving Model of Positive Youth Development as we prepare youth for lifelong success. Current research shows that 4-H helps youth find happiness and health as they succeed in school, make a difference in their community, and contribute to the economy. At the heart of it all are youth **sparks**, the interests and qualities youth discover and become passionate about.

A spark may be a skill, a talent, and interest, or a special quality. Sparks are self-discovered and provide energy, joy, purpose, and direction in young lives. Missouri 4-H provides many kinds of experiences that help youth find their sparks. The journey is unique to each person, and can start through a 4-H club, afterschool program, SPIN club, or countless other opportunities. Sparks help youth grow, connect with others, and stay out of trouble as they contribute in their own unique ways. Youth who find their sparks often connect with a larger sense of purpose, find ways to “fit in,” are more optimistic, and have higher self-esteem.

Missouri 4-H experiences are safe, positive and supportive. Youth know their ideas matter and that they **belong**. 4-H’ers are encouraged to persevere when hard times arise, and to believe in their abilities as they continue to build new skills. Key to this are developmental **relationships** with 4-H adults who are warm, respectful, and trusting. Youth and adults work together in 4-H, and each grows from the experience. Over time the relationship grows into a partnership as youth mature as leaders and decision-makers.

The best outcomes occur when youth **engage** in Missouri 4-H in a variety of ways, getting deeply involved over time. These youth tend to find that they enjoy a challenge, have a sense of purpose and optimism, manage their emotions well, care about the well-being of others, and meet goals they set for themselves as they contribute to make the world a better place. When this happens, youth are said to be **thriving**. This is the goal of 4-H.



For more information on youth thriving, visit <https://extension.missouri.edu/programs/missouri-4-h/4-h-innovations/4-h-positive-youth-development>.

GROWING TOGETHER



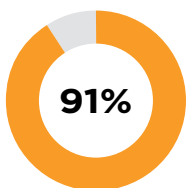
A few things our 4-H projects taught us:

- Blake C. on Woodworking “I learned safety and how to operate woodworking tools.”
- Easton C. on Sportfishing “I learned to clean a fish and will be able to help my Dad.”
- Kody K. on Dairy “The best part of dairy cows is they make milk and milk makes ice cream and I love ice cream.”
- Annie N. on Beef “How to not get kicked by an animal.”
- Koen L. on Robotics - “Trial and error. You need to keep trying.”

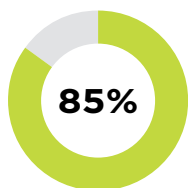


“I joined 4-H to become more of a leader and to take part in the fun activities we do as a club with my friends. I like the trips we take, such as going to the Cardinals game, taking part in the fair, attending 4-H Camp, and helping our area through the community service our club does. My favorite was helping walk dogs at the Humane Society. You should join 4-H because you can learn responsibility, become a leader in your club, community, country, and world and have fun and meet new people along the way.”

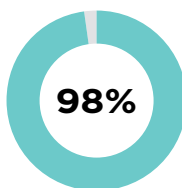
— Wyatt, 12, Willing Workers 4-H Club



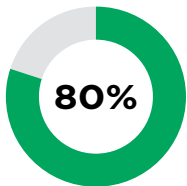
Like to learn about people who are different from them



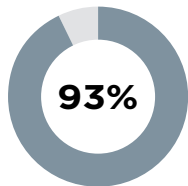
Stop to think about their choices when making a decision



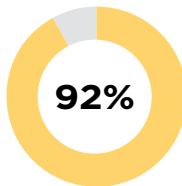
Show respect for other's ideas



Can work with someone who made them upset

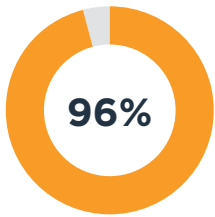


Look for ways to involve all members of a group

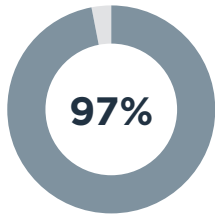


Keep trying to reach their goals

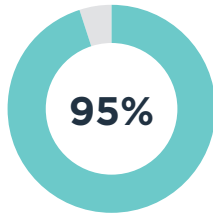




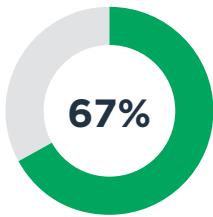
Learn from their mistakes



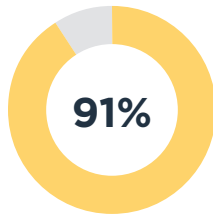
Treat others the way they want to be treated



Are willing to work hard on something



Are willing to try something they might do wrong

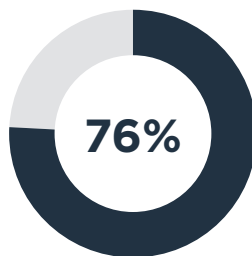


Think about other people's feelings before saying something

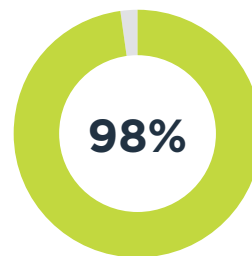


A few more things our 4-H projects taught us:

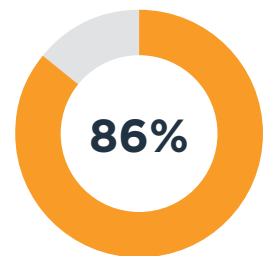
- Kody K. on Filmmaking: "I wanted to make it live but it took me a long time to write a script and find photos for a 3-minute movie. It must take real movie people a long time to make my favorite movies."
- Kolton K. on Poultry: "I learned how to build a chicken feeder. I like building things out of recycled materials. It saved me money because the chickens did not lay enough eggs to make any money for me."
- Owen N. on Foods: "I can include a healthy and delicious side in any meal that I wish to make."
- Lyla P. on Filmmaking: "I learned while making my film it takes patience to edit and film. This could be handy in multiple real-life situations."



Comfortable being a leader



Like to learn new things



Help others reach their goals

MISSOURI AfterSchool Network (MASN)



The Missouri AfterSchool Network (MASN) builds partnerships and systems across the state that improve, support and sustain high quality afterschool programs. Through a combination of coordinated staff- and/or volunteer-driven projects, MASN works toward three broad goals:



Goal 1 - Foster partnerships at the local, state, and national level to support afterschool professionals and programs.

Goal 2 - Develop public support, garner resources, and build relationships with Afterschool Champions to support and assist with efforts to influence policy and secure new state funding for afterschool programs.

Goal 3 - Ensure quality by providing professional development, technical assistance, and other supports to afterschool professionals and programs, while working on elevating the profession.

The Missouri AfterSchool Network contributes to the success of the 4-H Center for Youth Development through our national affiliations, expanded partnerships, and contracted work. As a statewide, systems-level organization, MASN does not directly serve children and youth in afterschool programs. Instead, the Network provides support and infrastructure such as professional development, advocacy, quality improvement resources, and other supports to the professionals that work in, administer, or fund afterschool programs throughout the state.

Through an annual contract with the Department of Elementary and Secondary Education (DESE), MASN provides training and technical assistance to the 21st Century Community Learning Center and School Age Community afterschool program grantees. MASN staff visit each afterschool site to observe the program operations and interactions between staff and youth and support site level quality improvement efforts.

During the COVID-19 pandemic, which began in March of 2020, MASN stepped up to increase its support of afterschool programs across the state. MASN hosted weekly meetings for program directors to keep everyone updated on the rapidly changing landscape of education during the pandemic. Twice a week, from the end of March until the end of June, MASN provided professional development for afterschool staff, 26 sessions in all. These sessions served a dual purpose of offering professional development and helping keep staff employed in afterschool programs. Over 725 unique attendees participated in the twice a week session for a total of 3,294 clock hours.

Each year, MASN staff and volunteers host the Missouri School Age Community Coalition (MOSAC2) conference. In 2019-2020, this annual event brought together more than 300 attendees for professional

development and networking with peers from across the state. 3,687.75 clock hours were earned over the course of the conference through 57 different workshop sessions and two excellent keynote addresses.

Our Reach in 2019-2020



66
WORK METHODS TRAININGS
presented

725
UNIQUE attendees
for March-June
PD opportunities

3,294
TOTAL
clock hours
earned

9,352.5
TOTAL
clock hours earned
through MASN



300
MOSAC2
CONFERENCE
attendees

3,688
TOTAL
clock hours
earned

57
UNIQUE
workshop
sessions





About us

The Missouri 4-H Foundation is a nonprofit 501(c)(3) organization. We are the private resource partner of the University of Missouri Extension 4-H Center for Youth Development. For over 70 years, we've secured and managed funds for Missouri 4-H, providing higher education scholarships, recognizing 4-H

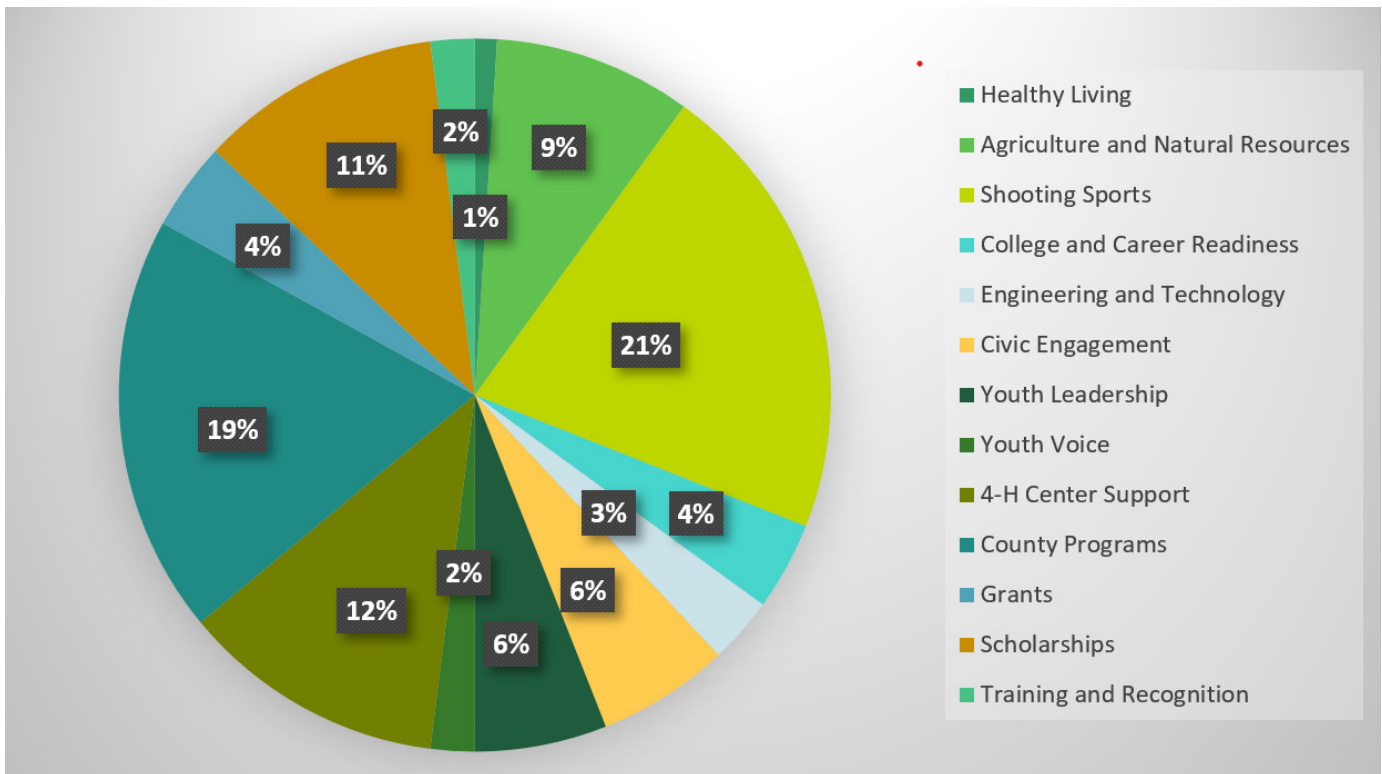
volunteers and supporting the Missouri 4-H mission to engage youth as valued contributing members of their communities.

What we do

4-H is America's largest youth development organization – empowering nearly six million young people across the U.S. with the skills to lead for a lifetime. Across the state of Missouri, 4-H affects the lives of thousands of youth and volunteers every year. Through their experiences, kids develop important life skills through hands-on projects under the guidance of adult mentors. We rely on our partnerships with individuals, businesses and organizations to support the work of 4-H and maximize youth development opportunities for young people in Missouri. Through their generous support, we offer college scholarships, funding for county 4-H programs and statewide 4-H activities, leadership training for 4-H volunteers and seed money for new and expanded 4-H programs.

Our support in FY20

In FY20 (July 1, 2019 to June 30, 2020) the Missouri 4-H Foundation Board of Trustees provided \$610,275* for the following Missouri 4-H programs and initiatives:



*This figure represents the total allowable expenses approved by the Missouri 4-H Foundation Board of Trustees for FY20

To learn more about how you can help support Missouri 4-H, contact Missouri 4-H Foundation Director Rachel Augustine at 573-884-7641 or augustinere@missouri.edu.

The Many Ways to 4-H

There are several ways to get involved in 4-H in Missouri and we can say with certainty they **all** provide the same quality 4-H programming. The programs and resources available through these initiatives can help youth achieve social, emotional, physical and academic success while developing healthy lifestyles and behaviors. All 4-H clubs are encouraged to elect officers, and plan an educational program of business, community service and learning.

4-H In School Clubs

4-H In School clubs meet during school hours. A teacher or school administrator will work with a 4-H county specialist to implement 4-H programming during a specified time. These clubs usually focus on one topic at a time and can meet for a short time, or for the entire school year. Age requirement: grades K-12 or equivalent.

4-H Afterschool Clubs

4-H Afterschool is a national initiative that provides extraordinary learning opportunities to school-age youth in urban, suburban and rural communities. 4-H Afterschool is designed to combine the resources of 4-H and the University of Missouri Extension system with schools and community-based organizations that provide after-school programs that address community needs.

These 4-H Clubs meet during afterschool and the time they meet varies from short period of time to a full 4-H program year. Youth often focus on one subject, such as robotics or photography. Age requirement: grades K-12 or equivalent.

Community Clubs

4-H Community Clubs meet usually on nights or weekends throughout the year and are found in every type of community throughout Missouri. These 4-H Clubs are for youth ages 8 to 18 and usually have a monthly club meeting run by club officers to handle club decisions. Separate meetings are usually held for each project and are lead by a project leader.

Clover Kid Clubs

Clover Kids Clubs are for youth ages 5 to 7 and allow our young members to build self-confidence while having fun and learning to get along with others. They explore different topic areas together in a safe environment. Once a youth turns 8, they can join a Community Club and choose their own project areas.

SPIN (Special Interest) Clubs

4-H SPIN clubs allow youth ages 5 to 18 with common interests or hobbies to meet as a club and share and learn more about their special interest. Whatever their passion is, youth can gain knowledge and enhance their skills through a positive group experience. A 4-H SPIN club can be started with a minimum of one adult volunteer and five young people with an interest in a particular topic. The SPIN club model provides increased flexibility in when and how long groups meet.

4-H changes the world one child at a time

When Zeb joined 4-H five years ago, his world was small. Quiet and shy, his autism often limited his comfort level engaging with others. Then his mother enrolled him in 4-H, and Zeb's world began to open.

Zeb discovered his love of animals, especially his Guernsey heifer, Murphey. He began to explore new interests and try new things. He even attended cow camp to learn how to care for and show Murphey.

Because of the love and support of his 4-H family, Zeb has learned to work with others on his projects and can ask for help from them. He is responsible and becoming more and more confident each day. Zeb's future is bright.

Zeb says he wants to own his own pizzeria, using milk from his cows and goats to make cheese and vegetables from his own garden. Now, he talks to just about anyone. He even gives presentations to large groups. Zeb's world has opened up through his experiences in 4-H.

— Karla Deaver, CES, SW Region

Why Join 4-H?

I think that other people should join 4-H because there are so many things you can learn from teamwork skills to learning to be able to speak in front of a group.

Also, there are just so many opportunities that you can get by being in 4-H.

—Ronee, 15, Antioch 4-H Club

DESPITE THE CHALLENGES...

Every youth has a spark or passion and 4-H allows me as a professional to assist those youth in unearthing their spark they can change the world with.

— Tanner Adkins, FS, EC Region

I love my job because of the difference I can make for the youth and families of our state. Through my work with MASN I can help provide resources, training, professional development, coaching, quality improvement, and technical assistance to the afterschool programs in our state. These afterschool programs in turn provide academic support, opportunities for social emotional growth, college and career readiness skills, and a safe, supportive, engaging environment for youth who may not otherwise get these opportunities.

— Clint Darr, MASN, Resource Center Coordinator

I believe it is vital to our communities to provide our youth with the knowledge and skills it takes to be successful in their everyday lives. I want to see our youth learn the leadership skills we teach to make our communities a great place to live and work. — Brad Coleman, CES, SE Region



I do what I do because our youth are our future and present! My spark is watching their sparks ignite! — Velynda Cameron, CES, WC Region

I am involved in 4-H to influence youth to make generational improvements in their communities and families. In addition I hope to instill the thought that work can be fun, rewarding, and life fulfilling.

— Becky Bell, YPA, WC Region



I believe in the power and resilience of youth. They are the change agents our world seeks and needs.

— Donna M. Garcia, State Specialist

I love working with kids and watching them learn! — Misty Hitch, YPA, SE Region

OUR “WHY” STAYS THE SAME

I love watching kids succeed! Numerous people invested time in me and my success throughout my youth, I like to do the same.
— Mikayla Fox, CES, WC Region

To help youth reach their full potential present!
— Robert McNary, CES, SW Region

I do what I do because I get so excited when a child smiles, learns, and has fun. If I am having a bad day and a child tells me they had a good time and smiles about it then that makes me happy.
— Kim Allison, YPA, SE Region



I am a youth development professional because I am driven to support volunteers and to help them provide youth with experiences that help them to grow, explore their passions, and become the leaders of tomorrow, as I was blessed to experience in my youth. — Katie Hogan, CES, NE Region

Kids matter and one caring adult can make a huge difference. Mental health issues have become common among youth in our county. 4-H promotes positive mental health, not just a lack of illness.
— Emily Doosing, CES, SE Region

To help all children and youth have a safe and enriching place where they feel like they belong. — Terri Foulkes, MASN Executive Director

To see the youth grow into young aspiring leaders in the community.
— Elaine Anderson, CES, WC Region

I do this because I believe in 4-H
— Diane Oesch, YPA, SE Region



I have always believed that youth are our future and an investment in youth will have an unlimited payback. Over my 27-year career in 4-H Youth Development work I have been able to watch the youth that I have touched become some of the best leaders, parents and professionals. We develop the life skills to help every youth become the very best they can be and in turn they give those skills back to other youth and adults. — Kim Hall, FS, WC Region

Work Groups

Camps

Becky Simpson, chair
Karla Deaver
Stephanie Femrite

Curriculum

Cathy Galland, chair
Bradd Anderson
Brenda Brinkhous-Hatch
Velynda Cameron
Chelsea Corkins
Lupita Fabregas
Donna Garcia
Sherry Grace
Amanda Meek
Sarah Morefield
Ty Peckman
Beth Rasa
Melissa Scheer
Stephanie Schindler
Cindy Wells

Embryology

Melissa Scheer, chair
Velynda Cameron
Heather Conrow
Chelsea Corkins
Jessie Furgins
Katie Hogan
Sarah Morefield
Cindy Wells

Intercultural Competence

Sarah Morefield, chair
Lupita Fabregas
Donna Garcia

Brad Lademann
Shaun Murphy

Innovation

Melissa Scheer, chair
Stephanie Femrite
Jessie Furgins
Cathy Galland
Jennifer Hancock
Amanda Meek
Sarah Morefield
Beth Rasa
Krista Tate
Willa Williams

Professional Development

Laura Evans, chair
Tanner Adkins
Elaine Anderson
Emily Bergsieker
Velynda Cameron
Brad Coleman
Donna Garcia
Kim Hall
Christal Huber
Eric Jackson
Ty Peckman
Melissa Scheer
Cindy Wells

Career Readiness

Donna Garcia, chair
Beth Rasa Edwards
Joyce Evans
Sarah Morefield
Gus Robinson
Melissa Scheer
Cindy Wells

Andrea Wikiera
Willa Williams

NTT Professional Development

Karla Deaver, chair
Chelsea Corkins
Stephanie Femrite
Christal Huber

Ag and Natural Resources

Ty Peckman, chair
Kristi Baker
Maria Calvert
Debbie Davis
Dana Joerling
Penny Kittle
Bob McNary

Evaluation

Anne Reeder, chair
Velynda Cameron
Beth Rasa Edwards
Stephanie Femrite
Dianna Koenig
Melissa Scheer
Rhonda Shafer
Cindy Wells
Willa Williams

National Committees

- **Bradd Anderson**, State Specialist and Assistant Extension Professor:
 - National PLWG “Advancing the 4-H Thriving Model” Task Force – Research Team Co-leader
 - National 4-H Communication and Expressive Arts Working Group
- **Velynda Cameron**, CES, WC Region:
 - National Multi-State 4-H Youth Retention Study, committee member
 - NAEYC Young Children journal, editor
 - NAEYC Early Childhood Education, National Accreditation program, higher education accreditation peer reviewer
- **Chelsea Corkins**, CES, NW Region:
 - STEM Committee, National Association of Extension 4-H Youth Development Professionals (NAE4-HYA)
4-H Pathways Leading Institute, Missouri Representative
- **Karla Deaver**, CES, SW Region: NAE4-HYDP Policy and Resolution
- **Beth Rasa Edwards**, FS UW Region: National Association of Extension 4-H Youth Development Professional – Afterschool Task Force
- **Laura Evans**, FS, UW Region: NAE4-HYDP- Urban Programming Work force group
- **Lupita Fabregas**, Missouri 4-H Director:
 - National 4-H Equity Strategic Planning Team – ECOP and 4-H National Council, member
 - North Central 4-H State Leaders, member
 - University of Missouri Extension Equity, Diversity and Inclusion Council, member
- **Terri Foulkes**, MASN Executive Director: 50 Statewide Afterschool Network COVID-19 Reopening Workgroup
- **Cathy Galland**, CES, EC Region: National 4-H Curriculum Peer Reviewer
- **Kim Hall**, FS, WC Region: Organizational Alignment Committee for the Thrive Model
- **Robert McNary**, CES, SW Region: Agriculture Literacy
- **Rhonda Shafer**, CES, East Central Region: NAE4-HA conference proposal reviewer

Publications

- Corkins, C., & Cerv, S. (2019).** Asking Questions & Finding Answers: An Introduction to BioTech in a Box™. *Technology and Engineering Teacher*, 79(3), 33-36.
- Anderson, B. (in press).** It Gets You Ready Faster: State 4-H Council service, leadership, and career readiness. *Journal of Youth Development*
- Worker, S., Fabregas Janeiro, M.G., & Lewis, K. (2019).** Comparing youth outcomes and experiences between 4-H community clubs and adapted 4-H delivery modes. *California Agriculture*. <http://calag.ucanr.edu/archive/?type=pdf&article=ca.2019a0027>
- Fabregas Janeiro, M. G., Worker, S., & Soule, K. (2019).** Engaging Latino Youth in 4-H. Program Toolkits. *University of California Division of Agriculture and Natural Resources*. ANR Publication 8640.
- Worker, S. M., **Fabregas Janeiro, M. G.**, Diaz Carrasco, C., & Soule, K. (2019). University of California 4-H Latino Initiative: Experiences of bicultural and bilingual staff. **Journal of Youth Development**. 14 (3): 31-44. DOI 10.5195/jyd.2019.667

Conferences

- Foulkes, T., Mayfield, W. (2020, July 15). Aligning Local and Statewide Evaluations with the ESSA: A look at Missouri's comprehensive system [Conference presentation]. Department of Education Nita M. Lowey 21st Century Community Learning Centers Summer Institute, Washington D.C., United States.
- Evans, L. & Rasa Edwards, B. (2019, November 16). I Am... [Conference presentation]. Missouri School Age Community Coalition, Osage Beach, MO, United States.
- Rasa Edwards, B. (2019, November 17) I Am... [Conference presentation]. Missouri School Age Community Coalition, Osage Beach, MO, United States.
- Anderson, E., Edwards, K., Evans, L., Hall, K., Huber, C., & Rasa Edwards, B. (2020, May 13). Engaging in Computer Science in Non-Traditional Ways [Conference presentation]. Missouri After School Network, Columbia, MO, United States.
- Rasa Edwards, B. (2020, October 14). Let's Discover STEM: Reaching Hispanic Families and Delivering Programming during COVID 19 [Conference presentation]. Children, Youth, and Families At-Risk, Washington D.C., United States.
- Anderson, E. (2020, October 19-22). Kids at K-9 Camp [Poster presentation]. National Association of Extension 4-H Youth Development Professionals 2020 Convention, Boise, ID, United States.
- Deaver, K. and Kastning, J. (2020, October 19-22). 4-H For All - Improving Access for All Youth [Roundtable session]. National Association of Extension 4-H Youth Development Professionals 2020 Convention, Boise, ID, United States.
- Garcia, D., (2019, November). Incorporating College and career Readiness In Your Afterschool Program [Conference presentation]. Missouri School Age Community Coalition, Lake of the Ozarks, MO, United States.
- Garcia, D., (2019, October). Missouri 4-H Youth Futures College Within Reach - Still Growing [Conference presentation]. National Association of Extension 4-H Youth Development Professionals, White Sulphur Springs, WV, United States.
- Garcia, D., (2019, June). Is it Really Not "Traditional" 4-H? Integrating CYFAR and 4-H Programming, Three States Perspectives [Conference presentation]. Children, Youth, and Families at Risk
- Calvert, M. L., & Cletzer, D. A. (2020, May 19). Former 4-H'ers Perceptions of 4-H Participation's Influence on Decision to Attend College [Poster presentation]. American Association for Agricultural Education National Conference, Oklahoma City, OK, United States.
- Tate, K. J. & Weddle, J. D. (2019, October 22). A Description of Rural School-age Children's Interest in Afterschool Program Activities [Conference presentation]. Missouri Afterschool Network Conference, Boise, ID, United States.
- Tate, K. J. & Weddle, J. D. (2020, October 19-22). A Description of Rural School-age Children's Interest in Afterschool Program Activities [Conference presentation]. National Association of Extension 4-H Youth Development Professionals 2020 Convention, Boise, ID, United States.
- Corkins, C., Westfall-Rudd, D., Scherer, H. H., & Grohs, J. (2020, February 2-4). 4-H STEM education: A qualitative exploration of engineering understandings in 4-H STEM educators [Conference presentation]. 2020 Southern Region American Association of Agricultural Education Conference. Louisville, KY, United States.
- Anderson, B. (2020, October 20). Ten Years of FilmFest 4-H: The national 4-H film festival [Roundtable session]. National Association of Extension 4-H Youth Development Professionals 2020 Convention, Boise, ID, United States.

- Anderson, B., Colby, C., Deichert, J., Korhuis, E., Moll, S., Morlock, J., Rohlf, L., and Watson, P. (2020, October 21). I can see clearly now: The “A” in STEAM [Poster presentation]. National Association of Extension 4-H Youth Development Professionals 2020 Convention Boise, ID, United States.
- Anderson, B. (2020, June 17). One Year Later: Expanding Diversity and Inclusiveness on Missouri’s State 4-H Council [Conference presentation]. Cambio de Colores Conference, St. Louis, MO, United States.
- Adkins, T. (2020, May 19) An Exploratory Intrinsic Case Study of Food Insecurity Events in Positive Youth Development Organizations [Conference presentation]. American Association for Agriculture Education National Conference, Oklahoma City, OK, United States.
- Worker, S., Fabregas Janeiro, M.G., & Lewis, K. (2020, October 19-22). Comparing program experience and youth development outcomes between delivery modes [Roundtable session]. National Association of Extension 4-H Youth Development Professionals 2020 Convention, Boise, ID, United States.
- Schmitt-McQuitty, L., Fabregas Janeiro, M. G., Worker, S.M., Carrasco, C.P., Hill, R., Ortega, L. (2020, October 19-22). UCANR 4-H Latino Initiative 2015-2019 [presentation]. National Association of Extension 4-H Youth Development Professionals 2020 Convention, Boise, ID, United States.

Recognitions

National Recognitions

Donna M. Garcia, State Specialist. National Excellence in Extension Award for Diversity for Youth Futures given by the Association of Public Land-Grant Universities (APLU)

Kim Hall, FS, WC Region. 25 Years of Service given by the National Association of Extension 4-H Youth Development Professionals

Karla Deaver, CES, SW Region. 25 Years of Service given by the NAE4-HYDP

State Awards

Elaine Anderson, CES, WC Region. ESP - Early Career Award

Velynda Cameron, CES, WC Region. The David E. Baker Distinguished Extension Programmatic Leadership Award - 2020 given by MU Extension

Chelsea Corkins, CES, NW Region. Carl N. Scheneman Excellence in Teaching Award given by MU Extension

Chelsea Corkins, CES, NW Region. Rookie of the Year given by the University of Missouri Extension Association (UMEA)

Chelsea Corkins, CES, NW Region. Outstanding Program Awards - 1st Place for 4-H Live given by the University of Missouri Extension Association (UMEA)

Chelsea Corkins, CES, NW Region. First Timer’s Scholarship - North Central and National Awardee given by the National Association of Extension 4-H Youth Development Professionals (NAE4-HYA)

Daneal Gerke, YPA, WC Region. 2020 Staff Programming Award given by MU Extension

Regional Awards

Robert McNary, CES, SW Region. Missouri Farm Bureau Award given by the Missouri Farm Bureau

Velynda Cameron, CES, WC Region. Polk County’s Pillar of Agriculture given by the Bolivar Herald Free Press

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OF INNOVATION**



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