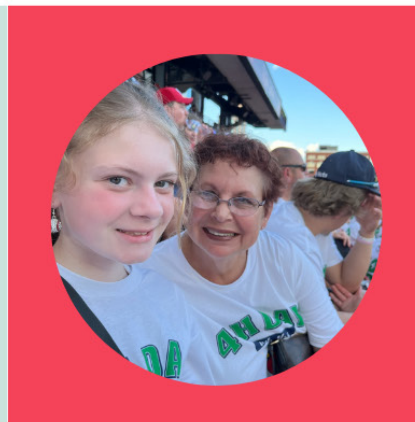
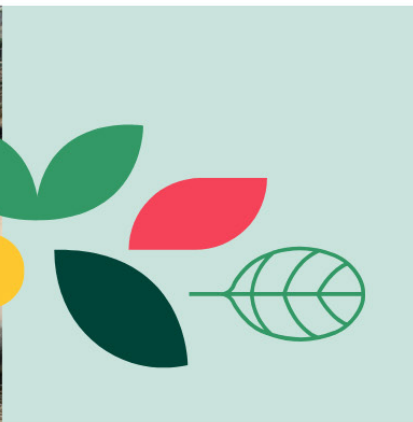


# 4-H CLOVER

2024-2025  
CATALOG

## HELPING YOUTH THRIVE



# MISSOURI 4-H IS NOT YOUR ORDINARY “CLUB”

More than 53,000 members strong, Missouri 4-H is a vibrant, dynamic community of young people who are learning, thriving, and preparing to be the leaders of today and tomorrow—making a real impact in their community, country, and world. 4-H offers youth opportunities to develop leadership, citizenship, and life skills through engaging and innovative hands-on activities. 4-H is dedicated to empowering youth of all abilities.

**OUR MISSION:** Engaging youth as valued, contributing members of their communities in partnership with caring adults.

**OUR VISION:** A world in which youth and adults learn, grow and work together for positive change.

**YOUR EXPERIENCE:** Build friendships at camps, conferences and events as well as club and project meetings. Showcase your work and creations at fairs and competitions. Dive into exciting activities that interest you!

## THE CLOVER

This publication will explain the 4-H program and give you direction on how to get started or re-enroll in Missouri 4-H's program. There are several ways to experience 4-H and we can help you find what works for YOU!

## THE 4-H CENTER FOR YOUTH DEVELOPMENT

The 4-H Center for Youth Development is Missouri's state 4-H office. It houses faculty and staff that support the 4-H County Programs. While your main point of contact for 4-H is your County Extension office (see the next page for details), feel free to contact the 4-H Center at any time.

4-H Center for Youth Development, University of Missouri  
524 Hitt St., Gentry Hall, Columbia, MO 65201  
Phone: 573-882-9359

**FOR MORE INFO VISIT:**  
[4H.MISSOURI.EDU](http://4H.MISSOURI.EDU)

**facebook.com/missouri4h**

**instagram.com/missouri4h**

**@missouri4h**

**youtube.com/missouri4h**

**4-H Center for Youth Development**

**MISSOURI 4-H WEEK**



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# UNIVERSITY OF MISSOURI EXTENSION COUNTY CENTERS

County	Address	Telephone	County	Address	Telephone
Adair	503 E Northtown Rd, Kirksville, 63501	660-665-9866	Livingston	511 Elm St, Chillicothe, 64601	660-646-0811
Andrew	411 Court St, Courthouse, PO Box 32, Savannah, 64485	816-324-3147	Macon	111 N Rollins, Macon, MO 63552	660-385-2173
Atchison	201 Highway 136 E, Rock Port, 64482	660-744-6231	Madison	8 Court Square, Fredericktown, 63645	573-783-3303
Audrain	101 N Jefferson St, Room 304, Mexico, 65265	573-581-3231	Maries	Courthouse, PO Box 116, Vienna, 65582	573-422-3359
Barry	700 Main St, Ste 4, Cassville, 65625	417-847-3161	Marion	100 S Main St, Rm 201, Palmyra, 63461	573-769-2177
Barton	801 E 12th St, Lamar, 64759	417-682-3579	McDonald	500 Olin St., PO Box 336, Pineville 64856	417-223-4775
Bates	1 N Delaware, Courthouse, Butler, 64730	660-679-4167	Mercer	505 S Steward St, Princeton, 64673	660-748-3315
Benton	100 W Washington, PO Box 969, Warsaw, 65355	660-438-5012	Miller	134 Second St, PO Box 20, Tuscumbia, 65082	573-369-2394
Bollinger	302 Union St., P.O. Box 19, Marble Hill 63764	573-238-2420	Mississippi	109 N First St, Charleston, 63834	573-683-6129
Boone	1012 N Highway UU, Columbia, 65203	573-445-9792	Moniteau	100 E Newton St, 4th Fl, Courthouse, Versailles, 65084	573-378-5358
Buchanan	4125 Mitchell Ave, St Joseph, 64507	816-279-1691	Monroe	229 N Washington, Paris, 65275	888-577-4158
Butler	614 Lindsay, Ste 3, Poplar Bluff, 63901	573-686-8064	Montgomery	310 Salisbury St, Ste E, Montgomery City, 63361	573-564-3733
Caldwell	49 E Broadway, PO Box 25, Kingston, 64650	660-586-1010	Morgan	100 E Newton St, 4th Fl, Courthouse, Versailles, 65084	573-378-5358
Callaway	5803 County Rd 302, Fulton, 65251	573-642-0755	New Madrid	330 US Highway 61, New Madrid, 63869	573-748-6197
Camden	179 Business Rte 5, PO Box 1405, Camdenton, 65020	573-346-2644	Newton	18728 Hwy 59, Neosho, 64850	417-455-9500
Cape Girardeau	684 W Jackson Trl, PO Box 408, Jackson, 63755	573-243-3581	Nodaway	403 N Market St, Room 308, Maryville, 64468	660-582-8101
Carroll	111 N Mason St., Ste.3, Carrollton, 64633	660-542-1792	Oregon	Courthouse, PO Box 97, Alton, 65606	417-778-7490
Carter	301 Oliver St, PO Box 459, Van Buren, 63965	573-323-4418	Osage	205 E Main St, PO Box 795, Linn, 65051	573-897-2497
Cass	201 W Wall St, Harrisonville, 64701	816-380-8460	Ozark	526 3rd St, PO Box 187, Gainesville, 65655	417-679-3525
Cedar	113 South St, Stockton, 65785	417-276-3313	Pemiscot	2353 N State Hwy D, Hayti, 63851	573-333-0258
Chariton	306 S Cherry, Courthouse, Keytesville, 65261	660-288-3239	Perry	321 N Main, Ste 1, Perryville, 63775	573-547-4504
Christian	1701-B W Jackson St., PO Box 1390, Ozark, 65721	417-581-3558	Pettis	1012A Thompson Blvd, Sedalia, 65301	660-827-0591
Clark	111 E Court St, Ste 10, Kahoka, 63445	660-727-3339	Phelps	Courthouse, 200 N Main, Ste G8, Rolla, 65401	573-458-6260
Clay	1901 NE 48th St, Kansas City, 64118	816-407-3490	Pike	210 W Main St, Courthouse Annex, Bowling Green, 63334	573-324-5464
Clinton	100 South Y Hwy, PO Box 294, Plattsburg, 64477	816-933-2138	Platte	2702 NW Prairie View Dr, Kansas City, 64153	816-270-2141
Cole	2436 Tanner Bridge Rd, Jefferson City, 65101	573-634-2824	Polk	110 E Jefferson St, Bolivar, 65613	417-326-4916
Cooper	510 Jackson Rd, Boonville, 65233	660-882-5661	Pulaski	301 Historic Rt. 66 E, Ste. 208F, Waynesville, 65483	573-774-4766
Crawford	61 E Hwy 8, PO Box 190, Steelville, 65565	573-775-2135	Putnam	Courthouse, Rm 104, Unionville, 63565	660-947-2705
Dade	2 N Main St, Greenfield, 65661	417-637-2112	Ralls	311 S Main St, PO Box 540, New London, 63459	573-985-3911
Dallas	108 Maple St Courthouse, PO Box 1072, Buffalo, 65622	417-345-7551	Randolph	509 W Reed St, Moberly, 65270	660-269-9656
Daviess	102 N Main St, Ste 1, Courthouse, Gallatin, 64640	Ext. 5 at 660-663-3300	Ray	PO Box 204, 1015 W Royle St, Richmond, 64085	816-776-6961
DeKalb	102 W Main St, PO Box 446, Maysville, 64469	816-306-8071	Reynolds	180 S Main, PO Box 721, Ellington 63638	573-226-3268
Dent	112 E 5th St, Suite 4, Salem, 65560	573-729-3196	Ripley	100 Courthouse Square, Ste 7, Doniphan, 63935	573-996-2921
Douglas	203 SE 2nd Ave, Courthouse, PO Box 594, Ava, 65608	417-683-4409	Saline	353 S Lafayette Ave, Marshall, 65340	660-886-6908
Dunklin	233 N Main St, PO Box 160, Kennett, 63857	573-888-4722	Schuyler	110 W Washington, P.O. Box 310, Lancaster, 63548	660-457-3469
Franklin	100 Union Plaza Dr, Union, 63084	636-583-5141	Scotland	117 S Market St, Rm 105, Memphis, 63555	660-465-7255
Gasconade	1106 West Hwy 28, Owensville, 65066	573-437-2165	Scott	6458 State Hwy 77, PO Box 187, Benton, 63736	573-545-3516
Gentry	1109 S Birch, Albany, 64402	660-726-5610	Shannon	14923 Old W Eminence Rd, PO Box 337, Eminence 65466	573-226-3268
Greene	2400 S Scenic Ave, Springfield, 65807	417-881-8909	Shelby	106 E Third St, PO Box 230, Shelbyville, 63469	573-633-2640
Grundy	511 Elm St, Chillicothe, 64601	660-646-0811	St Charles	260 Brown Rd, St Peters, 63376	636-970-3000
Harrison	1505 Main St, Courthouse Bsmr, Bethany, 64424	660-425-6434	St Clair	655 Second St, 1st Fl, PO Box 523, Osceola, 64776	417-646-2419
Henry	120 E Lincoln St, Clinton, 64735	660-885-5556	St Francois	1 W Liberty, Ste 101, Farmington, 63640	573-756-4539
Hickory	18715 Cedar St, Hermitage, 65668	417-745-6767	St Louis City	2555 Florissant Rd, St Louis, 63121	314-200-2705
Holt	101 E Missouri St, PO Box 407, Oregon, 64473	660-446-3724	St Louis	9667 Page Ave, St. Louis, 63132	314-400-2115
Howard	600 W. Morrison, Ste 17, Fayette, 65248	660-248-2272	Ste Genevieve	1300 Progress Parkway, Suite B, Ste Genevieve, 63670	573-883-3548
Howell	1376 Bill Virdon Blvd, West Plains, 65775	417-256-2391	Stoddard	316 S Prairie, PO Box 169, Bloomfield, 63825	573-568-3344
Iron	123 W Wayne St, Ironton, 63650	573-546-7515	Stone	108 E 4th St, Courthouse, PO Box 345, Galena, 65656	417-357-6812
Jackson	105 E. 5th St, Suite 200, Kansas City 64106	816-252-5051	Sullivan	109 N Main St, Ste 30, Milan, 63556	660-265-4541
Jasper	302 S Main, Courthouse Basement, Carthage, 64836	417-358-2158	Taney	122 Felkins Ave, PO Box 598, Forsyth, 65653	417-546-4431
Jefferson	301 Third St, PO Box 497, Hillsboro, 63050	636-797-5391	Texas	114 W main St, Ste 2, Houston, 65483	417-967-4545
Johnson	135 W Market, Warrensburg, 64093	660-747-3193	Vernon	100 W Cherry St, 1st Fl Rm 2, Nevada, 64772	417-448-2560
Knox	110 N 4th St, Edina, 63537	660-397-2179	Warren	107 W Walton, Warrenton, 63383	636-456-3444
Laclede	186 N Adams Ave, Ste D, Lebanon, 65536	417-532-7126	Washington	106 N Missouri St, Potosi, 63664	573-438-2671
Lafayette	14 E 19th St, Ste 102, Higginsville, 64037	660-584-3658	Wayne	109 Walnut St, PO Box 200, Greenville, 63944	573-224-5600
Lawrence	1 E Courthouse Bsmr, PO Box 388, Mt Vernon, 65712	417-466-3102	Webster	800 S Marshall St, Marshfield, 65706	417-859-2044
Lewis	104 E Jefferson, PO Box 68, Monticello, 63457	573-767-5273	Worth	11 W 4th St, Courthouse, Grant City, 64456	660-564-3363
Lincoln	880 W College, Troy, 63379	636-528-4613	Wright	608 E State St, Mountain Grove, 65711	417-349-4134
Linn	21262 Genoa Rd., Linneus, 64653	660-895-5123			

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# WELCOME LETTER AND PLEDGE



**Maria G. (Lupita)  
Fabregas Janeiro, PhD**

Program Director  
Missouri 4-H

Dear 4-H Member,

I have the honor to present you with our 2024 Missouri 4-H "Clover". This publication is designed to provide you with enough information to enroll, select your projects, and access the resources we have designed for you.

Each year we try to improve our publication. As you are aware, 4-H is organized by the 4-H mandate areas: STEM & Agriculture, Healthy Living, and Civic Engagement. We break the Clover down a bit further for ease of use, similar projects are grouped, and each project has a description of what you can expect to learn. This year you will find more information on statewide contests, national trips and the 4-H Collegiate program. Collegiate 4-H is now open to all post-secondary education institutions, expanding from the Mizzou Collegiate 4-H Club.

Our mission remains the same, to offer 4-H to all youth around the state and we need your help to make this happen. Please think of how we can expand the 4-H program and share your ideas with us. We are here to support you! Think about going to the schools or the community centers.

Please help us to spread the word and offer our youth different ways to become a 4-H member. Our 4-H members now can choose how they want to participate in 4-H ... there are community clubs, SPIN clubs, after-school programs, school enrichment, in-school programs and much more.

Welcome back to a new Missouri 4-H year and to the Missouri 4-H family!

Lupita Fabregas

## I PLEDGE...



### MY HEAD

to clearer thinking,



### MY HEART

to greater loyalty,



### MY HANDS

to larger service,



### MY HEALTH

to better living

**FOR MY CLUB, MY COMMUNITY, MY COUNTRY, AND MY WORLD.**

# ENROLLING IN 4-H ONLINE

## NEW FAMILIES ENROLLING IN MISSOURI 4-H

Your local MU Extension center and 4-H staff can help you find a club, discuss project selection and begin the enrollment process. To enroll in Missouri 4-H Online, you need Internet access and a valid email address. Go to <http://v2.4honline.com>.

1. Select “**Don’t have an account,**” and then select your state from the drop-down menu. In the next drop-down menu, select your 4-H participation county. Email addresses must be valid in order for you to have access to your information. *This is your account login, as well as how you will receive information.*

2. Next, complete the information for your family profile. All youth and adult members in your family will be managed under this family profile.

3. If you create a new account and an existing account is found, click the **Confirm** button and continue to Logging in with an Existing 4-H Online Account. **Go to step 3 in next column.**

4. Add members to the family (adult or youth) by clicking *Add Member* and completing the profile for each member.
5. Complete the profile for each member, including contact and demographic information, authorizations, health form, club and project selection.
6. Submit your enrollment, and pay the required dues reflected on member invoices.

## RETURNING FAMILIES RE-ENROLLING IN MISSOURI 4-H

1. If you have an account in 4-H Online, go to <http://v2.4honline.com>.
2. Enter your email address and password.
3. Click **Sign-In**. *If you have forgotten your password, click “Reset Password?” to receive an email with a link to set a new password.*

4. Continue to **Youth and Clover Kid Member Enrollment** to re-enroll youth members, to **Adult Enrollment** to re-enroll Adult members or to **Adding New Members** to add new Family Members.
5. Your member record will be listed on the family Member List. Click *Enroll Now* under the Program in which you would like to enroll.
6. If you are a new member and your name is not yet listed, click *Add Member*.
7. Review all content in the member profile, update any health form changes and change any projects (if you aren’t enrolling in a project, delete it for this year).
8. Submit your enrollment, and pay required dues reflected on member invoices.\*\*

*\*\*All state event registrations require a member to be in “Active” status in 4-H Online. Members will remain in “Pending” status until the county review of membership and state/county membership dues are processed. Adult volunteer applicants remain in “Pending” status until all steps of the volunteer process are completed and accepted.*

## NEED HELP? CONTACT YOUR LOCAL EXTENSION OFFICE.

If online access is not readily available to you or your family, contact your local Extension office for alternatives.



# REGISTERING FOR AN EVENT IN 4-H ONLINE

1. Log in to your family's 4-H Online account.
2. Click **Register** below the event on the Member List page OR click on Events in the navigation pane, and then click **Register** for any event.

3. Click the Member's name that you would like to register for the event and then click **Select**.

4. Click on the registration type for which they are registering. In some events, the member may qualify for more than one type.
5. Click **Start Registration**.

Name	Role	Start Date	End Date
Youth Member	ClubMember	Jan 30, 2020	Feb 7, 2020

At the bottom, there is a 'Start Registration' button highlighted by a red arrow.

6. Complete each question.

7. If a file upload is needed, click *Upload*. Navigate your device and select the file to upload.
8. Click **Next** once the questions are complete.

9. If applicable, review the Health Form (make changes if necessary) and complete Medical Release. Click **Next**.

10. If applicable, complete the required consents. Click **Next**.

11. If applicable, select a payment method to pay any fees associated with the registration. Click **Finish**.

12. Your event registration has been submitted. You should receive an email indicating that the registration has been submitted. You will receive an additional email when it has been reviewed and approved and when the payment, if any, has been processed.

# 4-H NATIONAL EXPERIENCES

## NATIONAL 4-H CONFERENCE

You will visit our nation's capitol in this pinnacle experience in 4-H Civic Engagement. While at this event, you will participate in roundtable discussions, present briefings to federal officials, and visit with legislators.

**Held yearly in April; applications due October 1.**

## NATIONAL 4-H CONGRESS

Travel to Atlanta, GA to participate in workshops, perform service learning locally, tour landmarks, and meet other 4-H'ers from across the country.

**Held yearly in November; apply through Level 3 State Excellence Awards.**

## CITIZENSHIP WASHINGTON FOCUS

Travel to Washington D.C. for the civic engagement event of a lifetime. Teens learn leadership and communication skills through history, democracy, and our amendments.

**Missouri attends in even years; look for details in the fall prior to the event.**

## IGNITE

Travel to D.C. for a 4-day experience where high-school aged teens connect, make memories and find their spark by exploring the best 4-H has to offer in STEM, Agriscience, Healthy Living, Career Readiness and Emotional Well-being.

**Held in the spring; watch for details.**

## NATIONAL CONTESTS

Once you have sharpened your skills, take part in a state contest! Top competitors are sent to national 4-H competitions to represent Missouri. These include:

- |                 |                     |
|-----------------|---------------------|
| • Dairy Judging | • Livestock Judging |
| • Fashion Revue | • Meat Judging      |
| • Hippology     | • Poultry Judging   |
| • Horse Bowl    | • Public Speaking   |
| • Horse Judging | • Shooting Sports   |





4-H is the youth development program of MU Extension, in partnership with Lincoln University, the U.S. Department of Agriculture and local governments. 4-H and MU Extension programs are open to all persons.

## WHERE DO I PARTICIPATE?

You should participate in the 4-H program in the community where you live, whenever possible. If this is not possible, your local 4-H faculty will work with you to develop a plan for 4-H membership (see pg. 3 for a list). 4-H membership can be moved to another county or state any time of the year. Members may participate in multiple 4-H groups or programs. Ask your local 4-H faculty if you have questions.

## HOW OLD DO I HAVE TO BE?

Your 4-H age determines how you can enroll in 4-H. 4-H age is determined by your actual age on December 31 of the 4-H year. The 4-H year starts on October 1 and ends on September 30. For example, your child may be 12 years old when you enroll in October, but then has a birthday on December 17. Your child's age for the entire 4-H year is 13 since their birthday happened by the end of the calendar year.

## INCLUSIVE 4-H PLAN

Youth with special needs can continue in 4-H until age 21. With assistance from the county 4-H professional or club leader, the parents/guardians complete the Inclusive 4-H Plan Request Form (LG918) (PDF) to make accommodations so that the youth may participate in 4-H how they can. Working with the youth and their parents/guardians is imperative to set goals and modify experiences to meet the child's needs. Being sensitive to the concerns of the parents and youth is important to help them feel included. Resources include:

- Inclusive 4-H Plan Request Form (LG918) (PDF)
- Inclusive 4-H Plan Resource Guide for Volunteers (LG919) (PDF)
- Inclusive 4-H Plan Request of Club Leaders (LG917) (PDF)

## CAN ANYONE BE A MEMBER?

Yes! 4-H membership is available year round to any youth. There may be criteria for participation in certain events and to access financial support. Financial aid is available, please contact your County Extension office for details.

## WHEN CAN I ENROLL?

While the official start of the 4-H year is October 1, you may enroll in county 4-H programs at any time during the program year, October 1 through September 30. Be aware of state or local deadlines for participation in certain activities or programs. Consult your local 4-H youth faculty for current information. Youth member and volunteer enrollment in 4-H includes an online process at <http://v2.4honline.com>. Please note that there are no enrollment refunds.

## WORK FOR MU EXTENSION | 4-H

Join our 4-H faculty and staff across the state in shaping the leaders of today and tomorrow.

### OVER 18

Become a volunteer!  
(see pages 14-15 for details)

### COLLEGE AGE

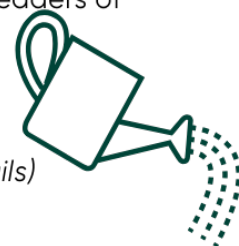
Check out Collegiate 4-H!  
(see pg. 54)

### AGES 8 - 18

You have more choices!  
(choose your projects from pages 18-40)

### AGES 5 - 7

You will be a Clover Kid!  
(see page 17)



# GROW WITH 4-H

# WAYS TO PARTICIPATE IN MISSOURI 4-H

## 4-H COMMUNITY CLUB

- Enroll in projects, participate in group activities, and attend club meetings.
- Organized and supported by a volunteer club leader and team of recognized volunteers.
- Elect officers and plan learning activities and community service activities together.
- May opt to be a single project club, where all members focus on the same project.

## 4-H SPECIAL INTEREST (SPIN) CLUB

- Focus on a specific topic led by an expert in the field.
- Meet for a set period (e.g. weekly or bi-weekly for 6-8 weeks)

## 4-H AFTER SCHOOL CLUBS

- Meet after school varying from a short period of time to a full 4-H program year.
- With over 100 different project topic areas there can be multiple, grade specific focus on a single project.
- Can elect officers and plan learning activities with options of public speaking, community service and links to career readiness.
- Please visit our website for project alignment to Missouri State Learning Standards.

## 4-H INDEPENDENT/INDIVIDUAL MEMBERSHIP

- This option is for youth living some distance from a 4-H club or group, who have conflicts with school, work or other obligations, attending a college or university away from home, or who have a highly specialized interest.
- Age requirement: ages 8-18 on Dec. 31 of the program year.
- Falls under the Community Club category in the chart below.
- Individual members complete a plan and file it with the local MU Extension center. Find the Y639, Individual 4-H Member Comprehensive Plan on the Missouri 4-H website: [4h.missouri.edu/](https://4h.missouri.edu/)

## 4-H IN-SCHOOL CLUBS & SCHOOL ENRICHMENT

- Meet during school with varying from short period of time to a full 4-H program year.
- Youth participate in projects that supplement their existing lessons.
- Can elect officers and plan learning activities with options of public speaking, community service and links to career readiness.
- Please visit our website for project alignment to Missouri State Learning Standards.

	Community Clubs (ages 5-18)	SPIN Clubs (ages 5-18)	Afterschool Club (K-12 grade)	In-School Club (K-12 grade)	School Enrichment (K-12 grade)
Enrollment	Individual enrollment through 4-H Online		Group Enrollment (if students want to participate in anything outside of school, they must enroll individually)		
Enrollment Fees	\$25 per member + County Dues SPIN - fees above if not already enrolled		Group Enrollment fee not required		
When do we meet?	Anytime		After school hours	During school hours	During school hours
How often do we meet?	Year-long	Short Term: at least 6 hours	Varies but minimum 6 hours		Short Term
Eligible for participation in?					
4-H Council	✓	✓	✓	✓	✓
Club Charter	✓	✓	✓	✓	✓
Exhibit at county fair	✓	✓	😊	😊	😊
Regional energizers, camps, Teen Conference, 4-H Congress	✓	✓	😊	😊	😊
County-level fund raising activities	✓	✓	✓	✓	✓

☺ = if youth chooses to enroll individually    ✓ = eligible

# HOW TO BECOME A CHARTERED 4-H CLUB



Missouri 4-H and MU Extension is committed to protecting our 4-H program, its members and the 4-H Name and Emblem. Missouri 4-H, as part of University of Missouri Extension, has the responsibility and authority to protect the 4-H Name and Emblem. Permission to use the 4-H Name and Emblem is given to clubs through the 4-H charter.

## WHAT IS A CLUB CHARTER?

A 4-H Club charter grants permission for a club/group to operate in the name of 4-H. It is an agreement by the 4-H club/group with the State 4-H office and County Extension office to follow and abide by all state and local 4-H policies, procedures and requirements.

Chartering is a process that allows 4-H staff to verify the financial status, business and legal documentation for each club/group operating under 4-H.

All 4-H community, in-school, after-school, and SPIN clubs must be chartered.

Please contact your County Extension Office for details on the chartering and rechartering process.

## HOW TO NAME YOUR 4-H CLUB:

**Select a name** for your 4-H club; be sure to include the Name of the Club, County, Delivery Mode and the words 4-H Club.

Example: (Eagles of Macon County After-school 4-H Club)

*Please contact your County Extension Office if you need help with your Club name.*

*For more details on the use of the 4-H Name and emblem, please see the [4-H Name and Emblem Use Handbook](#).*



# Missouri 4-H says **THANK YOU**

## Missouri 4-H Foundation Board of Trustees and staff

### HELPING TO GROW OUR 4-H COMMUNITY



The Missouri 4-H Foundation provides direct program support that allows our youth to develop practical skills, take on leadership roles, travel to National 4-H events, receive scholarships to further their education, and so much more.



# PROJECTS

## HOW DO I CHOOSE A PROJECT AND HOW MANY PROJECTS CAN I TAKE?

There are so many projects offered, it can be hard to narrow down your selections. As you choose projects, consider how much time you have to devote to project work. It's better to do a few projects really well than choose a lot and not have time to complete them. Also keep in mind that to truly master a project it may take you more than a year. You may enroll in the same project multiple years. Consider enrolling in projects you are familiar with as well as exploring projects that are new to you. When choosing projects, a general guideline for members who are 8-10 years of age is to be involved in about three projects. Those who are 11 and older could choose 3-6 projects. Every young person is different, so work with your club leader and county 4-H staff to find the projects that are the best fit for you and the number of projects that are a good fit for you and your family.

1



Explore the 4-H projects in this Clover to see what looks fun to you.

2

Choose a topic you want to know more about.



4

Consider the time & money it will take.



3

Select only the number of projects you can complete!

7

Contact your local county office to see which projects are offered where you live.

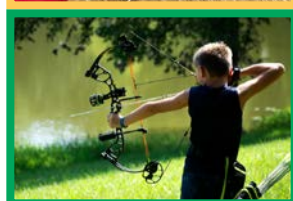
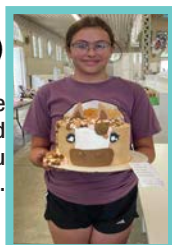


8

When you enroll, in 4-H Online, add your projects.

5

Consider the space and equipment you have at home.



6

Will this project be fun, serve a purpose, and be worth your effort?

**SNAP SHOTS:** Many of the projects have Snap Shots (previously known as project briefs) available for free download. Project briefs are two-page overviews of a project to supplement project curriculum; they include activity and community service ideas, objectives, fair project ideas, and project resources. Project briefs are available with the other curriculum resources on the project web pages.

## I WANT TO TAKE A CERTAIN PROJECT, BUT THERE ISN'T A LEADER. WHAT DO I DO?

Project offerings are dependent on finding volunteer leaders. If a project isn't offered in your club, check to see if it is offered on the county level or regional/state level. If a project leader isn't easily found, often family members become the leader. Project materials are available for most projects. They are easy to read, explain the project, and offer suggestions on project meetings, exhibits and more.

## WHERE DO I FIND PROJECT CURRICULUM?

Each project listed in the Clover has curriculum that aligns with learning and advancement in Missouri 4-H projects. You will find the curriculum and suggested resources for all levels of the projects on our website (4h.missouri.edu). Links on the website will take you to either purchase the curriculum or download the resource.

## HOW DO I SHOW WHAT I'VE LEARNED THROUGH MY 4-H EXPERIENCE?

Exhibiting 4-H project items is one way for young people to show what they have learned and accomplished. County fairs, achievement days, festivals and the Missouri State Fair provide places for 4-H members to showcase their work.

Here are a few guidelines:

- Exhibits should demonstrate the knowledge and skills gained by the 4-H'er for the specific project in which they are enrolled.
- Exhibits should be 4-H member's own work.
- Exhibits should be made or completed in the current program year.

# HELPING YOUTH THRIVE

**4-H** provides a developmental context for high-quality programming where youth feel they belong, they matter, and where they explore personal interests – their sparks. Successful educational settings help build developmental relationships with adults or peers that express care, challenge growth, and share power. Combining all these components creates a development context where young people can belong and grow.

## YOUTH THRIVING

**By starting with the context building blocks, we know youth are thriving when they:**



Show a willingness to try new challenges

Realize that effort is as important as natural ability



Believe in a hopeful future and purpose in life

Are connected to something greater than themselves



Demonstrate the values of respect, honesty, responsibility, empathy and helping

Are able to express and manage emotions appropriately



Set and manage goals, while continuing to work toward goal achievement

## LONG-TERM OUTCOMES

This means that as a result of the work done today to engage young people in quality learning opportunities that interest them with caring adults, youth will thrive long into the future. This work, done over a period of many years, through their involvement in 4-H, leads to adults who are more likely to:



Find success in the profession or vocation of their choice



Give back to their communities through their time and talents



Be happy and have a greater personal sense of well-being over time

**That makes 4-H a current investment that is worth making for the long-term well-being of every young person.**

## DEVELOPMENTAL OUTCOMES

**Once youth start to thrive they...**



Are more likely to be motivated and succeed in school

Interact with others in positive ways



Set and achieve high personal standards for themselves

Contribute to their families, communities, and beyond through generosity



Be active participants in strong personal and community networks

Take personal responsibility for themselves and the world around them



## DEVELOPMENTAL CONTEXT (4-H Programs)





# VOLUNTEERING IN 4-H

Volunteers are the heart of the 4-H program. Our volunteers fill many roles, such as being a 4-H council member, chairing a committee, leading a 4-H project group or 4-H club, teaching 4-H afterschool enrichment programs, helping at the county fair or serving as an adult chaperone at camp.

All volunteer applicants must go through an annual selection process. Program staff make the final selection based on the best match between applicant skills, interest and current program needs. Interested applicants should talk to their local 4-H staff to learn the most current application steps. The steps should be complete by 12/31 each year in order to get enthusiastic youth engaged in the program as soon as possible.

## VOLUNTEER CODE OF ETHICS

### WORK WITHIN THE 4-H SYSTEM.

As a 4-H volunteer, I am accountable for my actions to the county 4-H Council, county University of Missouri Extension Council, Missouri 4-H Youth Development programs and University of Missouri Extension. If my personal conduct is deemed by these bodies to violate this agreement or if I fail to meet any stated policy, I know I may be relieved of my 4-H duties.

### PROVIDE A SAFE ENVIRONMENT.

I will not harm youth or adults in any way, whether through sexual harassment, physical force, verbal or mental abuse, neglect or other harmful experience.

### STRIVE TO BE A POSITIVE ROLE MODEL.

By my example, I will help individuals learn to respect and cooperate with others. I will teach others to compete with honesty and fair play.

### WORK AS A “TEAM PLAYER” FOR THE GOOD OF ALL PERSONS.

I will work cooperatively with other adult volunteers for the good of all involved in the program.

## MISSOURI 4-H VOLUNTEER RECOGNITION

**FRANK GRAHAM 4-H VOLUNTEER LEADERSHIP AWARD:** recognizes exemplary volunteers who work with young people. The statewide recognition is awarded annually and is named in honor of Frank Graham, a founding member of the Missouri 4-H Foundation and director of extension 4-H youth programs from 1958 to 1975. He was an avid supporter of volunteer leadership, believing that volunteers are the foundation of 4-H. Staff should email [4hyouth@missouri.edu](mailto:4hyouth@missouri.edu) for details about the award process.

**NAOMI CROUCH 4-H VOLUNTEER LEADERSHIP AWARD:** sponsored by the Missouri 4-H Foundation, the Naomi Crouch Volunteer Leadership Awards recognize volunteers and businesses or organizations that have made significant contributions to Missouri 4-H youth. The statewide recognition is awarded annually to two leaders and one business or organization. The award is named in honor of Naomi Crouch, a Clay County 4-H parent, volunteer and former Missouri 4-H Foundation trustee.

**MISSOURI 4-H HALL OF FAME AWARD:** individuals who have created exceptional legacies of volunteer service and dedication to Missouri 4-H are recognized and honored with membership in the Missouri 4-H Hall of Fame. Induction into the Missouri 4-H Hall of Fame caps a lifetime of 4-H involvement. Award recipients will be recognized at the Missouri 4-H Hall of Fame induction ceremony, held annually during the Missouri State Fair by the Missouri 4-H Foundation.

## STEPS TO BECOME A 4-H VOLUNTEER

### 1 IDENTIFY A ROLE

Applicants need to ask local 4-H staff about current volunteer needs (e.g., co-leader for a 4-H club). Ask to see volunteer role descriptions to identify a role that might be a good fit.

### 2 BUILD OR UPDATE YOUR PROFILE

Build a new or, if returning, annually update your volunteer profile in 4-H Online — **You must answer YES to the volunteer question!**

### 3 COMPLETE THE 4-H VOLUNTEER ORIENTATION

If you are a brand new 4-H volunteer applicant, complete the 4-H volunteer orientation. You will learn basic terms, organizational structure and safety practices. **Once finished you will click submit.**

### 4 COMPLETE THE BACKGROUND CHECK CONSENT FORM

Background checks are completed every 3 years on all active volunteers. This includes any adult, age 18 or older, serving as an overnight chaperone who might be alone with 4-H youth. **YOU WILL ALSO COMPLETE THE MANDATED REPORTER TRAINING.**

See more volunteer information, including application steps and training opportunities at <http://4h.missouri.edu>



# VOLUNTEERS ARE THE OF 4-H


Volunteers spend their time in a variety of ways, not only teaching skills and facilitating learning experiences, but connecting youth to their communities.

*\*North Central Region 4-H Volunteer Impact Study*

## HOW DO YOU VOLUNTEER?

- 94% Taught youth new skills.
- Planned learning experiences. 92%
- 86% Made community connections.
- Shared the value of the 4-H. 82%
- 81% Recruited new youth to 4-H.
- Taught other 4-H volunteers. 70%
- 71% Recruited new volunteers to 4-H.
- Solicited donations. 71%
- 64% Partnered with community orgs.

## HOW DO YOU BENEFIT FROM VOLUNTEERING?

- \* I built new relationships with youth.
- \* I made a diff. in the lives of youth.
- \* I impacted my community. 
- \* Gained skills I can use in other settings.
- \* Increased confidence as a leader.
- \* Increased problem solving skills.
- \* Improved public speaking.



Scan code to access volunteer resources on our website.



Extension  
University of Missouri



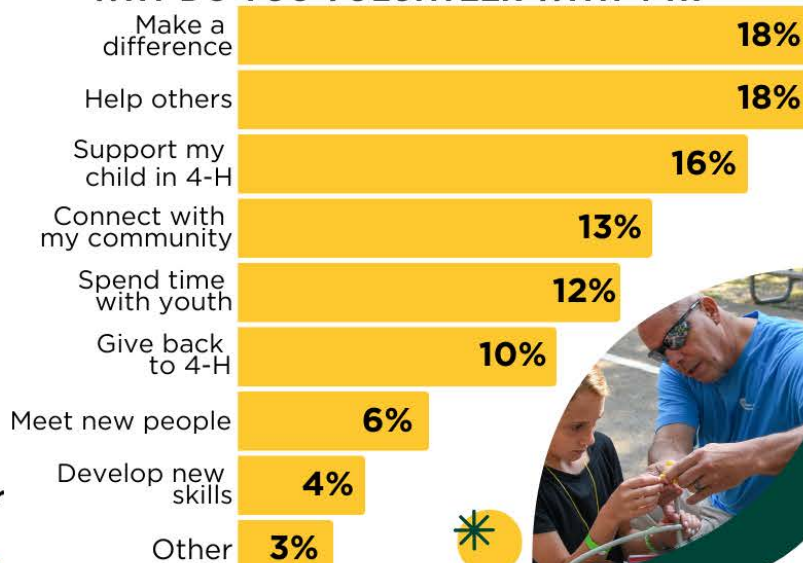
## MAKE A DIFFERENCE!

Share your **TIME** and **TALENTS** with our youth! Become a 4-H volunteer today!

Contact your 4-H agent in your local MU Extension office today! (see pg. 3)



## WHY DO YOU VOLUNTEER WITH 4-H?



# MISSOURI 4-H PROJECTS

## PROJECT RECORD KEEPING

The 4-H Project Record should be used with all 4-H projects. The purpose of the Y620, 4-H Project Record form is to give you a tool to record information about your learning experience in each project. This record sheet is for you and your project leader to use to set goals, keep records of your work, expenses, community involvement, leadership and more. Ask any high school senior filling out scholarship forms how helpful 4-H record keeping is, and they will tell you how much work it saved them! Good record keeping will help you when applying for recognition and scholarships throughout your 4-H involvement.

**Y620 can be found at the back of this catalog or on our website by typing Y620 in the search bar.**

## 4-H LEVELS

In an effort to simplify 4-H projects, we have implemented a level system. Most projects have three levels, Novice, Intermediate, and Advanced. Each level has descriptions stating what should be learned before moving up a level. Some projects do not have levels, for example Bucket Calves and Butterfly Wings. These projects are simple exploratory projects that are not meant to be taken for multiple years. The advancement program is designed so a 4-H member may advance as fast as he or she desires based on interest, effort and ability. A fourth- or fifth-grade 4-H member may take two or three years to complete a level, while an eighth- or ninth-grade member may complete one or two steps in a year. It is also possible that an older youth may not begin at the novice level. For instance, if an older youth already knows the basics of photography, they might start in Intermediate instead of Novice. Please work with your leaders to determine which level best fits you.

## SELF-DETERMINED PROJECTS

A self-determined project allows members freedom to design a project that is not currently offered. Members enrolling in the self-determined project are responsible for identifying their project resources, filling out the Y951 form and consulting with their county 4-H staff person. 4-H staff will be able to add the project to the 4-H Online enrollment system, once approved.

### Self-determined (Citizenship, Leadership and Communication) (SD950)

- Civic Engagement
- Community/Volunteer Service
- Leadership & Personal Development
- Communications & Expressive Arts

### Self-determined (Science) (SD952)

- Biological Sciences
- Technology and Engineering
- Physical Sciences, Environmental Education/Earth Sciences
- Ag in the Classroom
- Animals
- Plant Science

### Self-determined (Healthy Living) (SD951)

- Foods and Nutrition
- Health
- Personal Safety

**Y951 can be found at [4h.missouri.edu](http://4h.missouri.edu) by typing Y951 in the search bar.**

**4-H Facts**

**DID YOU KNOW?**

Not so Late Night. In the 1960s, a local Indianapolis tv station aired a weekly 4-H Saturday morning show called Clover Power...  
**hosted by a young David Letterman!**

**4-H animals are everywhere!**  
In 1929, a herd of 4-H club pigs lived aboard a South Pole expedition vessel and were used for breeding and fresh meat.

Two of the first 4-H clubs were called the  
**Tomato Club and Corn Club.**

The first 4-H clubs in Missouri started in 1914  
**in Ironton (Iron County).**

## CLOVER KIDS (CK)



The 4-H Clover Kids Program is designed to introduce 5- to 7-year-olds to a variety of 4-H experiences. 4 H Clover Kids will engage in activities led by an adult that will help them learn how to get along and share with others, explore many different interests, build self-confidence, learn to communicate effectively, and learn how to be part of a group. The goal is to make this age group so excited about 4-H that they will continue their enrollment beyond the 4-H Clover Kids experience.

The adult-to-child ratio for this age is five to eight children per adult leader. Monthly meetings are recommended. Clover Kids are encouraged to participate in a variety of experiences and events. However, they will not compete. Clover Kids will only enroll in the Clover Kid project, CK481. Animal projects, such as those listed in the Plant & Animal Science section, are for youth eight and up.

Since Clover Kids are not eligible for most of our other recognition programs, we offer Clover Kids pins at no cost. For details visit [4h.missouri.edu](http://4h.missouri.edu).

### CK481 4-H Clover Kids

- First year membership Pins-White (Y4815)
- Second year membership Pins-Black (Y4816)
- Third year membership Pins-Red (Y4817)

### 4-H CLOVER KIDS SMALL ANIMAL POLICY

4-H Clover Kids are encouraged to experience a wide range of activities. Learning about and enjoying small animals is one of the many opportunities children can have in a 4-H Clover Kids program. 4-H Youth Development programs developed the following list of approved small animals and policies to help ensure that children and volunteers have safe and meaningful experiences with these animals.

#### Approved small animals:

- |  |              |
|--|--------------|
| • Amphibians: frogs, toads               | • Dogs       |
| • Birds                                  | • Ducks      |
| • Cavies: guinea pigs, gerbils, hamsters | • Fish       |
| • Cats                                   | • Hedgehogs  |
| • Chickens                               | • Lizards    |
| • Chinchillas                            | • Mice, Rats |
|  | • Snakes     |
|  | • Rabbits    |

### SMALL ANIMAL SAFETY POLICIES:

- No wildlife allowed — follow Department of Conservation rules as specified in the Wildlife Code of Missouri.
- All animals must be caged, leashed or contained as appropriate and manageable by the child during 4-H Clover Kids meetings and events.
- Parent or guardian must be present with their child(ren) when animals are involved.

For more information: <http://4h.missouri.edu>

## EXPLORING 4-H (EX)

Discover your interests, potential 4-H projects and find out more about where you live. For first-year members only, ages 8-10. Exploring 4-H does not include exhibition of project animals or Shooting Sports. To participate in these areas, members should enroll in the appropriate animal or shooting sports project.



### Exploring the Treasures of 4-H (EX261)

- Explore 4-H activities
- Identify your interests
- Explore your family, friends, and community

#### EASY WEB ACCESS:

Use this QR code to visit the project page on our website. You will find curriculum and resources for each project.







# ENGINEERING & TECHNOLOGY

AG TRACTOR | AEROSPACE | COMPUTERS & PROGRAMMING | ELECTRICITY | ENERGY | GEOSPACIAL  
ROBOTICS | SMALL ENGINES | 4-H STEM CHALLENGE | WELDING | WOODWORKING

## AEROSPACE (AS)



Think about the excitement that accompanies traveling to and exploring space. In the aerospace projects, you will learn more about aircrafts, rocketry and space through hands-on experiences and group interaction.

### Aerospace 1 Novice (AS811)

- Identify different types of aircraft
- Learn how weather affects flying

### Aerospace 2 Intermediate (AS812)

- Explore space
- Learn the forces that act on a rocket and experiment with roll, pitch and yaw

### Aerospace 3 Advanced (AS813)

(previously Aerospace 3 & 4)

- Learn to fly an airplane and pilot certification requirements
- Use your investigation skills to discover the principles of flight, rocketry and astronomy
- Learn Use engineering principles to design your own air and spacecrafts

## AGRICULTURAL TRACTOR (AT)



Do you like learning about large machines and how they work? Develop project skills (i.e., principles of engine operation, hydraulic systems, electrical systems, safe operation) and life skills (i.e., decision making, using science and technology, developing communication skills).

### Tractor 1 Novice (AT820)

- Learn proper safety procedures, mechanics of the engine, accessory equipment, use of the operator's manual, maintenance, and function of operational systems

### Tractor 2 Intermediate (AT821)

- Learn safety procedures and maintenance, mechanics of the engine, accessory equipment and function of operational systems

### Tractor 3 Advanced (AT822)

(previously Tractor 3 & 4)

- Learn farm safety and maintenance, different types of oil systems, fuel safety and PTO hooking
- Explore the five major areas: safety, maintenance, mechanics, operational systems, and equipment

## COMPUTERS & PROGRAMMING (CP)



Learn computer programming by creating your own games and fun animations. Use a programming environment to create your computer masterpiece.

### Scratch Programming 1 (CP895)

Recommended for grades 3-12.

- Learn basics of computer programming
- Create programs using the Scratch environment
- Add control and mix graphics, animations, music and sound to your programs
- To get started, visit <http://scratch.mit.edu/> for guides and an account.

### Alice (CP896)

Recommended for grades 6-12.

Alice is an innovative 3D programming environment that makes it easy to create an animation for telling a story, playing an interactive game, or a video to share on the web.

- Learn object oriented programming
- Create animated movies and simple video games
- Populate a virtual world within Alice and create a program to animate the objects

To get started, visit <http://alice.org/> for guides and software download.

### Other Programming Languages or Computer Programs (CP897)

Computer science is a growing field and youth can become creative and innovative on their own.

- Consider programming and creating/building a technology with Raspberry Pi, Arduinio, or micro:bits
- Go deeper with other resources such as Code Academy and Khan Academy which can supplement learning in this area
- Learn Python coding
- Discuss with your 4-H staff a self-determined project in this area (requires a downloadable Self-determined Project form).

## THANKS TO OUR DONORS



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Dedicated to Greater Opportunity for Youth





# ENGINEERING & TECHNOLOGY

AG TRACTOR | AEROSPACE | COMPUTERS & PROGRAMMING | ELECTRICITY | ENERGY | GEOSPACIAL  
ROBOTICS | SMALL ENGINES | 4-H STEM CHALLENGE | WELDING | WOODWORKING

## **ELECTRICITY (EL)**



De-mystify the “magic” of electric circuits, magnetism, motors and electronics. From building burglar alarms to learning how to select a really good stereo and other consumer items, this project offers opportunities for hands-on experiences and knowledge you will use in the future. Experience technology firsthand while learning communication and decision-making skills.

### **Electricity 1 Novice (EL831)**

Target audience: Grades 4-5

- Insulation as it relates to electricity
- How to build a flashlight, compass, electromagnet and electric motor

### **Electricity 2 Intermediate (EL832)**

Target audience: Grades 6-7

- Build circuits and test voltages
- Build a rocket launcher
- Build a burglar alarm

### **Electricity 3 Advanced (EL833)**

(previously Electricity 3 & 4)

Target audience: Grades 8-12

- Learn to measure electrical usage and to determine electrical loads
- Learn to replace electrical switches
- Evaluate light bulbs and test for electrical power
- Learn the basics of solid-state electronics
- Understand modern day electronic equipment through hands-on activities for practical experience. This unit is for the intermediate to advanced learner.

## **ENERGY (EG)**



Whether it's your community, home, family car or iPod; energy makes things happen. You will likely experience dramatic changes related to energy during your lifetime, so understanding the fundamental concepts of energy is important. You will gain knowledge and skills to understand energy development and use, and the impact on future careers.

Find diverse energy activities, resources and curriculum for exploration from the National Energy Education Department (NEED) Project at <http://www.need.org>.

## **Power of the Wind (EG861)**

Target Audience: Grades 6-7

- Explore the wind energy resources in your state and local communities
- Gain a deeper understanding of the science, engineering and technology behind wind energy production
- Create service-learning opportunities that help your community make sense of this new frontier.

## **GEOSPACIAL (GS)**



Global Positioning Systems (GPS) and Geographic Information Systems (GIS) are hot technologies. Put yourself on the map by learning how to use these systems.

### **Geospatial 1 Novice (GS991)**

- Where in the world are you? Young people are introduced to new ways of thinking about geographic positions
- Introduction to navigational tools (GPS, compasses, maps and globes) identifying locations, measuring distances and more
- Learn to use GPS technology for multiple purposes

### **Geospatial 2 Intermediate (GS992)**

- Future map-makers will learn how to collect data, combine the data with geographical positions and then make your own maps.
- Can data and maps solve problems? Get outside and do field studies and make maps about things you know or want to learn more about.

### **Geospatial 3 Advanced (GS993)**

- Advanced users will understand the basics of Remote Sensing Science through the curriculum
- This project also enables self-determined exploration of emerging technologies such as unmanned aerial vehicles (UAV's) and unmanned aerial systems (UAS's) also known as “drones” for humanitarian, agricultural, natural resources and more.

#### **EASY WEB ACCESS:**

Use this QR code to visit the project page on our website. You will find curriculum and resources for each project.





# ENGINEERING & TECHNOLOGY

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ROBOTICS | SMALL ENGINES | 4-H STEM CHALLENGE | WELDING | WOODWORKING

## ROBOTICS (RO)



Exploring 4-H Robotics is an ideal way to introduce science, math, engineering and technology while teaching life skills. Through hands-on activities, the 4-H Robotics projects teach basic concepts related to robotic subsystems such as structure, power, sensors, control and programming. These concepts are the foundation for building robots and robotic subsystems from a variety of materials and packaged kits. 4-H Robotics has projects and resources for a wide variety of interests.

### JUNK DRAWER ROBOTICS

In each module of this project, you will learn about a different aspect of robotics, and design and build a robot. You will use your Robotics Youth Notebook to record your learning experiences, robotic designs and the data from your investigations. The Junk Drawer Robotics project has material kits available from the 4-H Mall.

#### Junk Drawer Robots 1 Novice (RO881)

- Explore the design and function of robotic arms, hands and grippers
- Build a robotic arm that really moves

#### Junk Drawer Robots 2 Intermediate (RO882)

- Design and build machines that roll, slide, draw or move underwater
- Explore robot mobility — movement, power transfer and locomotion

#### Junk Drawer Robots 3 Advanced (RO883)

- Learn about the connection between the mechanical and electronic elements of robots
- Explore sensors, write programs, build circuits and design your own robot

## ROBOTICS: EV3

**NOTE:** Do not sign up for this project if you do not already have access to an EV3 kit and software. Lego has discontinued the kits and software. For those still using the EV3, use the project numbers below.

### Robotics 1: With EV3 (RO884)

### Robotics 2: EV3N More (RO885)

## OTHER ROBOTICS PLATFORMS

### Additional Robotics Platforms (RO886)

Learn about robots with other commercial educational robotic kits, electronics and engineering sets. There are several platforms available to help you learn more in a hands-on, self-directed way.

Listed below are some of the more common platforms that can be used in this project. Each suggestion below has projects, online learning communities and lessons easily accessible from the product's website. They may also have a connection to one of the Youth Robotics Competition Partners. This list is of common applications for 4-H Robotics and is not an endorsement of any one product.

- **Raspberry Pi:** a low-cost, high-performance computer used to learn, solve problems and have fun. It is compatible with other platforms used in youth robotics.
- **VEX:** VEX IQ, VEX EDR and VEX Pro are robot kits for different skill levels.
- **Tetrix:** This platform the preferred building system for two different national competitions. Tetrix Prime is recommended for ages 12+; Tetrix Max is for teens age 14+.
- **SeaPerch:** an underwater robotics program that builds a remotely operated vehicle from a kit comprised of low-cost, easily accessible parts with lessons on marine engineering themes.
- **Arduino:** an open-source electronics platform based on easy-to-use hardware and software. It's intended for anyone making interactive projects.

### Youth Robotics Competition Partners (RO887)

4-H is a partner with several youth robotics organizations for competitive opportunities for 4-H'ers. Each of the youth robotics competition organizations listed below recognize 4-H as a pathway to participation. 4-H robotics members and groups are encouraged to get involved in these competitions. This project is for groups who join and participate in the competitions they offer. Please visit each partnering organization for specific challenges, registration and competition dates. Some organizations offer grants and incentives for joining.

- **FIRST:** <http://www.firstinspires.org/>
- **VEX:** <http://www.vexrobotics.com/competition>
- **RoboFest:** <http://www.robofest.net/>
- **BotBall:** <http://www.kipr.org/>
- **SuGO Bots:** <http://www.sugobot.com/>
- **BEST:** <http://www.bestrobotics.org/>
- **SeaPerch:** <http://www.seaperch.org/>





# ENGINEERING & TECHNOLOGY

AG TRACTOR | AEROSPACE | COMPUTERS & PROGRAMMING | ELECTRICITY | ENERGY | GEOSPACIAL  
ROBOTICS | SMALL ENGINES | 4-H STEM CHALLENGE | WELDING | WOODWORKING

## SELF-DETERMINED (SD)



A self-determined project allows members freedom to design a project that is not currently offered. See pg. 16 for more details.

### Self-determined (Science) (SD952)

- Biological Sciences
- Technology and Engineering
- Physical Sciences, Environmental Education/Earth Sciences
- Ag in the Classroom
- Animals
- Plant Science

## SMALL ENGINES (SE)



Lawn mowers, snow blowers, personal water craft, go carts, model airplanes and ATVs are just a few of the hundreds of machines around us every day that are powered by small gas engines. In this project you will have hands-on experiences that will help you understand how small engines work and how to keep them working.

### Small Engines 1 Novice (SE851)

- Discover tools of the trade and how small engines work
- Explore uses of small engines and safety issues

### Small Engines 2 Intermediate (SE852)

- Learn about engine sizes, compression ratios and safety issues
- Learn about occupations and starting your own business

### Small Engines 3 Advanced (SE853)

- Tear down and rebuild an engine
- Use diagnostic tools

## 4-H STEM CHALLENGE (SC)



The 4-H STEM Challenge is a national event for 4 H science programming, bringing together youth, volunteers and educators from all over the country to complete hands-on STEM activities.

### 4-H STEM CHALLENGE (SC100)

- Each year the 4-H STEM Challenge is completely different, with a new topic, supplies and resources.
- For this year's challenge and more information, visit <https://4-h.org/programs/stem-challenge/>

## WELDING (WE)



Ever wonder how some things are held together? From cars to buildings to many other items, welding has made it possible. In this project you will learn simple welding skills such as how to identify welding equipment, strike an arc and run a bead.

### Welding (WE846)

- Learn how to build, modify or repair steel-based projects
- Topics include safety, selection of equipment and materials and fabricating techniques with shielded metal arc welding

## WOODWORKING (WO)



Have you ever wanted to make something with wood? This project is an opportunity for you to create and construct items using wood and woodworking tools. From the basics of using a tape measure and a hammer to advanced equipment like routers and table saws, there's something for everyone. Have fun by learning new things and creating useful items.

### Woodworking 1 Novice (WO871)

- Develop skills such as measuring, squaring and cutting a board, driving nails, and using clamps and screws
- Learn safety rules, tool safety settings and how to use safety gear

### Woodworking 2 Intermediate (WO872)

- Measure, cut, sand, drill, and use advanced hand and power tools
- Learn the importance of proper sanding and finish application

### Woodworking 3 Advanced (WO873)

(previously Woodworking 3 & 4)

- Practice measuring angles, cutting dado and rabbet joints
- Use a circular saw, a table saw and a radial arm saw
- Use router, portable planer and a jointer
- Make blind mortise, tenon joint and dovetail joints



# ENVIRONMENTAL SCIENCE & NATURAL RESOURCES

AMPHIBIANS & REPTILES | ENTOMOLOGY | EXPLORING YOUR ENVIRONMENT | FORESTRY | OUTDOOR ADVENTURES | SOIL & WATER SCIENCE | WEATHER & CLIMATE | SPORTFISHING | WILDLIFE CONSERVATION

## AMPHIBIANS & REPTILES (AR)



Do you know the difference between reptiles and amphibians? Can you name and identify the venomous snakes of Missouri? In these projects, you'll step outside into the natural world, become an amateur herpetologist and discover interesting facts about amphibians and reptiles.

### **Amphibians and Reptiles (AR611)**

- Learn about the habitats and ecosystems they live in
- Identify various reptiles and amphibians and each of their characteristics

## ENTOMOLOGY (EN)



Explore the amazing world of insects and their fellow arthropod relatives. Learn the differences between bugs and insects, explore bee husbandry, and identify the stages of insect life cycles. Create an entomology box so that others can learn about insects as well.

### **Entomology 1 Novice (EN921)**

- Learn about different insect body parts
- Learn to identify and classify insects

### **Entomology 2 Intermediate (EN922)**

- Complete an insect collection table
- Learn the life cycle and life stages of insects

### **Entomology 3 Advanced (EN923)**

- Find out how and what different types of insects eat
- Investigate the importance of wings and flying in insects

Please follow Missouri State Fair entomology box guidelines when building your box. The box size described in some curriculum is slightly different than what the Missouri State Fair requires.

### **Beekeeping 1 Novice (EN924)**

- Learn about the types of bees and the products they make
- Discover which plants attract bees and the equipment needed for beekeeping

### **Beekeeping 2 Intermediate (EN925)**

- Acquire a colony of bees and learn to care for a beehive throughout the year
- Basic beekeeping operations that result in the production of extracted, chunk or cut comb honey

### **Beekeeping 3 Advanced (EN926)**

- Increase the number of your honey bee colonies
- Increase honey production, producing special kinds of honey
- Bee societies
- Manage honey bee diseases and parasites

### **Butterfly Wings (EN927)**

- Learn about butterflies and their role in the environment
- Investigate butterfly biodiversity, distribution and other topics
- Participate in citizen science through long-term butterfly monitoring

## EXPLORING YOUR ENVIRONMENT (EE)



How does water pollution affect wildlife?

How can you decrease your energy use?

Learn the answers to these questions and more in this project.

- These are not sequential projects; you may enroll in either project in any order.

### **Exploring Your Environment: Ecosystem Services (EE914)**

- Analyze your environment for abundance and scarcity
- Study global climate change
- Calculate your ecological footprint

### **Exploring Your Environment: Earth's Capacity (EE915)**

- Learn how soil is formed
- Study the energy required to produce food
- Evaluate recreation and ecotourism

## FORESTRY (FO)



Learn to identify trees, manage woodlands, understand wood products and preserve the forest for future generations to enjoy.



# ENVIRONMENTAL SCIENCE & NATURAL RESOURCES

AMPHIBIANS & REPTILES | ENTOMOLOGY | EXPLORING YOUR ENVIRONMENT | FORESTRY | OUTDOOR ADVENTURES | SOIL & WATER SCIENCE | WEATHER & CLIMATE | SPORTFISHING | WILDLIFE CONSERVATION

## Forestry 1 Novice (FO931)

- Identify different types of trees and tree parts
- Explore characteristics of different forests, what forests need to grow and thrive
- Learn about the different products people get from trees and forests

## Forestry 2 Intermediate (FO932)

- Take a closer look at the inner-working of trees, forest change and the health benefits trees have on people

## Forestry 3 Advanced (FO933)

- Look at forests on a global scale, learn to care for trees and think about how to conserve forests

## GEOLOGY (GG)



Much of our knowledge about the earth comes from rocks, minerals and fossils that surround us. Explore the earth- in your backyard, a creek bed, a road cut, anywhere you go.

## Geology (GG941)

- Distinguish the differences in Igneous, Sedimentary and Metamorphic Rocks
- Collect specimens, develop a collection, make a display box and exhibit it at the fair

Please follow Missouri State Fair geology box guidelines when building your box. The box size described in some curriculum is slightly different than what the Missouri State Fair requires.

## OUTDOOR ADVENTURES (OA)



A 4-H project for those who like hiking and camping! Progress from day hikes to overnight camping trips, and then to extended backpacking expeditions as you hike through the three activity guides and the helper's guide. Experiences relate to food, shelter, Leave No Trace ethics, safety, navigation, equipment and camp management.

## Outdoor 1 (Hiking) (OA761)

- Explore hiking for a day
- Learn about clothing needs
- Learn how to pack a day-pack
- Learn how to read topographic maps, and orienteering skills

## Outdoor 2 (Camping) (OA762)

- Basics of camping including shelter selection
- Introduction to Leave No Trace camping skills
- Learn how to pack a day-pack
- Learn outdoor cooking and environmental awareness and appreciation

## Outdoor 3 (Backpacking) (OA763)

- Focus on being on the trail for extended periods of time
- Learn clothing needs, tent setup, using backcountry stoves, basic nutrition, menu planning for multi-day hikes, personal hygiene and basic first aid

## SELF-DETERMINED (SD)



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## Self-determined (Science) (SD952)

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- Ag in the Classroom
- Animals
- Plant Science

## SOIL & WATER SCIENCE (SW)



The Soil and Water Science project teaches youth about soil, water and environmental stewardship. Learn about soil and water quality, how they interact and how we can protect and preserve them.

## Soil and Water Science 1 Novice (SW916)

- Introduction to basic terms and concepts focusing on understanding important soil and water processes.

## Soil and Water Science 2 Intermediate (SW917)

- Put basic concepts into action to apply more advanced soil and water concepts and interactions with the environment.

## Soil and Water Science 3 Advanced (SW918)

- Activities are divided into chapters based on how you might use the information you have learned — as a homeowner, resident of a watershed, food and fiber producer (farmer), mayor, teacher or legislator.



# ENVIRONMENTAL SCIENCE & NATURAL RESOURCES

AMPHIBIANS & REPTILES | ENTOMOLOGY | EXPLORING YOUR ENVIRONMENT | FORESTRY | OUTDOOR ADVENTURES | SOIL & WATER SCIENCE | WEATHER & CLIMATE | SPORTFISHING | WILDLIFE CONSERVATION

## **SPORTFISHING (SF)**



Fishing and MORE! Discover tiny creatures living in Missouri streams and use them to determine water quality. Improve your casting skills. Learn to tie better knots and special purpose knots. Make your own in-line spinner, paint your own jig head or tie your own fly. Understand the “why” of fishing seasons, length limits, daily creel limits and other regulations.

### **Important note for leaders:**

Due to heightened safety considerations, volunteer leaders are required to complete basic Sportfishing certification. This training can be completed in 4-H Online.

### **Sportfishing 1 Novice (SF725)**

- Tie knots, cast to a target, rig various lines, select tackle, identify where fish are, identify fish and internal and external fish parts.

### **Sportfishing 2 Intermediate (SF726)**

- Cast using a spinning rod and fly rod and bait casting reel, practice responsible citizenship, research fishing regulations, decorate a lure, sew a fly wallet, tie an artificial fly & test a water sample.

### **Sportfishing 3 Advanced (SF727)**

- Youth develop their leadership and fishing skills as they take a friend fishing, demonstrate how to disassemble and reassemble a fishing reel, design and conduct a sportfishing skill-a-thon, make artificial flies, design and craft a lure, customize tackle, build and use a kick net, respond to ethical situations, and interview a professional fisherman.

## **WEATHER & CLIMATE SCIENCE (WC)**



Learn basic information about weather and climate science, including what causes variations in weather and why we have different seasons and climates on the earth. In this project, you will observe and record weather conditions and learn weather symbols.

### **Weather & Climate Science 1 Novice (WC934)**

- Understand the signs of weather around you
- Learn the difference between weather and climate
- Experience how weather affects the things you do

### **Weather and Climate Science 2 Intermediate (WC935)**

- Understand drivers of weather systems and climate science
- Learn about air pressure, clouds, wind, humidity and fronts

### **Weather and Climate Science 3 Advanced (WC936)**

- Explore climate science as a career or potential college major
- Educate others about weather and climate science

## **WILDLIFE (WI)**



All animals have basic habitat needs that must be supplied in order for their species to survive and thrive. Study the habits and habitat of Missouri wildlife; learn about plant succession and its affect on various species; identify wildlife foods and species by their tracks, skulls, furs or feathers. Put your knowledge to practical use by designing, implementing and completing a habitat improvement project.

### **Wildlife Conservation 1 Novice (WI720)**

- Learn about the history of wildlife conservation
- Explore the values of wildlife to humans

### **Wildlife Conservation 2 Intermediate (WI721)**

- Learn about wildlife habitats
- Explore wildlife communities and ecosystems Living Wild in an Ecosystem
- Learn about the interface between people and wildlife
- Explore why and how we manage wildlife

### **Wildlife Conservation 3 Advanced (WI722)**

- Learn about the interface between people and wildlife
- Explore why and how we manage wildlife

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# PLANT & ANIMAL SCIENCE

AGRONOMY | BEEF | DAIRY | FLORICULTURE | GARDENING | GOATS | HORSES | LANDSCAPE DESIGN  
LIVESTOCK JUDGING | MEATS | PETS | POULTRY | RABBITS | SHEEP | SWINE | VETERINARY SCIENCE

## WHAT IF I HAVE AN ANIMAL PROJECT?

Some 4-H members will own or manage an animal for a 4-H project. For many of these projects, there are special requirements for competition, including deadlines for owning or managing the animal. Consult your local 4-H faculty for current deadlines. In addition, local fair boards or other partners might establish guidelines for participation. One of the objectives in owning an animal is to learn new skills in animal breeding, feeding, management and health.

ANIMAL	TYPE	DATE
Beef cattle	Steers/market heifers	3/1
	Breeding animals	6/1
Sheep	Breeding animals	7/1
	Market lambs	6/1
Swine	Breeding gilts	90 days
	Breeding boars	Since farrowing
	Market hogs	5/1
Dairy cattle	All dairy cattle	7/1 (or leased)
Dairy goats		6/1
Meat goats		6/1
Dogs		4/1
Horses		5/1
Rabbits		6/1
Rabbits - Meat pen		5-10 weeks prior to show
Poultry - Meat pen		8-10 weeks prior to show

### 4-H SHOW-ME QUALITY ASSURANCE POLICY

All 4-H members enrolled in food animal projects (including beef, sheep, swine, dairy cattle, meat and dairy goats, rabbits and poultry) must complete the appropriate level of Missouri Show Me Quality Assurance (SMQA) certification to be considered eligible to show at the fair in that project. Check with your local 4-H youth specialist for local trainings. The online tutorial is available at <https://agebb.missouri.edu/smqa/>.

**FOR ALL ANIMAL EXHIBITORS:** To exhibit your livestock project at the Missouri State Fair, you must have completed the enrollment process in your county 4-H program, and have met all local criteria including compliance with the 4-H Show-Me Quality Assurance Policy.

## AGRONOMY: FIELD CROPS (AG)



Agronomy is the science of using plants for food, fuel, feed and fiber. 4-H projects in agronomy explore the areas of plant genetics, soil science and even the weather. Agronomists hold professions in many areas and have roles that include creating healthier food, managing environmental impacts of crop production, and creating energy from plants.

### Field Crops 1 Novice (AG982)

- Discover the world of farming
- Learn how plants grow
- Learn the value and uses of field crops

### Field Crops 2 Intermediate (AG983)

- Take a soil sample
- Learn about the products made from field crops
- Decide what crops to grow and at what time

### Field Crops 3 Advanced (AG984)

- Learn about integrated crop management
- Discover hybrid selection
- Find out more about harvesting and marketing crops

## BEEF (BF)



Through the beef project, you'll learn the necessary skills to properly raise and care for your beef animal, while exploring the production sectors of the beef industry. Topics include management techniques, the different cuts of beef, how to prepare your animal for the fair and what vaccinations to administer to prevent disease.

**Make sure you own and are managing your steer and market heifers by March 1 and breeding animals by June 1 to be eligible to show in the Missouri State Fair. Check with your local MU Extension center for local requirements.**

### Beef 1 Novice (BF121)

- Learn to identify beef breeds, choose feed ingredients and how to halter break and fit your animal

### Beef 2 Intermediate (BF122)

- Learn about the anatomical systems, how to evaluate structure, and about the meat cuts of beef



# PLANT & ANIMAL SCIENCE

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## Beef 3 Advanced (BF123)

- Strengthen your knowledge of animal health and nutrition, yield grading, and herd management

## Bucket Calf Project (BC135)

Young people ages 8 to 12 learn to care and nurture a newborn calf with bottles or a bucket. Those who have had their 13th birthday by Jan. 1 of the current year would be ineligible. Acquire a calf within two weeks of its birth between March 1 and June 1 of the current project year. If shown, calf should be at least 90 days old. Calves born in late May or June 1 may not be old enough to show in the county fair. Check with your local MU Extension center for local requirements.

## CATS (CA)

The cats project helps you explore how a cat can fit into your family's lifestyle and how to be an excellent caretaker of your feline friend. You'll learn about nutritional aspects of a cat's diet, health needs and practicing responsible ownership.



### Cat Care 1 Novice (CA177)

- Identify different cat breeds and parts of the cat
- Learn how to care for your new cat
- Intro to care including grooming, feeding, safety and health care

### Cat Care 2 Intermediate (CA178)

- Learn cat origins, breeds and characteristics
- Skill areas emphasized: how to select a cat or kitten, nutrition, health care, emergencies and first aid

### Cat Care 3 Advanced (CA179)

- Study the anatomy and behavior of your cat
- Care of pregnant cats and kittens

## DAIRY (DA)

The dairy project is a fun way to learn about the management and care of dairy cattle and the many career opportunities in the dairy industry. Activities in this project will help you gain knowledge in learning proper feeding, health, selection and marketing. You will also learn about the many dairy products and various uses of cow's milk.



**Make sure you own/lease and manage your dairy cattle by July 1. Check with your local MU Extension center for local requirements and dates.**

## Dairy 1 Novice (DA131)

- Learn to select your project animal, keep records, and prepare for the show

## Dairy 2 Intermediate (DA132)

- Learn how to better handle and care for your animals, judge and identify various breeds, and about opportunities beyond the barn

## Dairy 3 Advanced (DA133)

- Learn to maintain and manage a herd through multiple practices

## Judging Dairy Cattle (DA134)

- What are the characteristics to look for in a prize dairy animal that yields the most milk? Learn to evaluate animals, place them like a pro and justify your decision.

## DOGS (DG)

If your best friend is your dog, then you'll like this project. Together you will learn about dog obedience, grooming and nutrition to help your dog live a long and happy life. As you advance, you can participate in showmanship contests where you'll teach your dog to retrieve, jump hurdles, drop on recall and broad jump.



Each of these levels of Dog includes knowledge, obedience and showmanship.

### Dog 1 Novice (DG171)

- Learn about selecting a dog
- Practice dog behavior and training
- Learn basic grooming

### Dog Intermediate (DG172)

- Investigate your dog breed
- Learn about dog nutrition and parasites
- Practice skills used in fitting and showing

### Dog 3 Advanced (DG173)

- Learn about good health and breeding practices for dogs
- Discover how dogs are used as service animals

**Make sure you own and manage your dog by April 1 to participate in the State Fair Dog Show. Check with your local MU Extension center for local requirements and dates.**



# PLANT & ANIMAL SCIENCE

AGRONOMY | BEEF | DAIRY | FLORICULTURE | GARDENING | GOATS | HORSES | LANDSCAPE DESIGN  
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## GOATS (GA)



### DAIRY GOATS

This section is for those looking to explore the opportunities surrounding raising dairy goats. You will learn about goat breeds, management practices, grooming and showmanship. Discover how dairy goat milk is used to meet the needs of consumers.

#### Dairy Goats 1 Novice (GA136)

- Learn to select an animal for show, keep records, and discover products made from dairy goats

#### Dairy Goats 2 Intermediate (GA137)

- Learn how to maintain animal health and practice your judging skills

#### Dairy Goats 3 Advanced (GA138)

- Discover more about animal health by managing genetics and preventing disease
- Explore the global role of goats

### MEAT GOATS

In this area of the goat project, you will immerse yourself in meat goat industry. You will gain a deeper understanding on key management practices, meat goat breeds, and how to prep your animal for exhibition.

#### Meat Goats 1 Novice (GA125)

- Discover how to select and best care for your breed of meat goat

#### Meat Goats 2 Intermediate (GA126)

- Learn more about genetic selection, feed rations, and showing your goat

#### Meat Goats 3 Advanced (GA127)

- Learn how to maintain animal health, market your stock, and manage resources

Make sure you own and manage your goat by June 1. Check with your local MU Extension center for local requirements and dates.

EASY WEB ACCESS: Use this QR code to visit the project page on our website. You will find curriculum and resources for each project.



## HORSES (HS)



### HORSELESS HORSE & HORSE KNOWLEDGE

Horseless Horse & Horse Knowledge are for all who want to learn about horses, including those without their own horse or pony. Through this project areas you will increase your knowledge in horse anatomy and physiology, management, and the equine industry. Participants will get to explore the exciting career opportunities available through the equine industry.

#### Horseless Horse & Horse Knowledge (HS140)

- Learn about horse behavior, basic horse safety, equine anatomy and physiology, feeds and nutrition, genetics and reproduction, and the care and costs of horses

### HORSE RIDING

Horse Riding introduces basic riding skills and styles. Because a member's knowledge might be at a different level from his or her riding skills, a member may sign up for both units HS140 and HS141, and unit HS140 will not be counted against his or her project total count.

**Note: Horse enrollment forms (Y1440) are due by May 1 each year.**

#### Horse Riding (HS141)

- Learn about the tack and tools to work with horses, basic riding and horsemanship skills, and getting ready to show

Make sure you own/lease and manage your horse by May 1. Check with your local MU Extension center for local requirements and dates.

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# PLANT & ANIMAL SCIENCE

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## HORTICULTURE (HO)



### FLORICULTURE

Enjoy activities and opportunities working with flowers inside and outside. Learn arranging, pest management and plant science. Whether you live in a high-rise apartment or have a large yard, this project has something fun for you.

#### Floriculture 1 Novice (HO961)

- Plan a flower garden and learn about the parts of a flower and how to keep it healthy

#### Floriculture 2 Intermediate (HO962)

- Learn about perennials, house plants and starting seeds
- Plan a theme garden and indoor landscaping
- Learn to identify and control pests, dry flowers, and make potpourri

#### Floriculture 3 Advanced (HO963)

(previously Floriculture 3 & 4)

- Develop planter gardens, take cuttings from plants, preserve flowers and create dried arrangements and terrariums
- Learn principles of design and the importance of soil pH
- Learn to identify and control pests
- Create flowers you can wear and make bows
- Develop an all season garden and learn to force bulbs
- Learn the principles of design and the importance of soil pH
- Explore greenhouse gardening, planning a floral business and create flower arrangements

### GARDENING (fruits & vegetables)

Get outside and dig in the soil; you can grow your own fruit and vegetable garden with this project. Learn basic gardening techniques, how to plan a garden and related career options and entrepreneurship opportunities.

#### Gardening 1 Novice (HO971)

- Plan and plant a garden
- Learn about different plant parts and what they do

#### Gardening 2 Intermediate (HO972)

- Transplant plants into your garden and graft new plants from old ones

#### Gardening 3 Advanced (HO973)

(previously Gardening 3 & 4)

- Learn about succession planting and methods used to help plants thrive and manage pests and disease

### LANDSCAPE DESIGN

#### Landscape Design 1 Novice (HO975)

- Explore various characteristics of landscape plants
- Learn about design principles in landscapes

#### Landscape Design 2 Intermediate (HO976)

- Learn skills necessary for landscape professionals
- Begin to create basic landscape plans

#### Landscape Design 3 Advanced (HO977)

- Learn about careers in landscaping
- Develop maps and drawings for landscape plans
- Create a landscape portfolio

## LIVESTOCK JUDGING (LJ)



Engage in a project that will allow you to learn the visual and genetic characteristics to look for in the ideal production food animal. You will also explore the differences in evaluation criteria between production classes of livestock.

#### Livestock Judging (LJ117)

- Learn to evaluate animals, judge them like a pro and justify your decision.

## MEATS (ME)



There is nothing like delicious country-cured ham or bacon. Or what about the taste of barbecue just off the grill? Learn how to cure your own ham and/or bacon, identify different meat retail and wholesale cuts, select a quality meat product and then know how to prepare it for a meal. These hands-on activities and experiences will last you a lifetime.

**NOTE:** Use of Borax is NOT an approved practice for curing hams.

#### Country Cured Bacon (ME114)

#### Country Cured Ham (ME115)

**REMINDER:** The State Fair offers open ham/bacon youth classes for youth under age 21 in the Ag Building.



# PLANT & ANIMAL SCIENCE

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## MEATS EVALUATION

Develop understanding of how properties of yield and quality influence the evaluation of beef, pork and lamb. Participants will learn to identify retail cuts and what sets them apart from other cuts. You will also gain confidence, as you learn to create a set of reasons to defend your placing of a class.

### Meat Evaluation Project (ME116)

## PETS (PE)



This project will help you to learn how to raise a small animal or pet, how to select the right small animal for your circumstances and environment, and how to give urban pets proper housing, care and health. You will also learn how to prepare your animal for exhibition. Participants will explore possible careers that may let you take your interest in small animals to the next level.

### Pets 1 Novice (PE101)

- Learn about choosing, getting to know, and caring for your pet

### Pets 2 Intermediate (PE102)

- Identify characteristics of your pet and ways to keep your pet healthy

### Pets 3 Advanced (PE103)

- Learn about pet reproduction and careers and leadership opportunities around pets

## GUINEA PIGS

In this project, members own and care for one or more guinea pigs. This is an excellent project for youth who live where they cannot keep larger animals. In this project, 4-H members learn about the feeding, management and record keeping involved with raising guinea pigs.

### Guinea Pigs (Cavies) (PE104)

- Learn general care, history, anatomy, selection, housing and equipment, records
- Learn nutrition, health, show preparation, marketing and other aspects of care

## POULTRY (PO)



Identifying poultry parts, species and breeds, selection, exploring an egg, cooking an egg, feeding, handling, washing and showing are activities included in the 4-H poultry project. In the intermediate level you will learn how to read a feed tag, explore retail products, grade carcasses, select layers and manage poultry health. Advanced poultry members will develop leadership skills by planning

a judging clinic, managing a flock, exploring careers, processing chickens, conducting poultry games and discussing values and ethics.

**Make sure you own your poultry animal by the following weeks to be eligible to exhibit at the Missouri State Fair — Meat pen 8-10 weeks. Check with your local University of Missouri Extension center for local requirements and dates.**

### Poultry 1 Novice (PO151)

- Learn to select the right bird for you and about poultry production

### Poultry 2 Intermediate (PO152)

- Learn how to judge poultry and explore careers in the industry

### Poultry 3 Advanced (PO153)

- Discover how poultry are raised on a large scale and the meat and food science and safety behind this protein

## RABBITS (RB)



Whether you see rabbits as soft and cuddly pets or a business opportunity, the rabbit project is flexible for your interest. In this project you'll learn to identify parts, determine sex, check for disqualifications, practicing handling, trimming nails, showing and many other management practices.

**For eligibility to exhibit at the Missouri State Fair, you must own your rabbits by the following times: Rabbits by June 1; Meat Pen by 5 to 10 weeks prior to show. Check with your local extension center for local requirements and dates.**

### Rabbits 1 Novice (RB111)

- Learn to care for your rabbit and about rabbit breeding and health

### Rabbits 2 Intermediate (RB112)

- Discover breed characteristics, health care and disease prevention

### Rabbits 3 Advanced (RB113)

- Learn how to show your rabbit and about how breeding and genetics impact characteristics



# PLANT & ANIMAL SCIENCE

AGRONOMY | BEEF | DAIRY | FLORICULTURE | GARDENING | GOATS | HORSES | LANDSCAPE DESIGN  
LIVESTOCK JUDGING | MEATS | PETS | POULTRY | RABBITS | SHEEP | SWINE | VETERINARY SCIENCE

## SELF-DETERMINED (SD)

A self-determined project allows members freedom to design a project that is not currently offered. See pg. 16 for more details.



### Self-determined (Science) (SD952)

- Biological Sciences
- Technology and Engineering
- Physical Sciences, Environmental Education/Earth Sciences
- Ag in the Classroom
- Animals
- Plant Science

## SHEEP (SH)

The sheep project explores a wide variety of fun and challenging activities including identifying parts of a sheep, selecting a project lamb, sheep care/management, and identification of lamb meat products. You will also learn how to prepare your sheep for show.



Make sure you own and manage your market lambs by June 1 and your breeding animals by July 1 to be eligible to exhibit at the Missouri State Fair. Check with your local University of Missouri Extension center for local requirements and dates.

### Sheep 1 Novice (SH161)

- Select your project lamb and learn about lamb products beyond wool and meat

### Sheep 2 Intermediate (SH162)

- Create a plan for the health of your animal based on its care and nutritional needs

### Sheep 3 Advanced (SH163)

- Learn to market and manage your flock

## SWINE (SW)

Explore a wide variety of topics relating to swine production and the swine industry. Topics include swine breeds, proper care and management, and identification of the different meat products. Hands-on activities including practicing fitting and showing swine, managing baby pigs, balancing a ration, and designing a swine operation.



Make sure you own and are managing your swine animals by the following dates to be eligible for the Missouri State Fair: Breeding gilts 90 days prior to show; breeding boars since farrowing; market hogs May 1. Check with your local University of Missouri Extension center for local requirements and dates.

### Swine 1 Novice (SW181)

- Learn about swine breeds and their characteristics
- Discover what is needed to create a management plan

### Swine 2 Intermediate (SW182)

- Explore swine health, including potential diseases and parasites
- Learn to judge on foot and rail

### Swine 3 Advanced (SW183)

- Plan your breeding program
- Balance rations for different needs
- Discover careers in the pork industry

## VETERINARY SCIENCE (VS)



Learn the role a veterinarian plays in practicing animal and public health while participating in many hands-on activities. These activities will help you learn about the different equipment used by veterinarians, diseases and health problems, and career opportunities as a veterinarian or volunteer.

### Veterinary Science 1 Novice (VS191)

- Get an introduction to the fundamentals of veterinary science
- Learn what is “normal” and “abnormal” in regards to animal health

### Veterinary Science 2 Intermediate (VS192)

- Explore the field of animal disease
- Learn how the body reacts to health problems

### Veterinary Science 3 Advanced (VS193)

- Further your study of the veterinary profession
- Look into preventative care aspects





# LEADERSHIP & PERSONAL DEVELOPMENT

CAREER PATHWAYS | COMMUNICATIONS | CONSUMER SAVVY | CIVIC ENGAGEMENT | ENTREPRENEURSHIP  
FINANCIAL LITERACY | GLOBAL EDUCATION | LEADERSHIP | PUBLIC SPEAKING

## CAREER PATHWAYS (CP)



In Missouri 4-H, we know that some youth are headed to college, some to trade schools, and some directly to the workforce. Our goal is to help prepare youth to get through high school onto the next step.

### Career Explorations (CP100)

Target audience: ages 14-18

- Identify how your skills and interests tie in to career choices
- Find and land an internship
- Identify college degrees and training you will need for your career
- Build a portfolio of career skills and abilities
- Explore entrepreneurship as a career option
- Learn how to search and apply for jobs, create a resume, and nail that interview

## CONSUMER SAVVY (CS)



Young people like you consume more than \$175 billion in goods and services each year. This project will help you become a better informed and more responsible consumer in today's dynamic marketplace. Learn what it means to be a consumer through saving, spending and sharing.

### Consumer 1 Novice (CS431)

Learn about:

- Spending, bargain shopping and getting the best buy
- Online shopping
- Saving

### Consumer 2 Intermediate (CS432)

Learn about:

- Consumer rights and responsibilities
- Consumer decisions
- Advertising
- Consumer Internet safety

### Consumer 3 Advanced (CS433)

Learn about:

- Consumers in the global marketplace
- Consumer rights
- Living on your own

## COMMUNICATIONS (CM)



Have you ever had an important idea to share? Would you like to get better at meeting friends and influencing people? Improving your communication skills through this project can make every part of your life better, and you'll have a lot of fun along the way.

### Communications 1 Novice (CM237)

Target Audience: Grades 3-5

- Building confidence
- Active listening
- Identifying aggression

### Communications 2 Intermediate (CM238)

Target Audience: Grades 6-8

- Conflict resolution
- Cultural differences
- Online communication

### Communications 3 Advanced (CM239)

Target Audience: Grades 9-12

- Evaluating advertising
- Leadership and teamwork
- Resumes and cover letters

## CIVIC ENGAGEMENT (CI)



Ready to plan and take action on an issue facing youth, your community or your world? Ready to learn skills you can use as a civic leader, council member, administrator, or future mayor? Explore active citizenship and the role of government in addressing youth and community issues.

Target audience: Activities are adaptable for Clover Kids through Junior Leaders.

### Civic Engagement (CI200)

- Learn what citizenship is and why it's important to be involved in your community
- Learn flag etiquette, parliamentary procedure, and how to write to your legislator.
- Learn about Missouri's symbols and government
- Identify community assets and opportunities.



# LEADERSHIP & PERSONAL DEVELOPMENT

CAREER PATHWAYS | COMMUNICATIONS | CONSUMER SAVVY | CIVIC ENGAGEMENT | ENTREPRENEURSHIP  
FINANCIAL LITERACY | GLOBAL EDUCATION | LEADERSHIP | PUBLIC SPEAKING

## ENTREPRENEURSHIP (EP)



Start earning money doing what you love! Find business opportunities in 4-H and your community. Come up with ideas and solutions for solving problems. Create a startup plan for turning an idea into reality.

Target audience: ages 11-18; adaptable for ages 8-10

### Entrepreneurship 1 Novice (EP442)

- Become a business investigator. Learn what entrepreneurs do and find innovators around you. Explore what it takes to be a successful businessperson. Explore ideas and business opportunities you might want to try.

### Entrepreneurship 2 Intermediate (EP443)

- Take your business investigation to the next level. Investigate what you value and how you can make a difference, dress like a pro, manage your time and make the sale.

### Entrepreneurship 3 Advanced (EP444)

- Become a master business investigator. Explore business ideas, set goals, conduct market research, determine a price, manage your money, and create a plan to start and run your own biz.

## FINANCIAL LITERACY (FL)



Develop the skills you'll need to successfully manage your personal and perhaps business finances. This project focuses on understanding financial decisions and consequences and knowing your rights and responsibilities as a consumer.

### Financial Literacy 1 (FL421)

Target audience: Grades 5-8

- Learn how to define wants and needs
- Learn to track expenses and develop a spending plan
- Learn about banks and savings plans
- Learn about the consequences of using credit

### Financial Literacy 2 (FL422)

Target audience: Grades 9-12

- Learn about earning income and career planning
- Learn to set goals and develop spending and saving plans
- Learn about banks, credit unions and credit reports
- Learn about investments

## FINANCIAL LITERACY (FL)



Do you ever wonder what kids from other cultures do for fun? What do they eat? What language do they speak? In this project you will have the opportunity to learn about other cultures, similarities and differences among families around the world. It will also prepare you for a possible exchange experience in the future. See page 54 for additional opportunities.

### Global Education (GE221)

- Got the travel bug? Check out international opportunities at <http://4h.missouri.edu>

## LEADERSHIP (LD)



Life brings many situations where good leadership skills can make a difference: working on a group project in a class, being part of a team, finding yourself with people about to make a mistake, owning your own business or even being an elected leader. You'll make a bigger difference by knowing how to make good decisions, build relationships, organize your life and plan for success.

### Leadership 1 Novice (LD271)

Target audience: Grades 3-5

- Communication
- Cooperation
- Resolving differences

### Leadership 2 Intermediate (LD272)

Target audience: Grades 6-8

- Lifelong leadership skills
- Cross-cultural leadership
- Leadership Environments

### Leadership 3 Advanced (LD273)

- Planning and organizing
- Relationship building
- Group process

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# LEADERSHIP & PERSONAL DEVELOPMENT

CAREER PATHWAYS | COMMUNICATIONS | CONSUMER SAVVY | CIVIC ENGAGEMENT | ENTREPRENEURSHIP  
FINANCIAL LITERACY | GLOBAL EDUCATION | LEADERSHIP | PUBLIC SPEAKING

## **PUBLIC SPEAKING (PS)**



From sharing an important thought to nailing that first big job interview, public speaking skills are extremely important. Public speaking allows you to challenge yourself and succeed in developing communication skills, while having fun and building friendships. Although public speaking is among the most common of fears, every 4-H member can learn to do this well and even enjoy it!

### **Public Speaking (PS242)**

- Learn how to prepare and deliver speeches in front of crowds with confidence
- Increase self-awareness
- Learn to handle various speaking situations
- Deliver different types of speeches, and develop individual speaking style

## **SELF-DETERMINED (SD)**



A self-determined project allows members freedom to design a project that is not currently offered. See pg. 16 for more details.

### **Self-determined (Citizenship, Leadership and Communication) (SD950)**

- Civic Engagement
- Community/Volunteer Service
- Leadership & Personal Development
- Communications & Expressive Arts

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# EXPRESSIVE ARTS

ARTS & CRAFTS | CAKE DECORATING | CLOTHING & TEXTILES | CLOWNING | FIBER ARTS | FILMMAKING  
INTERIOR DESIGN | PHOTOGRAPHY | QUILTING | SCRAPBOOKING | SEWING | THEATRE ARTS

## ARTS AND CRAFTS (AC)



Through hands-on activities such as cutting and pasting, sculpting, drawing, printing and construction, you'll explore your creativity and have the chance to discover a hobby you might enjoy for the rest of your life. Experience related careers, culture, science and technology.

### Arts and Crafts (AC311)

- Build an artistic foundation

### Visual Arts: Drawing, fiber arts and sculpture (AC312)

- Emphasis on drawing, fiber arts and sculpture

### Visual Arts: painting, printing and graphics design (AC313)

- Emphasis on painting, printing and graphic design

### Graphic Design (AC314)

- Continue building an artistic foundation with technology in mind

### Scrapbooking (AC315)

- Explore personalization and the creativity of scrapbooking
- Understand design and presentation considerations

## CAKE DECORATING (CD)



From simple borders and decorations to more complex methods such as lattice work and tiered cakes, learn to make and decorate cakes and cookies. You'll use your creativity to design baked goods your way and be introduced to a money-making skill and potential careers.

Please check your local and state fair books for material and presentation requirements.

### Cake Decorating 1 Novice (CD361)

- Bake and frost single-layer cakes
- Learn basic decorating procedures

### Cake Decorating 2 Intermediate (CD362)

- Bake two-layer cakes
- Make flowers, borders, and special effects like lace, lattice work, basket weave and more

### Cake Decorating 3 Advanced (CD363)

- Bake stacked and tiered cakes and master flower making

## CLOTHING AND TEXTILES (CL)



When friends ask you who made your outfit, you can say with pride, "I was the designer and tailor!" These clothing projects will teach you the basics like threading a sewing machine or sewing a pillow. Advanced units will teach you how to take the design of your choice and customize it for the perfect look, color and fit. You'll also learn about what it means to be a good consumer both on the side of the manufacturer and on the side of a buyer.

### SEWING (CONSTRUCTED)

#### Sewing 1 Novice (CL521)

- Get prepared to sew (notions, color, fabrics, and sewing machine parts)
- Learn about fabrics and fibers
- Layout, cut out and mark patterns
- Sew plain, zigzag and curved seams

#### Sewing 2 Intermediate (CL522)

- Learn about fabrics
- Finish a seam, sew darts and gathers and sew a button and button hole
- Sew a pocket, sleeve, cuffs and collar and use interfacing
- Learn hand sewing skills

#### Sewing 3 Advanced (CL523)

- Learn about sergers, fabric pressing techniques, and specialty seam and hem finishes
- Experiment with fabric properties, laundry detergents and additives
- Learn to adjust and design patterns and use interfacing and lining
- Learn tailoring techniques and how to develop a business out of sewing skills

### PURCHASED

Clothing and textile consumer skills are emphasized in this project. You'll gain confidence in your appearance and ability to select accessories and care for clothing.

#### Shopping in Style (CL524)

- Gain an understanding of cultural influences in clothing choices
- Create a personal clothing budget
- Learn about clothing care, repair and storage
- Compare and contrast different purchasing options



# EXPRESSIVE ARTS

ARTS & CRAFTS | CAKE DECORATING | CLOTHING & TEXTILES | CLOWNING | FIBER ARTS | FILMMAKING  
INTERIOR DESIGN | PHOTOGRAPHY | QUILTING | SCRAPBOOKING | SEWING | THEATRE ARTS

## CLOWNING (CW)



Clowning is part of a grand and noble tradition dating back centuries. You'll learn about some of history's great performers who influenced modern day clowning as well as clown etiquette and how to create your own clown face and costume. From props to pantomime, this project will teach you funny new techniques and help you find great ways to perform them.

### Clowning (CW231)

- Explore clowning as a communication outlet
- Learn the basics of pantomime and ventriloquism
- Build confidence through performance and self-expression

## CROCHET (CR)



A sweater, an afghan and a hat are all things that can be crocheted. This art of yarn/thread and crochet hooks can become a hobby you can take anywhere. Amaze your family and friends with the special gifts you make for them.

### Crochet (CR321)

- Learn to work stitches, rows and rounds
- Join pieces, change colors and determine gauge and sizing

## FILMMAKING (FM)



Sharing your creativity with the world can be fun, but doing so with solid filmmaking skills is even better. Many important life skills can be developed through filmmaking, including communication, self-expression, decision-making, problem-solving and critical thinking. Learn at your own pace, through a series of video modules from national, state, and local opportunities. Through local training, national resources and special events, you can attain the skills to express your vision at the highest level!

### Filmmaking (FM270)

- Bring ideas from your imagination to reality
- Explore communications technologies
- Learn how TV, film, and productions are made
- Learn to be a producer - not just a consumer - of digital media

## INTERIOR DESIGN (ID)



Do you walk into a room and know exactly what colors and what furniture would look good in the space? How do you create a feeling of

coziness in a family room? Being an interior designer is all about making a house a home. Develop a designer's touch by navigating through four sections of this curriculum.

### Interior Design 1 Novice (ID471)

- Learn and apply basic design concepts to walls, windows and floors

### Interior Design 2 Intermediate (ID472)

- Explore how to design with style as you plan, select and care for furniture, fabrics and decorative items for a room

### Interior Design 3 Advanced (ID473)

- Learn about accessories and adding personality and interest to a room
- Create a home that is healthy, energy efficient, and conserves natural resources

## KNITTING (KN)



Learn knitting techniques and tips! Many professions use techniques learned in knitting (think, surgeons); other professions use the concentration acquired (think, acting or engineering).

### Knitting (KN331)

- Learn to make scarves, hats, mittens, socks, afghans, purses, pillows and more

## PHOTOGRAPHY (PH)



Capture important moments, communicate your perspective and show how life appears through your lens with photography. Learn about cameras, lighting, and digital and film media so you can be ready when you find that great shot. Build skills you can use to excel in other areas of life as well and explore possible new careers.

### Photography 1 Novice (PH351)

Learn photography basics such as:

- Equipment and proper lighting
- Creating good composition to build your skills as a photographer

### Photography 2 Intermediate (PH352)

Advance your knowledge further with these skills:

- Depth of field
- Backlighting
- Rule of thirds



# EXPRESSIVE ARTS

ARTS & CRAFTS | CAKE DECORATING | CLOTHING & TEXTILES | CLOWNING | FIBER ARTS | FILMMAKING  
INTERIOR DESIGN | PHOTOGRAPHY | QUILTING | SCRAPBOOKING | SEWING | THEATRE ARTS

## Photography 3 Advanced (PH353)

- Learn more exciting techniques
- Learn when rules of photography can be broken, how to use color to your advantage

Put together an attractive and interesting portfolio and learn how to exhibit your work professionally.

Please be aware that local and state fairs will have certain size, mounting, editing requirements. Check your fair books for details.

**NOTE: Public Speaking has been moved to the Leadership and Personal Development category on page 33.**

## QUILTING (QU)



Do you have a favorite quilt that someone special has made for you? Maybe it has been passed down from generation to generation. This project will teach you quilting techniques so you can create wonderful quilts and other useful, fun items.

### Quilting 1 Novice (QU341)

(previously Quilting 1 & 2)

- Beginners explore ideas and designs of quilts with squares and rectangles
- Make designs using basic triangles — half square, quarter square and equilateral triangles

### Quilting 2 Intermediate (QU342)

(previously Quilting 3 & 4)

- Learn more about fabrics and how to combine them into quilted items
- Explore ideas and designs for paper piecing using original, multiple small paper piecing patterns

### Quilting 3 Advanced (QU343)

(previously Quilting 5 & 6)

- Learn to use embroidery and many other ways to embellish your quilts
- Try several projects, each using a different format for applique

## SELF DETERMINED (SD)



A self-determined project allows members freedom to design a project that is not currently offered. See pg. 16 for more details.

### Self-determined (Citizenship, Leadership and Communication) (SD950)

- Civic Engagement
- Community/Volunteer Service
- Leadership & Personal Development
- Communications & Expressive Arts

## THEATRE ARTS (TA)



Learn about the fascinating world of make-believe. Create sound effects, make puppets and perform a skit. Try your hand at improvisation, create disguises and design costumes. Sound interesting? Then cast yourself into Theatre Arts!

Youth will practice and learn aspects of:

- Communication
- Character Development
- Play Development
- Play Production
- Theatre as projected Play

### Theatre Arts 1 Novice (TA251)

### Theatre Arts 2 Intermediate (TA252)

### Theatre Arts 3 Advanced (TA253)

Each level of this curriculum builds on the previous level.



# HEALTHY LIVING

BREADS | BICYCLE | BOWLING | FOODS | FOOD SCIENCE | GOLF | HEALTH & FITNESS | INTERNATIONAL FOODS | MOVE ACROSS MISSOURI | PRESERVATION | SOCCER FOR SUCCESS

## FOODS/NUTRITION/PRESERVATION (FN)



### COOKING

Learn about food preparation, food and kitchen safety, food science, meal planning, and nutrition. Each manual builds on the skills learned in the previous level, and members complete project activities for each level in two to three years.

#### Foods 1 Novice (FN551)

Learn about:

- Kitchen basics
- Food and kitchen safety
- How to measure
- How to prepare simple recipes

#### Foods 2 Intermediate (FN552)

Learn about:

- Fire safety in the kitchen
- Nutrition labels
- Preparing recipes and a meal

#### Foods 3 Advanced (FN553)

(previously Foods 3 & 4)

Learn about:

- Outdoor cooking
- Party planning
- Preparing recipes from different food groups
- Cooking with spices and herbs
- Preparing celebration meals
- Advanced dessert preparation

### FOOD SCIENCE

Hands-on experiments help you discover the science behind the foods you eat. Each youth *What's on Your Plate* curriculum contains a different facilitator guide for leaders.

Target audience: Grades 5-12

#### Food Science 1 (FS566)

- Learn about the science of baked goods and the best methods for preparing these foods

#### Food Science 2 Intermediate (FS567)

- Explore the way eggs are used in foods and how milk turns into cheese

#### Food Science 3 Advanced (FS568)

(previously Food Science 3 & 4)

- Investigate how to prepare fruits and vegetables so they taste and look appealing in color and

texture

- Learn about food scientists
- Create a new beverage and learn a basic food science skill — crystallization

### INTERNATIONAL FOODS

#### International Foods (FN557)

- Learn about the heritage of many foods and explore your family's food heritage.

### PRESERVATION

#### Freezing (FP500)

- Learn about kitchen and food safety basics
- Properly freeze fruits, juices, vegetables, meat, fish and poultry
- Package and freeze your product

#### Drying (FP501)

- Learn about kitchen and food safety basics
- Properly dry fruits, vegetables and herbs
- Package and store your product

#### Boiling Water Canning (FP502)

- Learn about kitchen and food safety basics
- Learn boiling water canning basics
- Learn to boiling water can fruit, tomatoes, salsa, jams, jellies, and pickles

#### Pressure Canning (FP503)

- Learn about kitchen and food safety basics
- Learn pressure canning basics
- Learn to pressure can vegetables, beans, meats including poultry, and fish

### BREADS

Learn how and why quick bread recipes are so tasty. See what makes a wheat kernel tick and learn how the quick bread ingredients react with one another. You will also explore careers in the kitchen and learn how to alter a recipe for more healthful benefits.

#### Breads (FN581)

- Learn about grains
- Make pancakes, muffins, and sweet breads
- Learn to make gluten-free baked items
- Explore careers in the kitchen





# HEALTHY LIVING

BREADS | BICYCLE | BOWLING | FOODS | FOOD SCIENCE | GOLF | HEALTH & FITNESS | INTERNATIONAL FOODS | MOVE ACROSS MISSOURI | PRESERVATION | SOCCER FOR SUCCESS

## HEALTH/FITNESS (HF)



### First Aid (HF771)

- Learn about first aid for cuts, choking, sprains, strains and bruises
- Learn about first aid for nosebleeds, stings, bites, poisons, broken bones and burns

### Staying Healthy (HF772)

- Learn about personal hygiene
- Engage in physical activities and learn about nutrition

### Keeping Fit (HF773)

- If you are already involved in a school or community athletic team, sport or other physical activity program (i.e., basketball, track, swimming, dance) sign up for this project! You will learn more about personal fitness, sports nutrition and safety.

### Physical Activity in 4-H Clubs (HF774)

- Does your club want to start a new physical activity program? Maybe your club group could form a running or volleyball project. Your club might form a line dancing project. The possibilities are endless! Sign up and get moving.

**Note: Move Across Missouri is now classified as an event instead of a project. You will register for it in 4-H Online in February.**

### Bowling (HF711)

- Learn terminology and etiquette
- Learn bowling techniques and how to score

### Golf (HF712)

- Learn terminology and etiquette
- Learn golf swings and shots

### Soccer for Success (HF714)

Learn about the sport of soccer, eating right and other ways to stay healthy as you gain teamwork and decision-making skills to achieve your personal goals. Developed by the U.S. Soccer Foundation, Soccer for Success is 4-H on the pitch!

**Note: Certified leaders required. Ask your county extension office for availability in your area.**

### Square Dancing (HF713)

Learn about:

- New Country Dance and square dance moves
- Calling and choreographing dances
- Making square dance apparel
- The history and health benefits of dance

## BICYCLE

Explore safe cycling, repair and maintenance, and cycling activities while having fun!

### Bicycle 1 (BY731)

- Learn about cycling safety and bicycle parts
- Learn about bicycle riding and areas to ride

### Bicycle 2 (BY732)

- Learn about buying, maintaining and repairing bicycles
- Learn about bicycling road skills

## SELF-DETERMINED (SD)



A self-determined project allows members freedom to design a project that is not currently offered. See pg. 16 for more details.

### Self-determined (Healthy Living) (SD951)

- Foods and Nutrition
- Health and Personal Safety

## THANKS TO OUR DONORS



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## THANKS TO OUR DONORS



CHANGING THE FUTURE OF YOUTH SHOOTING SPORTS





# SHOOTING SPORTS

ARCHERY | AIR PISTOL | AIR RIFLE | HUNTING & OUTDOOR SKILLS | MUZZLELOADING | SAFETY  
SHOTGUN | SMALL BORE PISTOL | SMALL BORE RIFLE | WESTERN HERITAGE & COWBOY SHOOTING

## SHOOTING SPORTS (SS)



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

4-H Shooting Sports is a unique 4-H project in that there are social issues and concerns with the Shooting Sports project that other projects do not deal with. Because of this uniqueness, Missouri 4-H has developed some special guidelines and policies for the Shooting Sports projects. 4-H members, parents and leaders are responsible to understand and follow these policies.

### LEADER INFORMATION

A 4-H member may only be enrolled in a 4-H Shooting Sports project if it is led by a certified 4-H Shooting Sports volunteer. **There is NO exception to this policy for a parent working with his or her own child. Only a certified 4-H Shooting Sports volunteer may lead any 4-H member in a 4-H Shooting Sports project.**

4-H Leader Certification Workshops are conducted twice annually by a team of state 4-H instructors, usually a weekend in Spring and a weekend in Fall. Contact your 4-H staff about these leader workshops. Leader materials are distributed only at the leader workshops.

### PROJECT COMPLETION HOURS

Each shooting sports discipline/project number requires a minimum of 10 hours of instruction and/or practice under the direction of a 4-H certified leader.

Please note that these are stand-alone disciplines, and most Shooting Sports projects are open to participants age 8 and older unless otherwise noted in the description.

**\*Ages for the Shooting Sports project are based on 4-H age (age on Dec. 31 of the current program year).**

### Shooting Sports Safety (SS740)

- Required for all first year members in a shooting sports project.
- Strongly recommended that second year members repeat the project.
- This project does not count against your project limitation.

## SAFETY REQUIREMENTS

- ✓ All 4-H members wishing to enroll in a Shooting Sports project (SS74I-SS750) for the first time must complete six hours of instruction in shooting sports safety. Young people are encouraged to enroll in a shooting sports discipline project (SS74I-SS750) during the same year. The SS740 project does not count against the project limitation.
- ✓ Procedure for the SS740 Shooting Sports Safety project:
  - The project should be completed in a short time period — in two or three meetings within a week.
  - Local certified 4-H Shooting Sports volunteers present the six hours of safety instruction.
  - All shooting disciplines of the 4-H Shooting Sports program are to be covered in the six hours of safety.
  - Instructors must use the draft 4-H Shooting Sports Safety Curriculum as the core curriculum, available at [4h.missouri.edu](http://4h.missouri.edu)
  - The SS740 Shooting Sports Safety course must be completed prior to the youth participating in a discipline project (SS74I-SS749) but needs to be completed only once.
  - It is strongly suggested that all members repeat the safety instruction a second year.

### Archery (SS741)

- Learn how to tune out all distractions, while shooting either a compound or re-curve bow; by focusing on form and release, for either traditional or Olympic style shooting, to build self-esteem in a fun and rewarding way.

### Air Rifle (BB and/or Pellet) (SS742)

- Experience the Standard Air Rifle along with the Aperture Air Rifle while learning about target diversity in a standing, prone and kneeling position 10 meters (33 feet) from the target.

### Smallbore Rifle (.22 cal.) (SS743)

- Learn about breathing techniques, sight picture and sight alignment, along with trigger control; while building a comfortable and stable standing, kneeling, sitting and prone position.



# SHOOTING SPORTS

ARCHERY | AIR PISTOL | AIR RIFLE | HUNTING & OUTDOOR SKILLS | SAFETY | SHOTGUN  
SMALL BORE PISTOL | SMALL BORE RIFLE | WESTERN HERITAGE & COWBOY SHOOTING

## Air Pistol (SS744)

- Beginning from a seated and supported position, youth will progress to a two-handed standing position and finally to a one-handed International style shooting position.

## Shotgun (SS745)

- Learn about teamwork while busting clays in trap, skeet and sporting clays.
- Age requirements: 11 years of age and older\*

## Smallbore Pistol (SS747)

- Learn basic shooting skills and utilize them in hunting small game; or for competition on paper to steel targets ranging from 25 to 100 yards.

### Prerequisites:

- 14 years and older\*
- Previously completed 10 hours of instruction and practice of SS744 Air Pistol project or youth at least 16 years old can still participate without taking SS744 if they pass a competency test, written test and skill demonstration administered by a certified pistol instructor
- Written parental permission

## Muzzleloading (SS748)

- Experience how to properly load and fire a black powder firearm when aiming at a variety of target types.

### Prerequisites:

- 11 years of age and older\*
- Recommend at least one year participation in SS742 Air Rifle, or 743 Smallbore Rifle.

## Hunting and Outdoor Skills (SS749)

- This project has no association with the Missouri Department of Conservation Hunter Education class. It is a 4-H project designed for those members interested in hunting, game or non-game wildlife, observation and concealment skills, the relationship of people and wildlife, and other hunting and wildlife related subjects.

**Leaders:** In order to offer this program, volunteer leaders must be trained and certified by 4-H. The Hunting & Outdoor skills training and certification workshop is conducted separately from the regular workshop and is offered only once a year.

\*Ages for the Shooting Sports project are based on 4-H age (age on Dec. 31 of the current program year).

## Western Heritage and Cowboy Shooting (SS750)

**Leaders:** In order to offer this program, volunteer leaders must be trained and certified by 4-H. The western heritage training and certification workshop is conducted separately from the regular workshop and is offered only once a year.

Check with your local MU Extension center to see if it is offered in your county — only enroll if your county is approved. This project is not eligible for self-determination.

**Purpose:** To provide an avenue for 4-H members to experience the lifestyles and cultures of the Old West through a living history approach to learning.

### Participation guidelines:

- 4-H members 9 to 10 years old\* may participate with rimfire rifle only. They also must have previously completed at least one year of 4-H Air Rifle, Air Pistol or Smallbore Rifle.
- Members 11 to 13 years old\* will participate with all three firearms (rifle, revolver, shotgun) but are restricted to rimfire rifle and revolver. They also must have previously completed at least one year of 4-H Air Rifle, Air Pistol or Smallbore Rifle.
- Members 14 to 18 years old\* will participate with all three firearms (rifle, revolver, shotgun) with either center-fire or rimfire firearms. Previous completion of at least one year of 4-H Air Rifle, Air Pistol, Smallbore Rifle or Smallbore Pistol is preferred. Ask the project leader for possible exceptions.

## THANKS TO OUR DONORS

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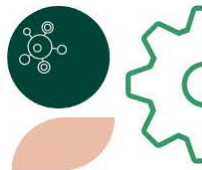
## Bring 4-H to Your Classroom!

Unlock the potential of your students with dynamic 4-H programs and curriculum. Integrate hands-on, experiential learning into your classroom and inspire the next generation of leaders and innovators.



## Why Choose 4-H?

- Engaging Curriculum:**  
 Cover STEM, agriculture, healthy living, career pathways, leadership, and life skills with our well-structured, engaging materials.  
**BONUS:** *our curriculums are already tied to the Missouri State Learning Standards.*
- Real-World Skills:**  
 students gain practical skills and knowledge that extend beyond the classroom.
- Community Connection:**  
 Connect your students to local resources and opportunities for community service and development.
- Supportive Network:**  
 Join a community of educators and volunteers dedicated to enriching the lives of young people.



## Get Started Today!

Empower your students with the tools and experiences they need to thrive.

**Contact your 4-H Specialist at your local MU Extension office.**

(see pg. 3 for contact info.)

**SCAN ME**  
for curriculum  
ties to MO  
State Learning  
Standards



## GETTING STARTED

These learning opportunities are available by speaking with your local 4-H Specialist. Typically, these opportunities are in settings that include school classrooms, after-school programs, clubs and camps.

**See page 3 for contact information.**

## COLLEGE & CAREER PATHWAYS

### Career Explorations

(LO400 - Group Enrollment)

(CP100 - Individual Enrollment)

Target Audience: grades 9-12

From exploring potential jobs to starting their own business, the “Build Your Future” curriculum helps teens develop skills and knowledge in career exploration. Participants experience a variety of learning methods including developing a business plan, competing in a quiz bowl, creating a portfolio, analyzing case studies, and discussing questions that reflect on their experiences.

### Youth Futures

(LO411- Group Enrollment)

(CP300 - Individual Enrollment)

Target audience: ages 14-18

Youth and their support networks will:

- Identify their unique strengths and values and expand their awareness of college and career opportunities.
- Meaningfully connect with caring and relatable mentors.
- Create personal future college and career goals.
- Be equipped with intention, competence, tools, skills, and confidence to pursue their goals.

**Note: This project will be taught by certified leaders in a club setting.**

## CIVIC ENGAGEMENT

### Civic Engagement (LO211)

Designed to engage youth in changing a piece of the public world, discovering the possibilities of democratic citizenship and building a commitment to taking action in new and exciting ways.



# LEARNING OPPORTUNITIES

## CIVIC ENGAGEMENT CONT'D

### Entrepreneurship (LO441)

Form or join up with a team of business-minded young people to sell a product, market a service, start a social venture, run a fundraising campaign or other group venture. Explore how entrepreneurs identify good ideas, test their market, and get them off the ground. Build business skills to work together effectively as a team. Investigate options, find a bright idea, make a plan, and go for it!

### 4-H Global Education (LO36)

Seeing i2i: Adventures in Diversity and Cultural Awareness is intended to help youth gain 'global competence' and 'cultural competence' skills needed in today's increasingly interconnected world and culturally diverse communities.

*See page 55 for additional opportunities.*

### On My Own (LO312)

Target Audience: ages 13-18

On My Own is a youth financial education program designed by University of Tennessee Extension and will be delivered by Missouri 4-H Specialist and Youth Program Associates, as well as classroom teachers that have been trained to deliver the program.

During the simulation, students become the major income provider for their household which may include a spouse and/or children. Using a hypothetical occupation and income, students work through a month of expenses that include housing, utilities, transportation, insurance, food, child care, clothing, entertainment and expenses from unexpected events.

**Note: This project will be taught by certified leaders.**



## AGRICULTURE & STEM

### Embryology (LO15)

This curriculum brings action and experience to the classroom, using a still-air incubator. Students observe the development of the chick in the egg, hatching and post-hatch care. Each activity is grade-level appropriate and has been correlated to National Science Education Standards.

### Future City (LO151)

This program is designed to help middle school youth develop their problem solving, critical thinking, creativity, and communication skills while learning more about STEM and city planning. Youth work in teams of at least three students to imagine, research and design a future city at least 100 years from now. There is a new theme each year in which youth will work to address the problem.

### Garden 'n Grow (LO971)

Target Audience: ages 9-13

MU Extension's Garden 'n Grow Program is a volunteer gardening program designed to educate young people about horticulture. Young people will learn not only about gardening, but also science, math, social studies, language arts and have fun while learning! Each participant will plant and harvest his or her vegetables for home use and donation to the local food bank. The goals of this program are to teach young gardeners the pleasures of being outdoors and instill in them the importance of helping others. Garden 'n Grow participants will develop a sense of self, usefulness and responsibility as they successfully contribute to society.

For more information, go to <https://extension.missouri.edu/programs/garden-n-grow>.

### Manufacturing Academy (LO161)

Target audience: ages 11-13

(in development: ages 14-18)

The Missouri Manufacturing Academy middle school curriculum intentionally highlights defining characteristics of the manufacturing industry in Missouri in a way that generates career awareness and sparks interest in the field. The curriculum utilizes experiential learning, authentic learning, and relationships to focus on the why, who, what, where, and when of manufacturing careers, particularly in Missouri. Youth will gain exposure and experiences that lead to a greater understanding and appreciation for manufacturing as well as spark potential manufacturing career goals. This program is provided by Missouri S&T and Missouri 4-H, in partnership with Brewer Science and Missouri AfterSchool Network.

## 4-H STEM CHALLENGE

(LO100- Group Enrollment)

(SC100 - Individual Enrollment)

The 4-H STEM Challenge is a national event for 4-H science programming, bringing together youth, volunteers and educators from all over the country to complete hands-on STEM activities.

Each year the 4-H STEM Challenge is completely different, with a new topic, supplies and resources.

Full details found at <https://4-h.org/programs/stem-challenge/>

## HEALTHY LIVING

### Eating from the Garden (LO972)

Eating from the Garden is a nutrition and gardening curriculum. Research-based information guides students through nutrition and gardening activities that increase consumption of fruits and vegetables, healthier food choices, gardening knowledge and physical activity.

- Based on a one-hour class with additional activities for longer time periods.
- One garden is planted in the fall and one in the spring.
- Each lesson includes a newsletter for students to take home. Lessons have been cross-referenced with the Missouri Learning Standards.

**Note: Move Across Missouri is now classified as an event instead of a project. You will register for it in 4-H Online in February.**

### Soccer for Success (LO714)

Target Audience:

Learn about the sport of soccer, eating right and other ways to stay healthy as you gain teamwork and decision-making skills to achieve your personal goals. Developed by the U.S. Soccer Foundation, Soccer for Success is 4-H on the pitch!

**Note: Certified leaders required. Ask your county extension office for availability in your area.**

## 4-H SNAC

SNAC Clubs focus on projects including nutrition, gardening, and/or physical activity.

- Members will engage in a culminating youth-led advocacy project to promote healthy habits in their community and/or teach younger youth about healthy habits.
- SNAC Clubs incorporate leadership and citizenship skills central to 4-H.
- Recommended curriculum includes:
  - **Kids in the Kitchen (LO974)** is a curriculum that encourages youth to eat healthier meals and snacks as a result of hands-on cooking experiences. Students experience fun educational activities which help them understand the value of eating from all the food groups, participate in physical activities and learn safe food handling practices in each of the lessons.
  - **Eating from the Garden (LO973)** provides researched-based information through nutrition and gardening activities to increase consumption of fruits and vegetables and promote healthier food choices, gardening knowledge and physical activity.
  - **Soccer for Success (LO975)** is a positive youth development program that focuses on youth making healthy lifestyle choices. Youth will learn fundamental soccer skills while learning nutrition education and essential life skills.
  - **iCook (LO977)** allows youth and adults to cook, eat and play together. Class members set a healthy lifestyle goal for themselves or their family. Each week participants are encouraged to practice the new healthy lifestyle skills at home.
  - **Illinois Junior Chef (LO976)** students will gain hands-on cooking and kitchen safety skills while learning the basics of nutrition education. Students prepare recipes based on the food group or topic they have learned about in each lesson.

**Note: Certified leaders required. Ask your county extension office for availability in your area.**





# MISSOURI 4-H FOUNDATION

## 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, the foundation has 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.

## HOW WE SUPPORT MISSOURI 4-H

### Funding for State and Local Programs:

The Missouri 4-H Foundation provides direct program support to the MU Extension 4-H Center for Youth Development. This support helps young people develop practical skills at state contests and events. It also offers youth opportunities to take on leadership roles through experiences like State 4-H Council.

### College Scholarships:

Connecting youth to higher education is a fundamental role of the 4-H program. With tremendous support from our donors and partners across the state, the Missouri 4-H Foundation offers more than 60 college scholarships to young people of all backgrounds. Scholarship applications are available on our website, <https://extension2.missouri.edu/programs/missouri-4-h-foundation/scholarships>. Applications are accepted between January 1 and March 1.

### Securing the Future of 4-H with Endowments:

The Missouri 4-H Foundation offers donors gift options designed to sustain Missouri 4-H youth development programs at both county and state levels. Endowments for county or state programs provide a dependable and perpetual source of funding that, when combined with other public and private annual support, assures that 4-H learning opportunities will always be available for Missouri's youth. For more information about supporting or establishing a county endowment, contact Missouri 4-H Foundation Director Rachel Augustine at [augustinere@missouri.edu](mailto:augustinere@missouri.edu) or 573-884-7641.

### Recognizing 4-H Volunteers:

The Missouri 4-H Foundation recognizes the work of Missouri 4-H partners and volunteers through annual recognition and awards programs. To learn more, visit <https://extension2.missouri.edu/programs/missouri-4-h-foundation/volunteer-recognition>.

## HOW YOU CAN HELP

Alumni, friends and 4-H families can demonstrate their commitment to Missouri 4-H by supporting the Clover Fund. Visit [4h.missouri.edu/foundation](https://4h.missouri.edu/foundation) to donate.

Contact us by phone at 1-800-642-8041, by email at [4hfoundation@missouri.edu](mailto:4hfoundation@missouri.edu), or on the web at [4h.missouri.edu/foundation](https://4h.missouri.edu/foundation)

# MISSOURI 4-H RECOGNITION & AWARDS

Recognition is available to 4-H members at all levels of involvement from project groups to our highest award, the Key Award. Recognition can occur during project meetings when a member is asked to demonstrate a skill they have mastered. It also occurs when older 4-H members compete for the chance to attend National 4-H Congress or National 4-H Conference.

**\*Note:** The only areas of the recognition model that are appropriate for Clover Kids are participation and cooperation. It is appropriate to start helping them understand or think about standards of excellence, but their performance should not be evaluated in relation to the standards. Recognition is important for Clover Kids, but it should be positive and non-competitive.

Recognition Type	Clover Kid	4-H Member			Volunteer	Clubs
	5-7	8-10	11-13	14-18		
Participation*						
Clover Kid Pins	✓					
Membership & Completion Cards	✓	✓	✓	✓		
4-H Charter (mandatory)						✓
Progress toward Personal Goals						
Project Record Completion (county level)		✓	✓	✓		
Key Award				✓		
Standards of Excellence		✓	✓	✓		✓
Peer Competition Awards						
State Excellence Awards		Level I	Level 2	Level 3		
National 4-H Conference				✓		
Cooperation*						
Missouri 4-H Foundation Community Service Grant						✓
Kids Helping Kids	For 4-H families in need. See pg. 53 for details. (State Council pg.)					
4-H'ers Helping 4-H'ers	For 4-H families in need. See pg. 53 for details. (State Council pg.)					
Recognition and Awards						
Century Family	Multi-generational					
Hall of Fame					✓	
Scholarships				✓		
Naomi Crouch 4-H Volunteer Leadership Award					✓	
Frank Graham 4-H Volunteer Leadership Award					✓	



# MISSOURI 4-H RECOGNITION & AWARDS

## PARTICIPATION

### ***Essential elements: Belonging and independence***

A first step in building self-confidence is to acknowledge 4-H members for their involvement in educational experiences. Clubs, groups and counties are encouraged to recognize participation by 4-H members and volunteers. Creative ideas for recognizing Clover Kids, new members and new families help welcome them into the 4-H program and create a sense of belonging and community.

Participation examples:

- Clover Kid membership card and pin
- 4-H membership card
- 4-H year completion
- Award certificates
- 4-H leadership completion certificates
- 4-H Charter (mandatory for all 4-H Clubs)

## STANDARDS OF EXCELLENCE

### ***Essential elements: Mastery and independence***

Recognition of achievement for standards of excellence gives young people an external, pre-determined target for their learning experience. Members may elect to have 4-H projects or their performance evaluated at a local or county 4-H show, fair or other exhibit opportunity.

Mastery is the building of knowledge, skills and attitudes and then demonstrating the competent use of this knowledge and skill. The level of mastery is dependent on the developmental ability of the individual youth. The development of mastery is a process that happens over time and is increased with repetition.

Standards of excellence examples: :

- 4-H club standards of excellence
- Project work standards of excellence (Blue/Gold, Red/ Silver, White/Bronze recognition)
- Award certificates

## PEER COMPETITION

### ***Essential elements: Mastery and independence***

Some 4-H members are encouraged by competition and enjoy the opportunity to compete with peers to determine the best project, performance or achievement. Members should be reminded that in competition there are winners, but there are many more non-winners. Members should be prepared to accept the results of the judge's decision and are encouraged to appreciate the valuable learning that took place before, during and after the competition.

Peer competition examples:

- Award certificates
- State excellence awards (Missouri Recognition Forms)
- National 4-H Congress
- National 4-H Conference
- MFA Saddle Award

## PROGRESS TOWARD PERSONAL GOALS

### ***Essential elements: Independence, belonging and mastery***

Progress toward personal goals enables young people to gain experience in goal-setting and realistic self-assessment as they plan their projects, set their goals and reflect on their experience.

Progress toward personal goals examples:

- Project records
- Key Award
- Award certificates
- Missouri Recognition Forms

## COOPERATION

### ***Essential elements: Belonging and generosity***

Recognition for cooperation helps young people learn and work with others — preparing them for living in today's interdependent, global society. Missouri 4-H creates environments where young people are valued, contributing members of their community. Focusing on young people helps communities recognize that young people are a valuable resource for the betterment of their community.

Cooperation examples:

- Missouri 4-H Foundation Community Service Grant
- Kids Helping Kids and 4-H'ers Helping 4-H'ers
- Missouri Department of Agriculture Building Our American Communities (BOAC) Grants
- FCS Financial Shaping Rural Missouri Grant

Note: The only areas of the recognition model that are appropriate for Clover Kids are participation and cooperation. It is appropriate to start helping them understand or think about standards of excellence, but their performance should not be evaluated in relation to the standards. Recognition is important for Clover Kids, but it should be positive and non-competitive.

## Completing a Year of 4-H Membership

4-H club members are recognized for setting and completing goals each year. At a minimum, a 4-H member should:

- Attend a majority of club or group meetings.
- Enroll in at least one project and finish it. This includes attending a majority of project meetings, working on project goals and keeping records on the project.
- Demonstrate a skill learned or knowledge gained by making a handmade item, exhibiting a project or project animal at a show or fair, or presenting a speech, report or demonstration in a group setting such as a club or project meeting.

When a 4-H club member meets these requirements, they are recognized for “completing a year of 4-H membership.” Most county 4-H programs award a yearly membership pin to all 4-H Club Members who “complete the year.” County 4-H councils may establish additional standards for 4-H clubs within a county. In all cases, these requirements must provide equal access for all young people and must not create barriers to participation.

In the event that a member cannot meet the minimum requirements due to college enrollment, family situation, employment or other factors, the club leader might agree with the member to create options for completion. When possible, this agreement should be planned in advance by the volunteer club leader and the member. County 4-H staff must agree to the terms of the Y639, Individual 4-H Member Comprehensive Plan (fillable PDF), and it must be kept on file at the local extension center. For a copy of the plan, go online to <http://4h.missouri.edu/join-4h.aspx>.

## STATE EXCELLENCE AWARDS (MISSOURI RECOGNITION FORMS)

Missouri Recognition Forms Levels 1, 2 and 3 are used as both progress toward personal goals and peer competition.

### Level 1 (Junior)

- 4-H members who are between 8 and 10 years old on Dec. 31 of the program year are eligible to apply.
- Up to five applications submitted from regional review may be forwarded to the state 4-H office.
- The five applications will be considered State Winners and will receive a certificate, medal of excellence and a scholarship up to \$50 toward a camp experience.

### Level 2 (Intermediate)

- 4-H members between 11 and 13 years old on Dec. 31 of the program year are eligible to apply.
- Up to three applications submitted from regional review may be forwarded to the state 4-H office by March 1.
- Applicants will be considered State Winners and will receive a certificate and scholarship to attend State 4-H Teen Conference, or if aged out, the scholarship will be applied to State 4-H Congress.

### Level 3 (Senior)

- 4-H members between 14 and 18 years old on Dec. 31 of the program year are eligible to apply.
- Up to 8 (or 50%) of applications submitted for regional review will be forwarded to the state 4-H office for consideration.
- Applications are judged at the state level and up to the top 30 applicants are interviewed. After interviews, the top 20 become Delegates to National 4-H Congress.

## National 4-H Congress

Delegates participate in a wide range of educational workshops and hear from speakers such as the current Miss America. They also participate in a morning of service around Atlanta where they work in classrooms, clean up parks, prepare meals for homeless and shut-ins and much more. Delegates also have the opportunity to tour some of Atlanta's landmarks such as Coca-Cola, the Martin Luther King Jr. visitor center and others.

## National 4-H Conference

Delegates will represent Missouri 4-H at this national civic engagement opportunity organized by NIFA and the National 4-H Council. They will participate in round-table discussions with peers in preparation to provide youth voice and solutions to partnering federal agencies about specific issues affecting youth and communities nationwide.

Delegates will also meet with their legislators on Capitol Hill to discuss 4-H. After the conclusion of the event, delegates will be asked to complete a final project in which they will be empowered to create positive social change in their communities as a result of their National 4-H Conference experience.

# NATIONALLY RECOGNIZED PROGRAM MODELS

## MARSHALL MENTOR PROGRAM

Featuring strong anti-bullying and animal rescue themes, this program stems from the story of a Labrador retriever and the bullied boy who rescues him.

The Marshall Mentor program, through a yearlong MU Extension 4-H program, gives older 4-H youth opportunities to use leadership and public speaking skills. Younger youth are exposed to positive role models through the program and learn strategies for putting an end to bullying by living Marshall's character cornerstones of empathy, strength, courage, perseverance, kindness and forgiveness.

For more information about the Marshall Mentor program, visit <http://www.marshallthemiracledog.com/> or contact your local 4-H staff member.

## 4-H LIFE (LIVING INTERACTIVE FAMILY EDUCATION)

The 4-H LIFE Program is a 4-H youth development program designed to strengthen relationships in families with an incarcerated parent. Qualified offenders and their family members participate in ongoing, prison-based 4-H club meetings and project activities. The program has three components:

- 4-H LIFE family club visits with the incarcerated parents, the children and caregivers. The visit is enhanced through a more family-friendly visiting room atmosphere that includes a 4-H club meeting, 4-H projects and fun, family-strengthening activities.
- Parenting classes to develop incarcerated parents' skills in relating to their children and the caregiver who is raising them.
- Planning meetings designed to teach the incarcerated parents how to plan age-appropriate, educational activities for the visits with their children at the correctional center.

Facilities that currently house a 4-H LIFE program:

- Chillicothe Correctional Center
- Jefferson City Correctional Center
- Missouri Eastern Correctional Center
- Ozarks Correctional Center
- Potosi Correctional Center
- Women's Eastern Reception, Diagnostic and Correctional Center



## MISSOURI 4-H YOUTH FUTURES: COLLEGE AND CAREERS WITHIN REACH

Youth Futures is a future preparedness initiative that promotes both college and other postsecondary pursuits (e.g., technical and trade schools, workforce certifications, military, entrepreneurship, and careers) as attainable goals for middle and high school youth. In the Youth Futures program, adult and near-peer mentors help youth identify their strengths and values, be inspired to pursue postsecondary pathways, and create personal goals leading to such pathways. Mentors also help expand accessibility to the paths leading to participants' future goals.

### Components of the program

**Mentoring** — Youth Futures provides yearlong mentoring on the local level by staff and volunteers to provide continuous support throughout the preparation process.

**Parent sessions** — are held throughout the year to equip parents with the skills needed to help their youth.

**Career Pathways Conference** — You will visit the University of Missouri to identify their future goals, learn how to navigate life after high school, and experience college life in the dorms and on campus. Participants meet new friends, prepare for the ACT, experience a mock interview, hear from dynamic facilitators, and attend social events.

Missouri 4-H provides many opportunities for our youth. These come in the form of events, contests, scholarships, workshops, and much more. This chart contains opportunities available to youth statewide. Each county and region will offer their own opportunities, please contact your local Extension office for details.

**You will find more information and resources on the webpage for each opportunity.**

Event/Location/Date	Ages	Description
*Dates may be subject to change	Additional Opportunities (C=county; N=national)	
<b>Start of New 4-H Year</b> October 1		4-H program's hands-on approach gives you guidance, tools and encouragement, and then puts you in the driver's seat to make great things happen. <ul style="list-style-type: none"> <li>Each person must enroll/re-enroll each year in 4-H Online.</li> <li>To register for any event in 4-H Online, your account must be in active status.</li> </ul>
<a href="#">Shooting Sports Leader Certification Workshops</a> Fall and Spring		Are you ready to pass your skills and love of shooting sports to the next generation? To become a certified Shooting Sports Leader you must complete the appropriate training workshop(s): <ul style="list-style-type: none"> <li>Shooting Sports Leader Certification (multiple disciplines available)</li> <li>Western Heritage Leader Training</li> <li>Hunting &amp; Outdoor Skills Leader Certification</li> </ul> Only a certified Shooting Sports volunteer may lead any 4-H member in a 4-H Shooting Sports project. There is NO exception to this policy for a parent working with his/her own youth.
<a href="#">Shooting Sports State Team Tryouts</a> Location varies by discipline Fall and Winter	14-18	Have you honed your skill and are ready compete at a national level? The selection process for the nine state shooting teams begins after the completion of the state shoot. Any 4-H Shooting Sports member who is in good standing with their county program and enrolled in the appropriate project number may participate in the selection process.
<b>EXCEL: Working Together</b> Online to Bangladesh Fall and Spring		Meet friends from around the world and learn about different cultures while learning and sharing about food, family, and hobbies and more in an online club, meeting once a week for seven weeks.
<b>National 4-H Congress</b> Atlanta, Ga November 29 - December 3, 2024	14-18	You will have the chance to participate in workshops, complete service-learning projects, tour Atlanta landmarks, and meet other 4-H members from across the country. Youth must apply at the county level using the Y2200 Level 3 Recognition Form. Contact your county office regarding local due dates.
<b>Regional Energizers</b> Locations vary Fall/Winter		Meet other members and leaders in your region and learn about opportunities and projects. Some regions also provide trainings at this event.
<a href="#">Zoo Apprentice Camp</a> Busch Gardens, Tampa, FL December 27 - 31, 2024	11-18	You will develop a keen sense of understanding of animal behavior, science, and nutrition by shadowing zoo staff.
<b>Missouri 4-H Foundation Scholarship Application Period</b> Jan 1 to March 1		Post-secondary education is expensive and the Missouri 4-H Foundation offers over 60 scholarships to help you follow your spark. <b>See page 44 for details.</b> The Missouri 4-H Foundation celebrates the scholarship recipients in late spring/early summer.
<a href="#">MOVE Across Missouri</a> February 3 – April 27		By participating in this initiative, you will be encouraged to increase your physical activity and fitness in your daily life for a healthier lifestyle. Youth must be enrolled in the MOVE event and log their activities for a chance to win prizes! (Note: Project enrollment no longer required; must enroll in event to participate).
<a href="#">4-H Feeding Missouri</a> January–May		Being a good citizen involves showing generosity and strengthening your community through service. Join us as we raise awareness about food insecurity in our partnership with Feeding Missouri and Missouri Farmers Care Drive to Feed Kids. Counties engage in a friendly competition to provide meals by volunteering their time, and collecting food and monetary donations to help this cause.



# OPPORTUNITIES

Event/Location/Date	Ages	Description
*Dates may be subject to change		
Additional Opportunities (C=county; N=national)		
<a href="#">State Meats Judging Contest</a> University of Missouri – Columbia, Mo February 15, 2025	8-18 N	By judging and identifying classes of meat cuts at this contest, you will develop the skills and abilities needed to enter and advance in careers in the meat industry and to be a knowledgeable consumer.
<a href="#">State Horse Judging Contest</a> William Woods University, Fulton, Mo March 2025	8-18 N	By evaluating classes of horses in confirmation and performance of patterns at this event, you will strengthen your judging skills and knowledge of this part of the equine industry.
<a href="#">Horse Bowl</a> University of Missouri - Columbia, Mo Not held in 2025	8-18 N	By participating in this quiz bowl style event, you will be able to demonstrate and expand your knowledge of equine related subject matter. Only held on even years.
<a href="#">Hippology</a> University of Missouri - Columbia, Mo Spring 2025	8-18 N	Demonstrate your depth and breadth of horse knowledge through a four-phase, team-based contest including a test phase, judging phase, stations, and problem solving. Only held on odd years.
<a href="#">National 4-H Conference</a> Washington D.C.	15-19	Have the opportunity to present your ideas and plans of action to various federal agencies and partners and visit congressional leaders on Capitol Hill through the pinnacle of 4-H Civic Engagement. Eligible youth must apply at the state level the year prior to the trip they intend on attending.
<a href="#">Sportfishing SLAM</a> Spring	8-18	You are challenged to learn more about and determine the appropriate fish species, habitat, and bait that will allow for the completion of a slam category. Open to all Missouri 4-H members.
<b>Ignite</b> Washington D.C. March 12-16, 2025	14-18	Join a group of your peers in D.C. for a 4-day experience where high-school aged teens connect, make memories and find their spark by exploring the best 4-H has to offer in STEM, Agriscience, Healthy Living, Career Readiness and Emotional Well-being.
<a href="#">4-H Day with the Cardinals</a> Busch Stadium, St. Louis, Mo May		Healthy living includes having fun with your friends and family. Join your 4-H family at a Cardinals baseball game! Pre-game activities include walking around the field behind your county banner, reciting the pledge and a ceremonial first pitch by a Missouri 4-H member. Tickets must be ordered in advance through 4-H.
<b>Animal Science Youth Leadership Academy</b> MU Campus May	14-18	The academy is a 4-day experiential learning program about the animal science industry as well as gaining leadership and presentation skills about issues within animal production.
<a href="#">Missouri 4-H Equine Tour</a> Summer	14-18	Experience and explore the various facets of the equine industry first hand through a week-long trip that visits a new region of the country each year.
<a href="#">Wildlife Habitat Education Program</a> Summer	8-18 N	Test your wildlife and fisheries habitat management knowledge in a friendly competition. Specific project enrollment not required.
<a href="#">Teen Conference</a> University of Missouri - Columbia, Mo May 27-28, 2025	11-13	Teen Conference is a great way for you to learn what it will be like to be a teen in 4-H. This conference is planned and implemented by the Civic Engagement Ambassadors, and provides a safe and fun campus experience designed to hone your skills and make new friends.
<a href="#">State Congress</a> University of Missouri - Columbia, Mo May 29-31, 2025	14-19	During your stay on MU's beautiful campus, you will have the opportunity to participate in a variety of workshops, experience team building, and meet new people from across the state. This conference is planned and implemented by the State Council. Opportunity Scholarships are available.
<a href="#">Livestock Judging Contest</a> University of Missouri - Columbia, Mo. June 2025	8-18 N	During the State 4-H Livestock Judging Contest, you will be able to judge several classes of cattle, swine, sheep, and goats and give your reasons to defend your placing.

Event/Location/Date	Ages	Description
<b>*Dates may be subject to change</b>		
<b>Additional Opportunities (C=county; N=national)</b>		
<a href="#">State Poultry Day</a> University of Missouri - Columbia, Mo. June 2025	8-18 N	Poultry Day gives you the opportunity to test your skills in grading and evaluating cuts, eggs, and live birds. You will also get to learn from individuals who have careers or interest in the poultry industry.
<b>Pork Institute</b> MU Campus June 2025	14-18	Pork Institute, aka Pig Camp, gives you the opportunity to have an in-depth experience in pork production and learn about possible careers in the swine industry.
<a href="#">State Sportfishing Event</a> Little Dixie Conservation Area near Millersburg, Mo July	8-18	Youth put their fishing skills and knowledge to the test with a fishing derby and several skill-a-thons. No limit on the number of youth participants per county. 4-H Sportfishing project enrollment is required.
<a href="#">Dairy Cow Camp</a> Freistatt, Mo Summer	8-18	Dairy Cow Camp guides you through the basics and finer points of fitting dairy cattle and helps you to become more aware of the dairy industry.
<a href="#">Dairy Judging Camp</a> Mt. Vernon, Mo Summer	10-18	Dairy Cow Camp guides you through the basics and finer points of judging dairy cattle and helps to improve your ability to give reasons.
<a href="#">MFA Saddle Award</a> Summer	14-18	Show off your 4-H participation and love for the equine industry by completing the MFA Saddle Award form and essay. One youth will be selected to win a beautifully crafted saddle donated by MFA.
<a href="#">Citizenship Washington Focus</a> Washington, D.C. Summer 2026	14-19	Travel to Washington D.C. for the civic engagement event of a lifetime. Teens learn leadership and communication skills through history, democracy, and our amendments. Watch for trip dates and registration information starting fall 2025.
<b>County Fairs</b> Location varies		Show others what skills and knowledge you have learned in your 4-H project and potentially earn a chance to exhibit at the Missouri State Fair.
<a href="#">Career Pathways Conference</a> University of Missouri – Columbia, Mo July	15-18	Teen aged 4-H'ers visit the University of Missouri to identify their future goals, learn how to navigate life after high school, and experience college life in the dorms and on campus. Participants meet new friends, prepare for the ACT, experience a mock interview, hear from dynamic facilitators, and attend social events. Teens from any Missouri 4-H Career Pathways program may attend.
<a href="#">Aerospace Camp</a> Missouri S&T Campus Rolla, Mo. July	10-13	During three fun-filled days, you'll experience aeronautics and space flight from the ground-up perspective. Your time will be filled with space exploration, interactive teamwork activities and engaging hands-on experiences.
<b><a href="#">Missouri State Fair, Sedalia, Mo.</a> <span style="float: right;">August 7-17, 2025</span></b>		
<b>Equine Events</b>	8-18	<b>Horse Show:</b> Show off your riding and horsemanship abilities during the Missouri State Fair 4-H/FFA Horse Show.
	8-18 N	<b>Youth Equine Public Speaking and Demonstration, Fine Arts, and Poster Contests:</b> Share your creativity and love for horse and join us for the 4-H Horse Public Speaking and Demonstration Contest and the Youth Equine Fine Arts and Poster Contests!

Continued on next page

You will find more information and resources on the webpage for each opportunity.

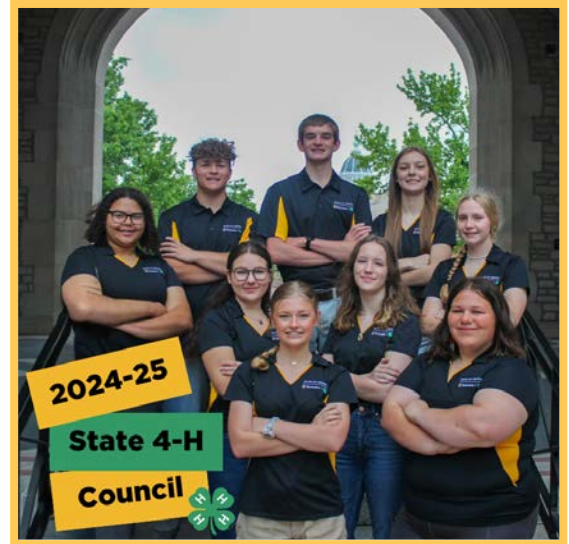
# OPPORTUNITIES

Event/Location/Date	Ages	Description
*Dates may be subject to change	Additional Opportunities (C=county; N=national)	
4-H Building	8-18	<b>Projects and Demonstrations:</b> Share your hard work with fairgoers from across the state by bringing your projects and/or demonstrations to the 4-H Building at the Missouri State Fair. Projects and demonstrations must be selected at the local level to exhibit at the Missouri State Fair.
	8-18	<b>State Fair Specialty Contests:</b> Show us your best demonstration skills during the Cooking With Honey and Missouri Grown Foods specialty contests.
4-H Building		<b>4-H Family Day:</b> At our 4-H Family Day at the Missouri State Fair, you will be able to experience a variety of projects through a number of activities taking place in the 4-H Building. First Saturday of the fair.
	5-7	<b>Clover Kids Day:</b> Are you age 5, 6, or 7? If so, come visit us in the 4-H Building at the Missouri State Fair to show off your projects, give a demonstration, and do activities specially designed for Clover Kids.
	14-18 N	<b>Chicken Barbecue Contest:</b> Bring your best BBQ skills and recipe with you as you prepare and cook chicken to be judged during the 4-H Chicken BBQ Contest.
Mizzou Central	11-18	<b>Show-Me 4-H Wares at the Missouri State Fair:</b> Through Show Me 4-H Wares, you can sharpen your entrepreneurial skills by selling original items in Mizzou Central at the Missouri State Fair.
Livestock and Animal Events	8-18 N	<b>Dairy Judging :</b> Take the opportunity to improve your dairy judging skills and give reasons on several classes of dairy cattle at the Missouri State Fair. Open sign-up on the day of the contest.
	8-18	<b>Dog Show and Dog Bowl:</b> The Missouri State Fair 4-H Dog Show allows you and your canine friend to demonstrate our showmanship abilities and the Dog Bowl gives you the opportunity to test your knowledge of dogs in a quiz bowl type contest.
	8-18	<b>Livestock Shows:</b> Show us your livestock and showmanship abilities during the 4-H livestock shows (beef cattle, dairy cattle, meat goats, dairy goats, sheep, swine, poultry, and rabbits) happening across the fairgrounds.
<a href="#">Shooting Sports State Shoot: Skeet, Trap, Sporting Clays, 3-D Archery, Archery 300, Rifle, Pistol, Muzzleloading, Hunting &amp; Outdoor Skills</a> Locations vary Several weekends in Aug & Sept	9-18 C, N	You will test your skills and compete against your peers in your discipline(s). Participation is open to all 4-H'ers enrolled in the Shooting Sports project who have successfully completed project requirements. You must have participated in the same event at a local or regional level. Pre-registration is required.
<a href="#">Western Heritage State Shoot</a> Location varies September	9-18 N	You will compete in Cowboy Action Shooting, Period Clothing/Character Development, and Western Knowledge. You must be enrolled in the Western Heritage Project to participate.
<a href="#">State 4-H Public Speaking Contest</a> University of Missouri -Columbia September	8-18 N	At this contest you will compete in one of several categories, including extemporaneous speaking, prepared speaking, or interpretation. You will practice the skills necessary to be an effective and impactful verbal communicator.
<a href="#">State 4-H Fashion Revue</a> Columbia, Mo October	8-18 N	Through State Fashion Revue, you will be able to compete and show off your clothing construction or consumer decision making skills. Counties will select participants in each category and age group.

## STATE 4-H COUNCIL

Any Missouri 4-H'er that is entering grades 9-12 at the time of application is eligible to apply.

The Missouri State 4-H Council comprises Missouri 4-H'ers that have been elected by their peers to serve as the youth governing board for the Missouri 4-H Program. In coordination with the Missouri 4-H Center for Youth Development, the Council's charge is to represent youth interests throughout the state of Missouri in matters of policy and programming so that the educational and developmental needs of Missouri 4-H'ers may best be addressed by state, regional, and county 4-H faculty and staff. Specific responsibilities include, but are not limited to, the planning and implementation of the state flagship event for the Missouri 4-H Program: State Congress. In addition, State Council delegates represent Missouri 4-H at the annual Missouri State Fair and the various state 4-H events across numerous programmatic areas such as public speaking, fashion revue, shooting sports, judging competitions, and leadership development events/trainings.



The Missouri 4-H Delegation of **Regional Representatives** consists of eight individuals, with one delegate representing each of the eight Missouri Extension regions. The representatives will give voice to regional perspectives in the context of the State Council. In addition, they represent Missouri 4-H in public contexts both within their counties and at regional and state-level events.

The Missouri 4-H **State Board of Directors** consists of five individuals that have been elected by their peers to serve as the executive officers of the Missouri 4-H State Council and the highest-ranking youth officials within the Missouri 4-H Program. The positions are president, vice-president, and three state representatives. The board constitutes the most public facing delegation of Missouri 4-H membership because they formally represent the program to the University of Missouri, state and local government, friends and donors of 4-H, industry partners, and other key stakeholder groups. The board will preside over State Council meetings in addition to the annual Missouri 4-H State Congress.

For more information, please visit our website at <https://extension.missouri.edu/programs/missouri-4-h/get-involved-with-4-h/state-4-h-council>

## State 4-H Council Initiatives

**Kids Helping Kids:** Difficult times and disasters can strike anyone. Kids Helping Kids is a program devoted to helping Missouri 4-H members and their families in times of need by providing small financial grants to 4-H members who have gone through family hardships like natural disasters, medical emergencies, the loss of a loved one or other traumatic events. The grant application is handled by 4-H staff and administered by the State 4-H Council. For more information, contact your local 4-H staff.

**4-H'ers Helping 4-H'ers:** The 4-Her's Helping 4-Her's fund was created by the State 4-H Council in 2015 with the goal of providing scholarships to state events for 4-H members in financial need. All funds are under the authority of the Missouri 4-H Foundation, which will oversee the permanent endowment when we reach our goal of \$25,000. If you would like to donate to this fund, please scan the QR code.





# EXTEND YOUR 4-H INVOLVEMENT

## MISSOURI 4-H CIVIC ENGAGEMENT AMBASSADORS

Any Missouri 4-H'er that is entering grades 9-12 at the time of application is eligible to apply.

Missouri 4-H Civic Engagement Ambassadors educate local policymakers, industry leaders, community partners, and 4-H members about land-grant history, 4-H programs, and service-learning opportunities. Ambassadors develop professional connections while teaching others how to engage with Extension and contribute to their communities. They play a key role in connecting 4-H members across the state and building relationships with people and organizations that support the University of Missouri's mission and the 4-H motto, "Make the Best Better."



Ambassadors work with local policymakers, including county commission boards and school boards. They also connect with 4-H members and faculty through county meetings, regional events, and service projects. Ambassadors plan and lead the Missouri 4-H Teen Conference and represent Missouri 4-H at events like the Missouri State Fair, Legislative Academy, and State Congress. Their term starts at the Missouri 4-H State Congress and lasts one year.

For more information, please visit our website at <https://extension.missouri.edu/programs/missouri-4-h/get-involved-with-4-h/missouri-4-h-ambassadors>

## COLLEGIATE 4-H

Collegiate 4-H is a unique opportunity for any young adult attending college to continue to participate in aspects of the 4-H program. Members engage in leadership activities, provide assistance to the state program, and interact with their peers social events, such as regional and national conferences. They are not required to complete projects or similar activities as in traditional 4-H programs. Check your local college or university to see if there is an existing club. If there is not an existing club, consider starting one at your institution or join the Mizzou Collegiate 4-H Club as an at-large member.

Collegiate 4-H is open to all post-secondary students in Missouri and is a great way to continue your involvement in 4-H and take what you learned as a member to the next level. Collegiate 4-H members have the opportunity to apply their leadership and civic engagement skills on campus and with Missouri 4-H youth! Attend National Collegiate 4-H Conference and network with college students from across the country.



Reach out to Mizzou Collegiate 4-H, the flagship club, for help getting your club started at [Mizzoucollegiate4H@gmail.com](mailto:Mizzoucollegiate4H@gmail.com).

Visit us:



@missouricollegiate4h



@mo\_collegiate\_4h

## WANT TO TRAVEL THE WORLD? EXPERIENCE OTHER CULTURES?

# START HERE!

### 4-H GLOBAL EDUCATION

Just as 4-H goes beyond our doorstep and your county line, it also goes beyond our nation's borders.

Global Education contributes to understanding people of the world through hosting, travel experience, project and activity enrollment for individuals and clubs. This experience provides 4-H families insight into the world in which we live by participating in some phase of Global Education.



### TRAVEL TO ANOTHER COUNTRY

#### 4-H/JAPANESE EXCHANGE TO JAPAN

- Four-week host family experience living in Japan
- Open to young people ages 12-18 as of Dec. 31 of current program year
- Depart mid-July

*Application deadline: Nov. 1*

#### EXCHANGE TO COSTA RICA, SOUTH KOREA, FINLAND (countries vary each year)

- Four-week experience living with a host family (countries vary each year)
- Open to young people ages 15-18 as of Dec. 31 of current program year (must not be in college)
- Travel dates are mid-June to mid-July

*Application deadline: Nov. 1*

### GLOBAL EDUCATION AT HOME

#### 4-H PROJECT OR CLUB ACTIVITY

- Use the curriculum on the Global Education project on page 32. Includes 4-H leader materials.

#### EXCEL: WORKING TOGETHER

- Online to Bangladesh; Fall and Spring
- Meet friends from around the world and learn about different cultures while learning and sharing about food, family, and hobbies and more in an online club, meeting once a week for seven weeks.

### BECOME A HOST FAMILY

#### 4-H/JAPANESE SHORT-TERM HOST FAMILY

- Four-week host opportunities for a youth from Japan
- Arrive at host family in mid-July; depart mid-August
- Two weeks serving as host to the adult chaperone who accompanies the youth delegates

*Application deadline: March 1*

#### ACADEMIC YEAR PROGRAMS (AYP) HOST FAMILY

- Host an international high school youth for 10 months and bring the richness of the world to your home!
- American families have the opportunity to host a high school student for one academic year (August-June). Students are enrolled in public high school and participate in activities as members of their host families. Currently, Missouri places students from Japan and South Korea through AYP.
- State Coordinator provides support services for host families and exchange students throughout the year.

*Application deadline: Dec. 1*

### THANKS TO OUR DONORS





# 4-H SUMMER CAMP



Attending 4-H summer camp provides unique opportunities while fostering personal growth in a supportive and fun environment.



**ENJOY OUTDOOR ADVENTURES**



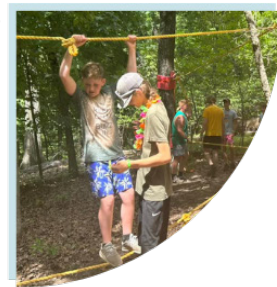
**MAKE LIFELONG FRIENDS**



**EXPLORE NEW INTERESTS**



**DEVELOP LEADERSHIP SKILLS**



Camp with 4-H and participate in one of the great experiences of your 4-H career! Camp provides the full benefits of a 4-H experience coupled with the fun and wonder of camping in the great outdoors. Stretch your horizons, meet new people, breathe fresh air, sing silly songs, share in camp responsibilities, crawl into a sleeping bag, laugh with friends, learn something new, try something out of the ordinary, be independent, create your own skit, play outdoors, and much more. 4-H Camp — be part of it this summer!

## PARENTS

The best gift we can give our kids is to empower them with skills that will last for a lifetime. At 4-H camp kids learn critical life skills like resilience and independence. If we want our kids to be able to bounce back from adversity, stress, challenges and failures, teaching them resilience is key. Having experiences outside their comfort zones help young people become more resilient, more independents and better able to plan and reach their long-term goals.

## TEEN COUNSELOR OPPORTUNITIES!

Teen cabin counselors are utilized at each camp to act as positive role models, provide leadership, and be a mentor to the youth they supervise. Please contact your local extension office to explore available opportunities.

## AVAILABLE STATEWIDE

Missouri 4-H has a wide variety of camps available across the state. Day camps, overnight camps, camps with a specific theme...we have something for everyone! Contact your local 4-H specialist for details.

**LEARN A NEW SKILL**



**HAVE FUN**



**MEET NEW PEOPLE**



**GREAT OUTDOORS**





## 4-H Project Record

Please complete both sides of this form for **each** project at the completion of the project year. Use with all projects **including** animal projects.

A story is to be submitted with the 4-H Project Record. (A one-page story, accompanied by two pages of pictures, may help in describing your project.) If forms Y2000, Y2100 or Y2200 are submitted, a story is not necessary.

Project	County	Year	
Name	4-H age (as of Jan. 1)	Birth date	
Address	City	State	Zip
Name of 4-H club	Years in project	Years in 4-H	

### Goal Setting

Project goals (What would I like to learn this year?)	Date accomplished/Comments
1.	
2.	
3.	
Overall 4-H goals (What would I like to learn this year?)	Date accomplished/Comments
1.	
2.	
3.	

### Learning and Leadership Experiences

List your learning and leadership experiences in the project area and tell what you have learned. Designate level of participation with the appropriate letter: Local or club (L), County (C), Regional (R), State (S)

Experience	What was learned	Level



## Knowledge and Skills

What specific knowledge and skills did you learn in your project? Include what you have learned from mistakes. How can you apply what you have learned to your life?

Knowledge and skills	How can you use the knowledge and skills?

## Information About Project or Animals

List items made or animals used in this project.

Name of item or animal ID	Specifics such as size of item, sex and weight of animal	Estimated hours spent with items or animals	Something you learned from this project that was not listed as a goal on the front page

## Financial Summary

Costs involved with your project work should be included here. Include expenses such as fabrics, materials, supplies, feed and breeding fees. Also include incomes from sale of items or animals.

Date	Purchased from or sold to	Items purchased or sold (include amounts and other specifics)	Expenses		Receipts		Balance (profit or loss)	

1. What are your total costs or expenses? (total expense column) \_\_\_\_\_

2. What is your total income? (total receipt column) \_\_\_\_\_

3. What is your total profit or loss? (subtract line 1 from line 2) \_\_\_\_\_

## Approval of This Report

This is to verify that this report is the work of the member and is believed to be correct and accurate.

Member signature	Date completed
Parent name	Parent signature
Club leader name	Club leader signature
Project leader name	Project leader signature



**Extension**  
University of Missouri

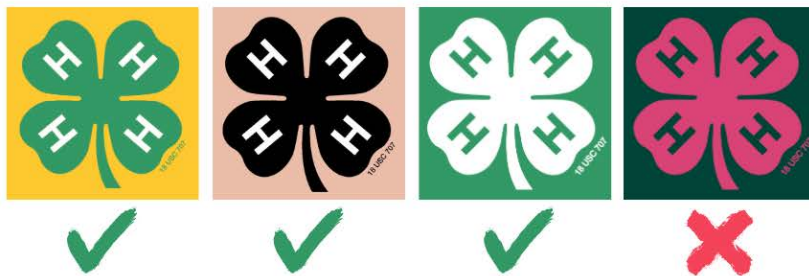
■ Issued in furtherance of the Cooperative Extension Works Acts of May 8 and June 30, 1914, in cooperation with the United States Department of Agriculture, Director, Cooperative Extension, University of Missouri, Columbia, MO 65211  
■ an equal opportunity/ADA institution ■ 573-882-7216 ■ extension.missouri.edu

Y620

## Did you know?

The 4-H Emblem is the national symbol of the USDA's Cooperative Extension 4-H program. These guidelines were developed to protect the treasured 4-H Name and Emblem and to ensure that authorized use benefits and supports the 4-H Youth Development program, and does not in any way hurt the image of 4-H.

**4-H** **NOT** 4H | 4 H | 4\_H  
 #4H is OK because hashtags cannot have dashes.



Only print the Clover in 4-H green, black, or white. It must never be shaded, graduated, or multicolored. When printing in only one color, the H's may show through as the color of the paper/shirt/etc.

### The Clover may **NOT**:



The 4-H name and emblem is a federal mark, protected by Public Law 18 U.S.C 707. This mark cannot be removed from the Clover.

The use of the 4-H Name and Emblem does not provide direct or implied endorsement of any person, company, product or organization.

- ✓ Tractor Supply supports 4-H.
- ✗ 4-H endorses....for office.
- ✓ 4-H and Dickerson Zoo have partnered together to ...

No unfair advantage can be taken of the 4-H name, emblem, its employees, volunteers, or youth for the purpose of benefiting a product, person, organization, etc.

- ✓ My 4-H club is selling 4-H t-shirts as a fundraiser for my 4-H club.
- ✗ I am selling 4-H t-shirts and the money stays in my pocket.

Reference the **4-H Name and Emblem Use Handbook** for more detailed information. Use this QR code to open it.





# Growing the Leaders of Tomorrow!



*County Liners 4-H Club of Knox County, Mo., received a \$500 FCS Financial Shaping Rural Missouri Grant presented by Debbie Ragsdale, Vice President, Ag & Rural Lending, FCS Financial (second row, far right). The club used the grant to plant flowers for residents at Knox County Nursing Home. More than \$300,000 has been awarded to Missouri 4-H clubs and FFA chapters through the grant program to provide community betterment projects.*

## FCS Financial proudly supports Missouri 4-H!

Like 4-H, FCS Financial is committed to building a brighter future for the communities we serve. That's why we're proud sponsors of Missouri 4-H, an incredible organization that empowers young people to learn and grow while instilling responsibility.

Let us help you through our youth support programs.\* Give us a call or visit [myfcsfinancial.com](http://myfcsfinancial.com) to learn more about the opportunities available for 4-H clubs and individuals.

*Together we can grow a brighter future!*



**FCS FINANCIAL**

Growing Relationships. Creating Opportunities.™

A FARM CREDIT COOPERATIVE

Find an FCS Financial office near you:

**1.800.444.3276**

[WWW.MYFCSFINANCIAL.COM](http://WWW.MYFCSFINANCIAL.COM)



Growing Relationships. Creating Opportunities. is a trademark of FCS Financial, AKA. \*Scholarship applicants must meet all qualifications in application to be eligible. Shaping Rural Missouri Grant and Ag Youth Funding applicants must be a member of a 4-H club or FFA chapter located in one of the 102 Missouri counties served by FCS Financial.

FOLLOW FCS FINANCIAL

