

MISSOURI 4-H

2022-23 ANNUAL REPORT

INCLUDING 5-YEAR REVIEW

Message from the director



Dear Missouri 4-H Family:

We are pleased to present you with the 2023 Missouri 4-H Annual Report. This report reflects the efforts of more than 5,000 volunteers, donors, faculty, and staff members around the state.

2023 was a milestone year for the Missouri 4-H program, marking my fifth anniversary as the 4-H Leader in the state. During these five years, we have faced numerous challenges but also visualized new opportunities for our programs. We have worked together to hire many 4-H professionals in the counties and at the state office. I can assure you that we have built a high-quality and professional team to provide all the support needed by our volunteers and 4-H members to grow our program and offer a diverse number of opportunities to our youth.

Our commitment is to serve ALL the youth in the state, and we will not rest until all the youth in our state have the same opportunities to join our 4-H program. Currently, we are offering our programs in public libraries, community centers, schools, and county buildings.

I want to use this opportunity to express my gratitude to all of you who make our program one of the best in the United States. Thank you to our 4-H Foundation Board Members, our parents, and our volunteers for trusting us and continuing to support our programs. My special gratitude goes to our Missouri 4-H team, who have shown professionalism and commitment to all the youth in our state, some of them working in numerous counties. As a parent, volunteer, and/or 4-H member, please help us to continue to support new clubs or reach out to your 4-H team and thank them for all they do. By modeling this behavior, you are teaching the youth to be kind and grateful for what we have. Let's work together to offer our youth a safe place where all of them feel welcome, where all of them could find their spark, working together with our adult volunteers, and thrive.

Please review our report, provide us with your feedback, and be proud of all we have accomplished together.

A handwritten signature in black ink that reads "Guadalupe Fabregas".

Sincerely,

Maria G. (Lupita) Fabregas

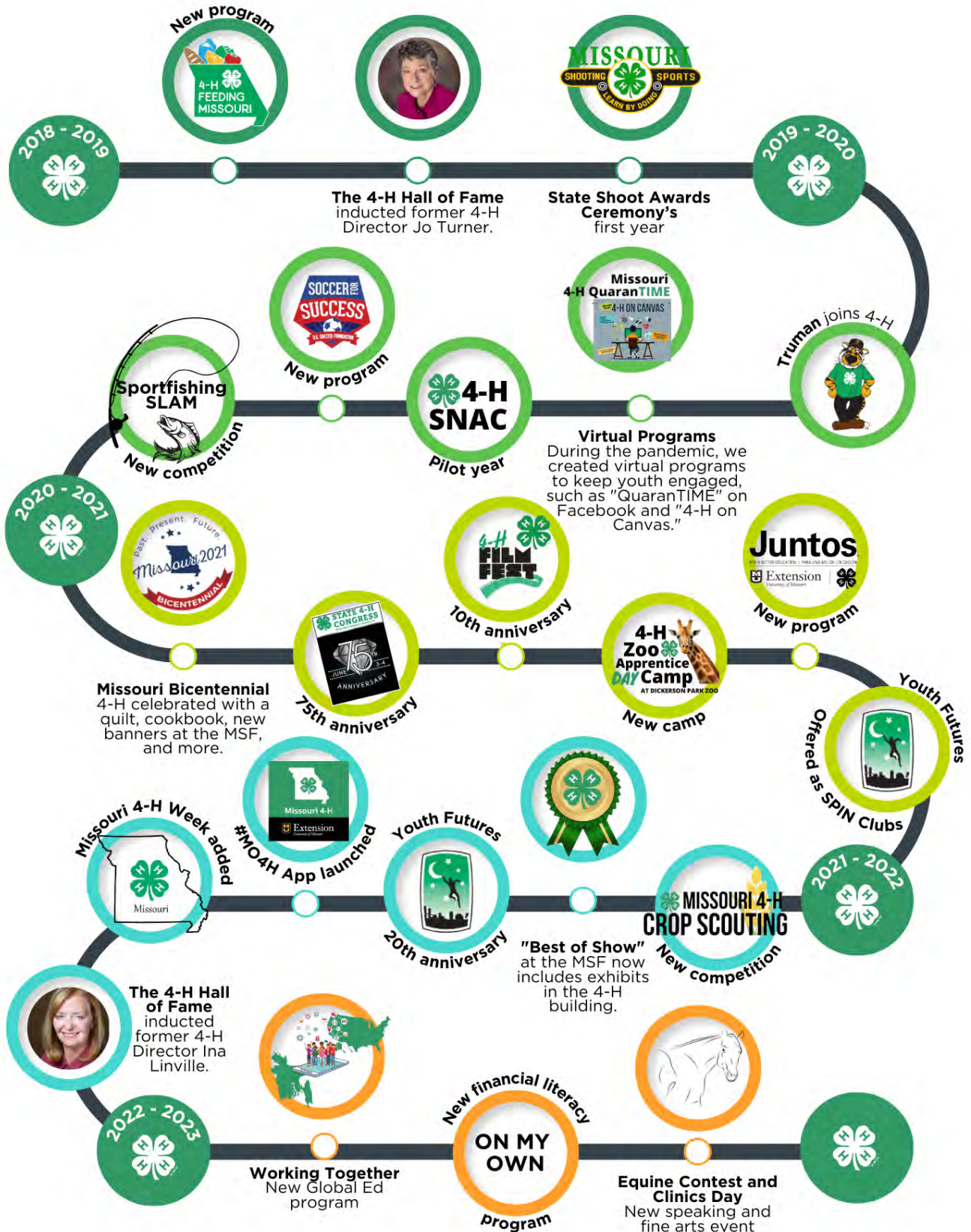
Missouri 4-H Director

#M04H
#OpportunityForAll

I don't think people realize what a great experience 4-H is. They remember livestock, maybe woodworking and cooking (food preparation) but most don't realize the scope of learning and experiences available to members from rocketry to public speaking, record keeping, camping, special trips, water safety and on and on. It may have begun with rural clubs but there are many metropolitan clubs too. — Sally K. from Franklin County

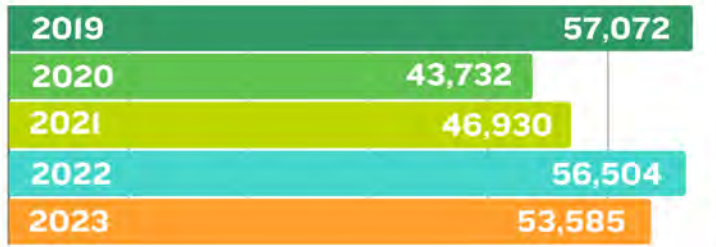
Missouri 4-H: a five-year journey in review

Over the years, Missouri 4-H has stood the test of time, adapting and evolving to meet the ever-changing needs of our community. With a commitment to continuous growth and innovation, we are dedicated to adding new programs that enhance our offerings. This chart serves as a visual testament to our journey, showcasing not only our enduring celebrations but also the exciting additions to our diverse range of programs.

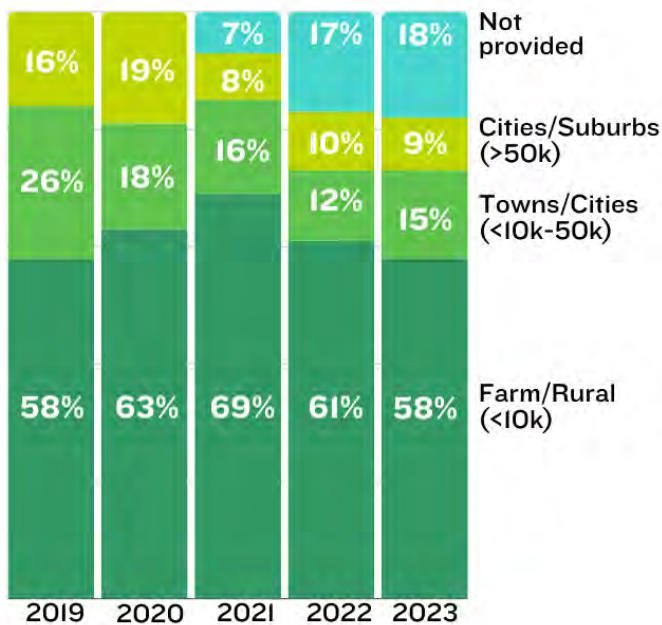


4-H membership

Membership enrollment



Where do they live?



	2019	2020	2021	2022	2023
American Indian/Alaskan Native	0.5%	0.5%	0.9%	0.8%	0.5%
Asian	0.8%	0.7%	0.5%	0.6%	0.6%
Black or African American	8%	3.6%	4.2%	4.9%	4.3%
Native Hawaiian/Pacific Islander	0.3%	0.3%	0.4%	0.3%	0.3%
White	84%	81%	83.5%	71.9%	72.9%
More than one race	6%	14%	4.6%	3.8%	5.6%
Undetermined	0.1%	0.1%	5.9%	17.7%	15.8%
Hispanic/Latinx	8%	7%	12%	13.3%	8.8%



The many ways to 4-H

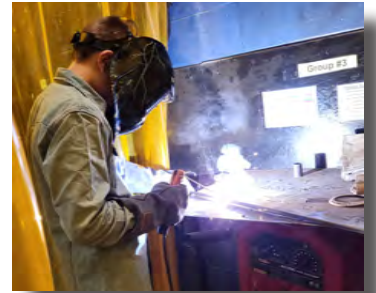
There are several ways to get involved in 4-H in Missouri and they all provide the same quality 4-H programming. The programs and resources available through these initiatives can help youth achieve social, emotional, physical, and academic success while developing healthy lifestyles and behaviors. All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

The many ways to 4-H cont'd

748 COMMUNITY CLUBS meet usually on nights or weekends throughout the year and are found in every type of community throughout Missouri. These 4-H Clubs are for youth ages 5 to 18 and usually have a monthly club meeting run by club officers to handle club decisions. Separate meetings are usually held for each project and are lead by a project leader.

Members aged 5 to 7 are Clover Kids build self-confidence while having fun and learning to get along with others. They explore different topic areas together in a safe environment. In many instances, Clover Kids are just a section of a bigger community club.

4-H Independent/Individual members are youth that live some distance from a 4-H club, who have conflicts with school, work, etc., or have a highly specialized interest.



YOUTH ENROLLED: 15,567



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

YOUTH ENROLLED: 7,397

82 4-H AFTERSCHOOL CLUBS 4-H Afterschool is a national initiative that provides extraordinary learning opportunities to school-age youth in urban, suburban and rural communities. 4-H Afterschool is designed to combine the resources of 4-H and the University of Missouri Extension with schools and community-based organizations that provide after-school programs that address community needs. These 4-H Clubs meet afterschool, and the time they meet varies from several weeks to a full 4-H program year. Youth often focus on one subject, such as robotics or photography. Age requirement: grades K-12 or equivalent.



YOUTH ENROLLED: 645



33 4-H IN SCHOOL CLUBS meet during school hours. A teacher or school administrator will work with a 4-H county specialist to implement 4-H programming during a specified time. These clubs usually focus on one topic at a time and can meet for a short time, or for the entire school year. Age requirement: grades K-12 or equivalent.

YOUTH ENROLLED: 811

91 SCHOOL ENRICHMENT CLUBS These 4-H experiences happen during school hours and are usually based around one topic, such as embryology.

YOUTH PARTICIPANTS: 29,596



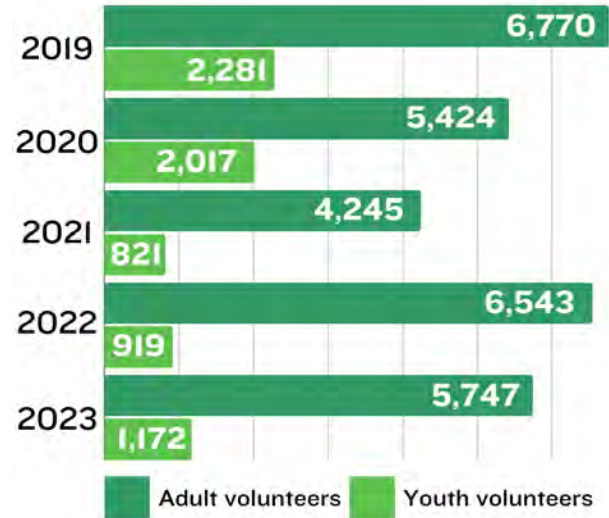
1,199 MISSOURI 4-H CLUBS #OPPORTUNITY4ALL

NOTE: Youth can participate in more than one delivery mode.

Volunteers

The 4-H program would not be possible without volunteers. Missouri 4-H volunteers have a positive impact where they live and work. They make communities stronger, connect communities to each other, improve community health, and increase overall civic involvement. The value of 4-H volunteers extends far beyond the scope of youth development into every part of their community. Even in challenging times, Missouri 4-H volunteers rise to the occasion to provide quality programming for young people across the state.

The Missouri 4-H Foundation offers several awards volunteers can receive for their service. While we know the true reward for volunteering in Missouri 4-H is knowing that you, the volunteer, made a difference in a young person's life, it's important to officially acknowledge the time and efforts you've given. State-level awards for which 4-H volunteers may be nominated include:



Hall of Fame

39

Volunteer Inductees

20

Years minimum volunteer service

Missouri 4-H Hall of Fame

The Missouri 4-H Hall of Fame Award is the most prestigious award offered to 4-H volunteers through the Missouri 4-H Foundation. 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. Individual nominees must have a minimum of 20 years of volunteer service to Missouri 4-H.

[Hall of Fame Press Release](#)



Frank Graham 4-H Volunteer Leadership Award

The Frank Graham 4-H Volunteer Leadership Award recognizes 4-H volunteers for their hard work and dedication to Missouri's youth. The award is named in honor of Frank Graham, former director of the MU Extension 4-H Center for Youth Development and founding member of the Missouri 4-H Foundation Board of Trustees.

Recipient

Jennifer Barber
Crystal Burch
John & Bridget Cobb
Clark Gafke
Deb Hahs
Angela Helton

County

Newton
Vernon
Montgomery
St. Charles
Bollinger
Macon

Recipient

Gladys Kalwei
Doris M. Koch
Ted Perry
Craig Rodekohr
Theresa Shettlesworth
Jim Sontheimer

County

Henry
Franklin
Ray
Lafayette
Boone
Greene

Naomi Crouch 4-H Volunteer Leadership Award

The Missouri 4-H Foundation established the Naomi Crouch 4-H Volunteer Leadership Award in 1990 to recognize exceptional volunteers and organizations that have made notable contributions to 4-H youth. The award is named in honor of Naomi Mohler Crouch, in remembrance of her dedication to the youth of Missouri. Mrs. Crouch served as a Missouri 4-H Foundation Trustee and Chair, and was a Clay County 4-H parent and volunteer. A \$250 monetary award is presented to a 4-H county or club in the awardees' honor. Nominees must have at least 5 years of service as a Missouri 4-H volunteer. Since 1991, close to 100 Missouri 4-H volunteers have received the award.



Brian McKimney
Polk & Laclede County



Vernon County Alumni Association
Vernon County



Emily Bergsieker
Lafayette County

4-H alumni are...

3X more likely to participate
in community service

2X more likely to have the goal of
being a leader

2X more likely to report living life
with intentionality and purpose



MISSOURI 4-H IMPACT IN 2022-2023

HEALTHY LIVING



Our OPPORTUNITY

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

Our APPROACH

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



HEALTHY LIVING

4-H'ers are...
2X more likely
 to feel
 positive about
 their wellbeing

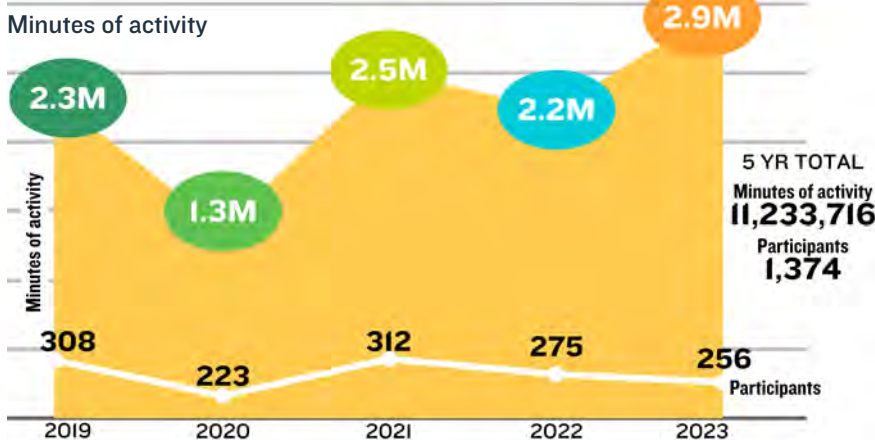


Project enrollments related to Healthy Living



MOVE Across Missouri

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



Our IMPACT

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



THANK YOU Major support for 4-H Healthy Living was provided by the Missouri 4-H Foundation in partnership with Healthy Blue.

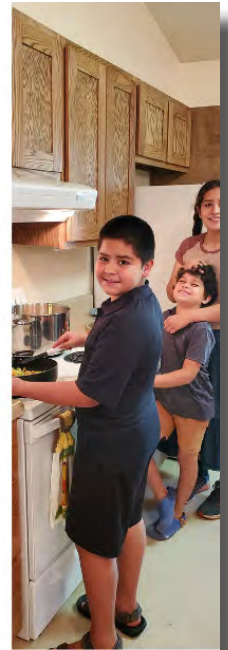
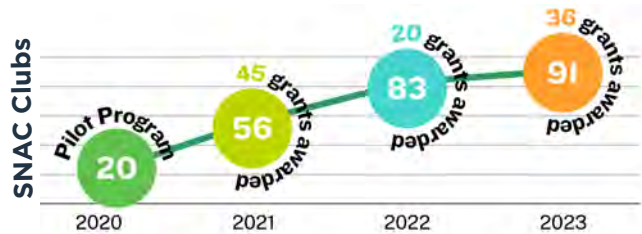
4-H SNAC Clubs

4-H Student Nutrition Advisory Council (SNAC) clubs are offered in a variety of settings including before school, during school, and afterschool and in other community settings helping youth build knowledge about nutrition and fitness. Youth participate in a leadership project as they are encouraged to become an ambassador of Healthy Living in their communities by designing and implementing a leadership project that will improve nutrition education and the fitness of others.

Most counties across the state offer SNAC programming and clubs are very creative in the ways they became advocates of healthy living.

4-H SNAC Clubs Mini-grants

In 2021, the Missouri 4-H Foundation collaborated with Healthy Blue to offer mini-grants of up to \$500 to launch new 4-H SNAC clubs across the state of Missouri.



Leadership Projects

4-H SNAC clubs complete leadership projects each year. This year youth:

- Donated:
 - ▶ to their local food pantry by hosting canned food drives (participating in 4-H Feeding MO)
 - ▶ produce from their gardens to the local YMCA
 - ▶ items for their local pantry after touring grocery stores
- Hosted:
 - ▶ a Thanksgiving Family Night
 - ▶ food bingo
 - ▶ a soccer game at Field Day
- Assisted with a community breakfast
- Made meals for their teachers
- Created:
 - ▶ container gardens
 - ▶ cooking and exercise demonstrations
 - ▶ class presentations on healthy living
 - ▶ public service announcements in newsletters
 - ▶ posters about:
 - » food groups
 - » healthy eating
 - » raising awareness of healthy living
 - ▶ books on food groups & nutrition facts
 - ▶ cookbooks
 - ▶ recipe cards



MISSOURI 4-H IMPACT IN 2022-2023

AGRICULTURE



Our OPPORTUNITY

Only 11 percent of Americans are employed by the agriculture and food sectors, with just one percent direct on-farm employment (USDA ERS, 2021). This leaves 89% of Americans whose connection to agriculture is not in production, but in consumption. By connecting youth to agriculture now, Missouri 4-H hopes to develop educated producers and consumers for the future.

Our APPROACH

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

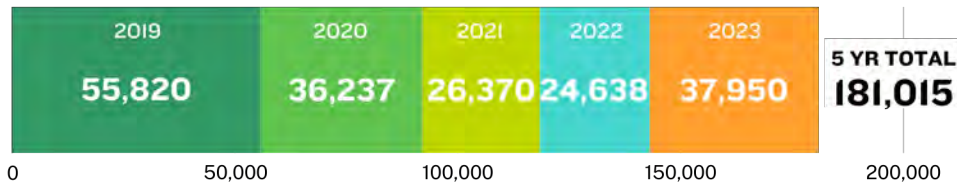


AGRICULTURE

Our IMPACT

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

Project enrollments related to Agriculture



2023 Ag Contest Participants

96% are educated consumers of agricultural products

92% are comfortable sharing knowledge of agriculture with others

92% are an advocate for the agriculture industry

84% are seeking a career in agriculture

Embryology



Embryology 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.

10,741 | **3,409**
Grades 2-5 | Grades 6-8

THANK YOU Major support for 4-H Agriculture was provided by the Missouri 4-H Foundation in partnership with Ballenger Propane, Inc., Eunice J. Campbell, Corteva Agriscience, FCS Financial, Robert E. “Bud” Hertzog, Missouri Association of Meat Processors, Missouri Farm Bureau Federation, Missouri Holstein Association, Missouri Soybean Association, and Safety National.

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

Ag Innovators Experience

The 2023 4-H Ag Innovators Experience, Aerial Ag Challenge, teen leaders spent the summer sharing how precision agricultural practices applied with drones are helping farmers enhance crop yields, sustain world food systems and be better environmental stewards; how data science and technology tools help producers make real-time decisions; and how advances in agricultural technology are critical to finding long-term solutions for climate change, world hunger and viable diverse ecosystem. Teen leaders shared that they “learned about the plethora of career opportunities working with drones in agriculture, creating a place in the industry for those who may not initially think they are interested” and that “agriculture is constantly changing and testing new technologies to help improve crop yield and sustainability.” The 4-H Ag Innovator teen leaders shared the activity with 1,138 Missouri youth and meet virtually with 4-H members from Honduras.

22

Teen Leaders

1,138

Youth Reached

38

Engagements

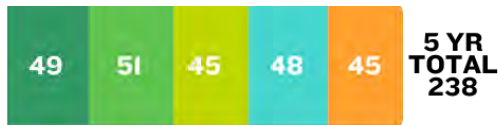


4-H Equine Public Speaking and Demonstration and Youth Fine Arts and Poster contests

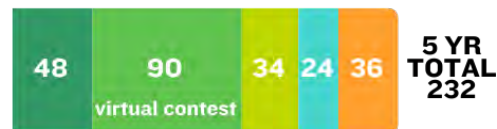
In conjunction with the Missouri State Fair 4-H/FFA Horse Show, Missouri 4-H hosted the 4-H Equine Public Speaking and Demonstration and Youth Fine Arts and Poster contests, along with clinics and an exhibitor dinner prior to the start of the state fair show. Youths who participated in these contests and exhibitors from the Missouri State Fair 4-H/FFA State Fair Horse Show viewed clinics held by Karen Craighead and Robin Gollehon. During the exhibitor dinner, members and families heard from Ashely (Bauer) Slabaugh – 4-H alumna, equine professional, past Missouri State Fair Queen and past Missouri Rodeo Queen – about her equine journey. The MFA Saddle Award was also presented to Avery Ridgley from Montgomery County during the evening events.

Ag Contest participation

Meats Judging Participants



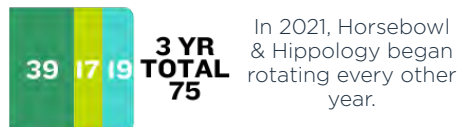
Poultry Day Participants



Horse Judging Participants



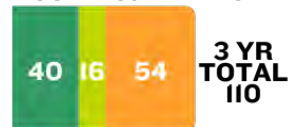
Horse Bowl Participants



In 2021, Horsebowl & Hippology began rotating every other year.

2020: cancelled
2023: off year

Hippology Participants



2020: cancelled
2022: off year

Horse Public Speaking & Demo Contest Participants



2019: cancelled
2021 & 22: not offered

Livestock Judging Participants



MISSOURI 4-H NATIONAL AG CONTESTS



By engaging in Missouri 4-H statewide contests, top teams have the opportunity to advance to nationwide contests.

STATE DAIRY JUDGING TEAM



All-American Dairy Cattle Judging Contest, 1st place

National 4-H Dairy Cattle Judging Contest, 2nd overall

To compete in the International Dairy Youth Tour, summer 2024

From: Laclede and Cass Counties

Team members: Molly Archer, Case Melzer, Libby Shaver



[Full story](#)

STATE HIPPOLOGY TEAM



Eastern National 4-H Horse Roundup

From: Buchanan/Ray County

Team members: Darcy Davis, Sydney Kleine, Alexis Reeves, Taylor Reeves

STATE HORSE JUDGING TEAM

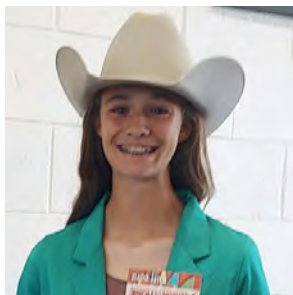


Eastern National 4-H Horse Roundup

From: Cass County

Team members: Tannah Cassatt, Delaney Duncan, Brynne Holtwick, Ava Walker

HORSE PUBLIC SPEAKING



Eastern National 4-H Horse Roundup

From: Phelps County

Delegate: Alexis Mullins

STATE MEAT JUDGING TEAM



National 4-H Meat Evaluation and Identification Contest

From: Audrain County

Team members: Aaron Carter, Dylan Hoyt, Clayton Jennings, Mason Rohan



MISSOURI 4-H NATIONAL AG CONTESTS

STATE LIVESTOCK JUDGING TEAMS

1ST PLACE STATE: American Royal

From: Livingston County

Team members: Rylee Andeson, Ben Brubaker, Braydon Cull, Beau Graves

2ND PLACE STATE: North American International Livestock Exposition

From: DeKalb County

Team members: Chloe Ramsey, Emily Saunders, Brennon Lundy, Eli Whitmer

3RD PLACE STATE: Keystone International Livestock Exposition

From: Pulaski County

Team members: Jessie Bennett, Lexi Burns, Bryce Pemberton, Andelyn Wans



STATE POULTRY JUDGING



National 4-H Poultry and Egg Conference

STATE POULTRY JUDGING TEAM

From: Callaway, Randolph, and Cooper counties

Team members: Bryli DeLashmutt, Jasmine Gates, Kaitlynn Murphy, Dylan Rapp



CHICKEN BBQ

From: Scotland County

Delegate: Sadie Jackson

MFA Saddle Award



Avery Ridgley
Montgomery County

Please see pages 29, 30, & 33 for more youth to national events.

MISSOURI 4-H IMPACT IN 2022-2023

ENVIRONMENTAL SCIENCE & NATURAL RESOURCES



Our OPPORTUNITY

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

Our APPROACH

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

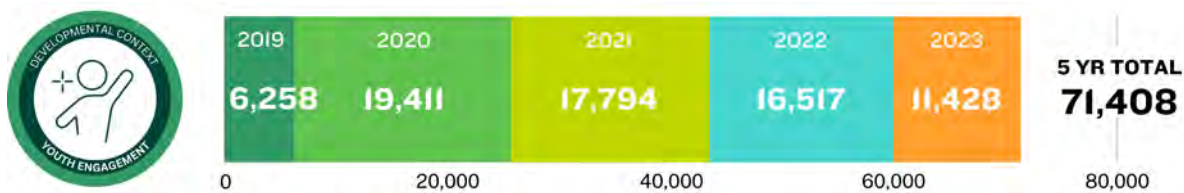


NATURAL RESOURCES

Our IMPACT

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

Project enrollments related to Environmental Science and Natural Resources

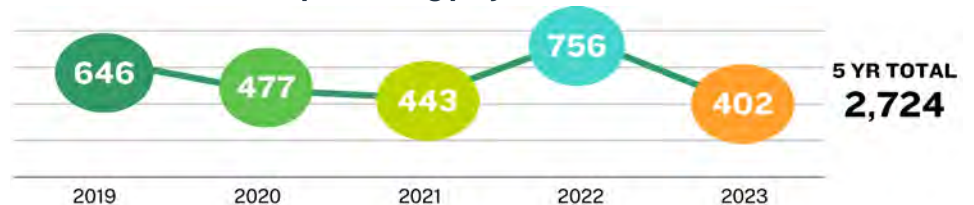


SPORTFISHING

Sportfishing is a popular project in Missouri 4-H. The culminating event of this project is the State Sportfishing Contest, which tests youth's angling skills and knowledge of fish species, tackle, aquatic ecosystems, and fish anatomy. As a result of their experiences in 4-H, youth stated they are able to describe the importance of aquatic ecosystems and identify equipment and techniques used in sportfishing.



Youth enrolled in the Sportfishing project



THANK YOU Major support for 4-H Environmental Education and Natural Resources was provided by the Missouri 4-H Foundation.

Opportunities to Learn and Explore

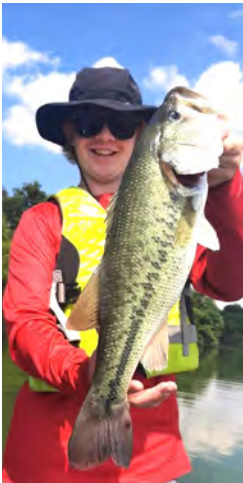
4-H STATE SPORTFISHING CONTEST

Thirteen 4-H'ers gathered at the Little Dixie Lake Conservation Area in hope of catching the most and largest fish at the 2023 State 4-H Sportfishing Day. They also tested their knowledge of species and tackle identification, aquatic ecosystems and fish anatomy in the sportfishing skill-a-thon.



SPORTFISHING SLAM

The 2023 State 4-H Sportfishing SLAM, March through June, challenged youths to stretch their fishing skills and knowledge. The SLAM offers nine categories made up of varying species, habitats and baits.

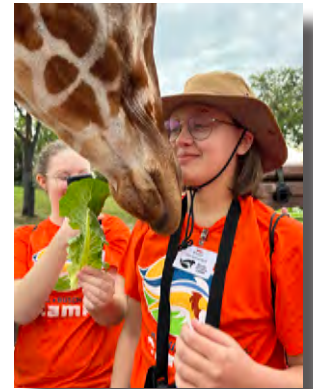
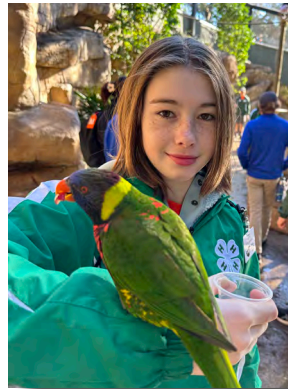


ZOO APPRENTICE CAMP AT BUSCH GARDENS

Twenty-five youth attended the 2023 4-H Zoo Apprentice Camp at Busch Gardens. Youth had the opportunity to discover, learn, laugh and experience one-of-a-kind adventures with animals from around the world.



Make sure to check out Zoo Apprentice Day in the 4-H Building during the Missouri State Fair.



ZOO APPRENTICE DAY CAMP AT DICKERSON ZOO

Over the course of the summer, 14 members became zoo apprentices for a day and learned how the zoo keepers at Dickerson Park Zoo care for their animals each day. Among the highlights of the day camp, were feeding one of the zoo's giraffes and getting a behind the scenes tour of the elephant and cheetah habitats. After attending a camp, over half of the youth reported having significantly more knowledge in the areas of animal health, animal nutrition, animal care, animal conservation, and the duties of a zoo keeper.

MISSOURI 4-H IMPACT IN 2022-2023

SHOOTING SPORTS

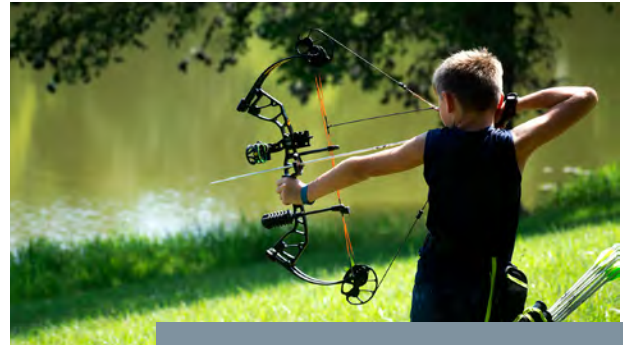


Our OPPORTUNITY

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

Our APPROACH

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



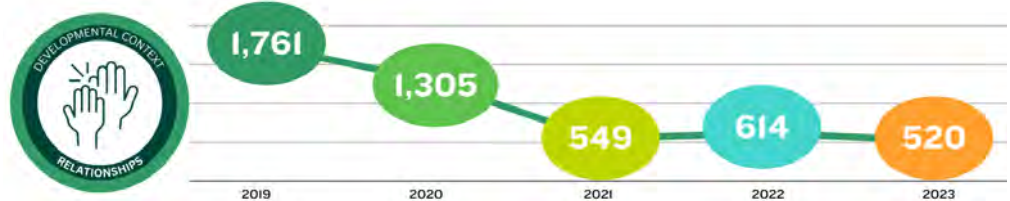
SHOOTING SPORTS

Project enrollments related to Shooting Sports



Our IMPACT

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



Volunteers support our Shooting Sports youth

PROGRAM FOCUS: The development of youth as individuals and as responsible and productive citizens.

State Shoot

The Shooting Sports State Contest is a series of events where youth test their skills and compete against others in their discipline. To qualify, youth must have completed their project requirements and competed in the same event at a local or regional level.

655

Youth

1,225

Individual Events

65

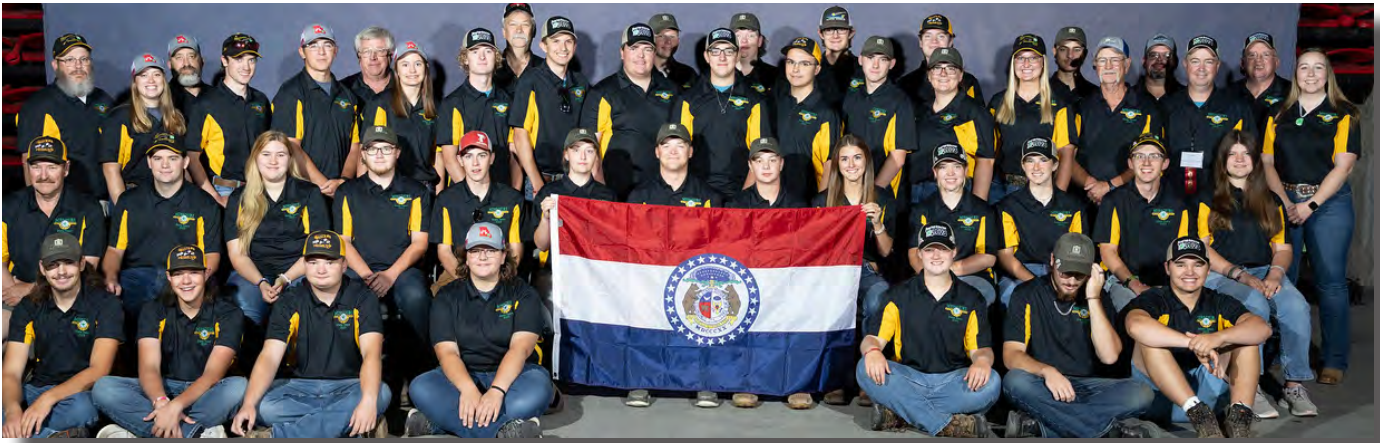
Counties

Youth:

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

THANK YOU

Major support for 4-H Shooting Sports was provided by the Missouri 4-H Foundation in partnership with American Outdoor Brands, MidwayUSA Foundation, Missouri Department of Conservation, Missouri Friends of NRA, Rocky Mountain Elk Foundation, Starline Brass, The NRA Foundation, and YHEC at Busch Conservation Area.



Missouri 4-H State Shooting Sports Team

4-H youth selected for the state shooting teams represented Missouri 4-H at the National Invitational Match held June 20 - 25 in Grand Island, Nebraska.

9	35	9
Disciplines	Team members	Coaches



Shooting Sports Ambassadors

Ambassadors are added yearly through an application process. Shooting Sports Ambassadors:

- Advocate for the Shooting Sports program at the county, regional, and state level.
- Provide public relations support at special events and serve as spokespersons for the 4-H Shooting Sports program.
- Develop their skills in leadership, public presentation, citizenship, community service, public relations and team building.

Shooting Sports Ambassadors	19	5
	State	National



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

Western Heritage and Cowboy Shooting

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

The **Western Heritage State Shoot** allows youth to compete in:

★ Cowboy Action Shooting	24	6
★ Period Clothing/ Character Development	Youth	Counties
★ Western Knowledge		

Missouri 4-H sent 13 youth to the **National Western Heritage Shoot** in Price, UT.



#MO4HShootingSports

MISSOURI 4-H IMPACT IN 2022-2023

PREPARING FOR THE FUTURE



COLLEGE & CAREER PATHWAYS

Our OPPORTUNITY

MU Extension's strategic mission is to scale the impact of successful programming in college access and career success. According to the Missouri Economic Research and Information Center, Missouri employers report the need for workers equipped with durable skills in areas such as work habits, communication, problem solving, and collaboration.

Our APPROACH

Missouri 4-H is taking a twofold approach to college and career readiness. First, college and career readiness pieces are woven into our regular programming even at the youngest ages. Practices include discussing career pathways in enjoyed project areas and working on **durable** skills such as interacting with others and expressing ideas. Secondly, the Youth Futures: College and Careers within Reach program offers post-secondary exploration opportunities to middle and high school youth who need access and resources, as well as support navigating such pathways.

Our IMPACT

Because of Missouri 4-H's programming in college and career readiness, youth begin exploring careers they might enjoy at an early age and practicing the 21st century skills needed in the workplace. As a result of the Youth Futures program, many youth who would otherwise be overlooked are given the support they need to succeed.



2023 Youth Futures Participants

Participants reported that the program helped them:

93% have a clear/very clear vision of their future

73% identify careers that would be a good fit for them

67% identify colleges that would be a good fit for them

23% ↑ The average certainty about what they wanted to do after high school grew by 23% during the program.

THANKYOU Major support for 4-H College and Career Readiness was provided by the Missouri 4-H Foundation in partnership with BTC Bank, Ken Donohew and Ellen Kippel, FCS Financial, and Veterans United Foundation.

Missouri 4-H Youth Futures: College and Careers Within Reach

Missouri 4-H 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 who need access to inspiration, information, and opportunities, such as first-generation college students, rural and urban youth, and/or at-risk youth.

The overall mission of Youth Futures: College and Careers Within Reach is to help youth identify and aspire to reach personal postsecondary goals based on their strengths and values and to expand accessibility to the paths leading to such goals.



Youth reached in Missouri since 2002.

9 STATES
REPLICATING
THE PROGRAM

4-H Youth Futures SPIN Clubs

4-H Youth Futures SPIN Clubs across the state offer a six-week college and career readiness program for Missouri youth to begin learning about higher education options, the steps necessary to enroll in college and what they can do now to prepare, how to maintain a healthy lifestyle, and exploring possible majors and career options.



Youth Futures SPIN Club members at a career fair.



Juntos 4-H

Juntos™ means “Together” in Spanish and works to unite community partners to provide Latino 8-12th grade students and their parents with knowledge, skills, and resources to prevent youth from dropping out and to encourage families to work together to gain access to college. The mission of the Juntos Program is to help students achieve high school graduation and attend higher education.

Please see page 30 for the Juntos National Convening information.

Missouri 4-H College and Career Pathways Conference

This year was the 21st anniversary of the College and Career Pathways Conference, a four-day college and career readiness camp held on the University of Missouri- Columbia campus. The conference helps prepare youth for life after high school be it pursuing a postsecondary education or starting a successful career.



MISSOURI 4-H IMPACT IN 2022-2023

ENGINEERING & TECHNOLOGY



Our OPPORTUNITY

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

Our APPROACH

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



ENGINEERING & TECHNOLOGY

Our IMPACT

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

Project enrollments related to STEM



4-H STEM Challenge

The 4-H STEM Challenge is an annual initiative by 4-H to engage young people in hands-on STEM learning. Each year, 4-H announces a new STEM challenge theme, which focuses on a specific real-world problem or issue. Participants are encouraged to work individually or in teams to develop solutions to the challenge using STEM concepts and skills.

The 4-H STEM Challenge aims to develop critical thinking, problem-solving, and teamwork skills in young people, while also fostering an interest in STEM subjects. It is open to all youth, not just those involved in 4-H clubs, and typically includes educational resources and activities to support participants in completing the challenge. Topics have included Galactic Quest, Explorers of the Deep and Power Protectors.



THANK YOU

Major support for 4-H Engineering and Technology was provided by the Missouri 4-H Foundation in partnership with the MFA Foundation and Dr. Marla J. Tobin.

MO 4-H STEM To Go

MO 4-H STEM To Go provides quality educational resources that ignite a spark for science, technology, engineering, and math areas in tomorrow's industry leaders. This backpack program is an initiative to provide 4-H STEM programming to families that can be completed at their convenience. In this program youth will use technology resources, literature sources and hands on activities to gain knowledge in STEM areas and discover careers fields that use those.



4-H'ers are...

2X more likely to participate in out-of-school-time science programs

Aerospace Camp

Aerospace Camp at Missouri S&T provided 72 youth a unique experience for youth ages 10-13 to explore space through interactive teamwork activities. Youth blasted water rockets, tasted marshmallows dipped in liquid nitrogen, built solar cars, and created their own space mission to Mars. Several 4-H teens also developed their leadership, communication, and problem solving skills as camp counselors.



STEM Day at the Capitol

Each year, STEM Day at the Capitol allows Missouri 4-H and other organizations to demonstrate the value of STEM education and workforce programs to Missouri legislators. This year, Emma and Kim, from MAHC 4-H STEM club in St. Francois County and Julian from the 4-H GOAT Coders Club in Johnson County were there to speak with legislators. They showcased computer science projects for youth attendees to code micro:bits and drive the Sphero robots.

Show Me STEM at the Missouri State Fair

Missouri 4-H in partnership with FIRST Robotics, hosted hands-on educational activities at Show Me STEM Day at the Missouri State Fair. Families visiting the event maneuvered spheros through the maze, explored different specimens on the microscope, and engineered car tracks. Youth also participated in a paper airplane contest and coded micro:bits. 4-H teens and families also helped to facilitate the activities. The event was held at the Missouri State Fair.



STEM Day at Missouri S&T

Kummer Center for STEM Education brought nearly 300 K-5 students on campus for this special day. The mission of this event is to ignite the STEM spark in these young students and show them things they didn't know were possible. 4-H provided a hands on demonstration on magnetic properties by making magnetic slime.

MISSOURI 4-H IMPACT IN 2022-2023

CIVIC ENGAGEMENT AND SERVICE LEARNING



Our OPPORTUNITY

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



CIVIC ENGAGEMENT & SERVICE LEARNING

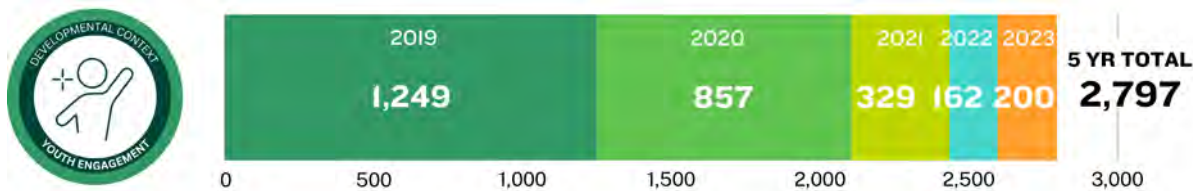
Our APPROACH

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

Our IMPACT

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

Project enrollments related to Civic Engagement and Service Learning



“Our service allows enough volunteers to run Harvester’s food drop each month as we service 150-250 families. Without the labor hours, the food drop wouldn’t be able to run.” — **Royal Clovers, Jackson County**

4-H’ers are... **4X** more likely to make a positive contribution to their communities

THANK YOU

Major support for 4-H Civic Engagement was provided by the Missouri 4-H Foundation in partnership with the Association of Missouri Electric Cooperatives, Crader Distributing Company, Mary Davis, FCS Financial, and Veterans United Foundation.

4-H Service-Learning Adds Value to Missouri Communities

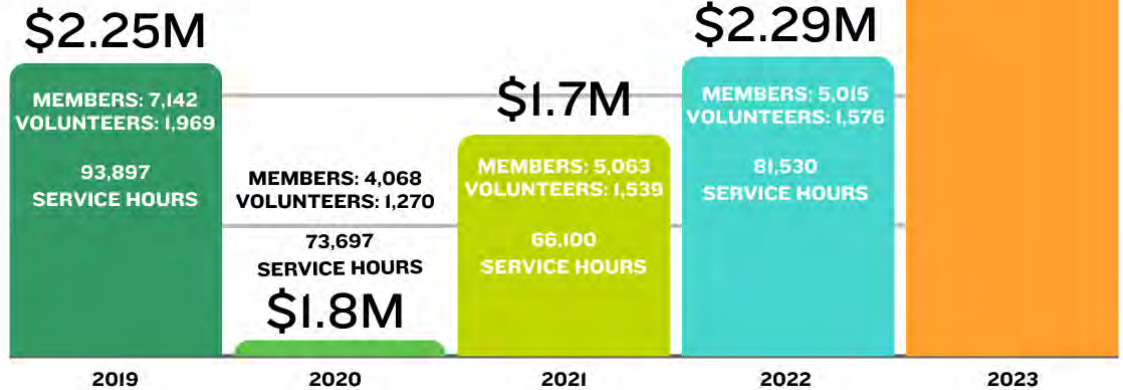
Service-learning is a huge component of Missouri 4-H. Each year we ask our clubs and groups to fill out a survey to get a snapshot of how their work is impacting Missouri.

\$5.3M

MEMBERS: 3,467
VOLUNTEERS: 946

183,644
SERVICE HOURS

5 YR TOTAL
Value added to
Missouri communities
\$13.3M



MISSOURI 4-H KEY AWARDS

The Key Award, the highest award a 4-H member can receive, recognizes 4-H members who have achieved significant leadership at the club or group, community and state levels. It is a prestigious award rewarding 4-H members for their hard work and accomplishments as well as the contribution they have made to the overall 4-H program.

The objective of the Key Award is to encourage the growth of Missouri young people in the areas of leadership, community service and project excellence.

2023 KEY AWARD WINNERS

- **Jake Bartlett**, Platte County
- **Nicole Benne**, Warren County
- **Samantha Crabtree**, Barton County
- **Keon Engeman**, Henry County
- **Isabella Miller**, Warren County
- **Brenna Morey**, Barton County
- **Jackson Schuber**, Polk County
- **Trey Shaw**, Barton County



Missouri 4-H Day of Service

On September 11, 2023, Missouri 4-H members and volunteers came together in a statewide day of service to honor our veterans, military, and first responders. Because of the in-depth nature of this project, the youth really gained a deeper understanding about 9-11 and the careers of those who serve.

984

Youth and
Volunteers

2,574

Service Hours



Patriot Day recognitions included:

- delivering gift bags, food, and blankets to first responders and veterans
- care packages for veterans and those on active duty
- dinners for first responders and veterans
- providing first responders comfort items (art supplies/ teddy bears) for those in need
- wreath laying ceremonies, fundraising for Wreaths for Warriors
- first aid kit donations
- assemblies, citywide celebrations, and baseball games



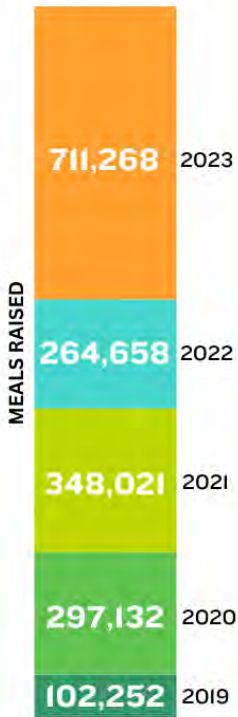
Quotes from the community:

- "It's nice to see community involvement of all ages."
- "[the event] "helped to encourage future generations to get involved in their communities."
- "restored some faith in kids."
- "If this is how 4-H members act, I need to get my daughter in 4-H when she is older!"

Missouri 4-H Feeding Missouri

5 YR TOTAL

1.7M MEALS



4-H clubs across Missouri have raised more than **1.7 MILLION** meals to feed hungry families over the last five years. Each year, counties participate in a friendly competition to see who could donate the most meals through food and monetary donations and volunteer service hours.

Donations go directly to Feeding Missouri, a coalition of the state's six major food banks that provides hunger relief through a network of more than 1,600 community-based food programs in every county and the city of St. Louis, or to local food pantries.

Matching Mini-grants

Missouri Farmers Care has offered 4-H clubs matching mini-grants for the past 3-years through a donation from the Missouri Farmers Care Foundation. Last year, \$4,000 was awarded to 17 Missouri 4-H clubs to help further their local efforts during the drive. To fulfill the educational component of the grants, many youth spoke about food insecurity and promoted their food drives in their school, on the radio, and gave presentations to local entities, such as the Chamber of Commerce.



Hogs for Hunger

During the summer of 2023, Missouri 4-H youth raised more than 3,400 pounds of protein for Missourians in need by donating pigs at the 2023 Missouri State Fair. The pork contributed through Missouri Farmers Care's Hogs for Hunger program went on to provide thousands of meals for food-insecure Missourians. Missouri Farmers Care paid for the processing and Feeding Missouri paid the youth 80 cents per pound live weight for the pigs and Missouri Farmers Care reimbursed out of pocket costs up to \$125 to cover processing.

4 months

43 COUNTIES

711,268 MEALS DONATED

21,693 LBS. FOOD | \$48,220 DONATED

1,798 VOLUNTEER HOURS

WINNING COUNTY: MONITEAU | 51,459 MEALS



Congratulation Moniteau County 4-H
for raising the most meals per county in 2023

MISSOURI 4-H IMPACT IN 2022-2023

YOUTH LEADING THE WAY



State 4-H Council

All Missouri 4-H'ers are represented at the state level by the State 4-H Council. The Council is composed of one Regional Representative from each region, and the Executive Officers, which includes the President, Vice President, Secretary, Treasurer, and Outreach Coordinator.

Voted on by any 4-H'er ages 14-18, Missouri's State 4-H Council works with county youth liaisons, assists in planning and implementing statewide 4-H programs, gives young people input on 4-H program and policy issues, and works to address the issues and concerns most important to Missouri 4-H youth.



MISSOURI STATE 4-H COUNCIL

Council Advisors

- Brad Coleman, Field Specialist, SE Region
- Julianna Thrasher, Field Specialist, EC Region

Council Coordinator

- Megan Kershner, Leadership & Civic Engagement Educator, State Office

Executive Committee

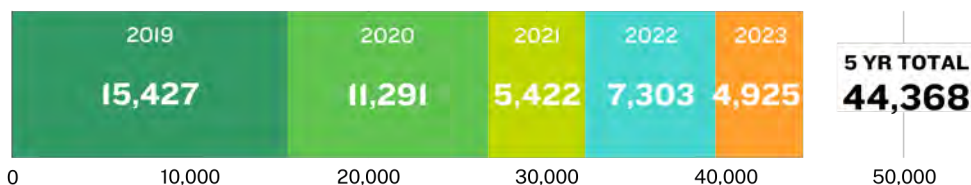
- **President:** Zoë Engelbrecht, Lafayette County
- **Vice President:** Keon Engeman, Henry County
- **Secretary:** Isabelle Allen, Moniteau County
- **Treasurer:** Taylor Muench, Cape Girardeau County
- **Outreach Coordinator:** Ava Hughes, Laclede County

Regional Representatives

- **EC Region:** Lily Rucker, Franklin County
- **WC Region:** Jana Bruce, Cass County
- **UE Region:** Saanvi Ramgounda, St. Louis County
- **UW Region:** Emmalyn Schnieders, Clay County
- **NW Region:** Emily Heins, Lafayette County
- **NE Region:** Christian Siegel, Boone County
- **SE Region:** Sergio Mendoza, Perry County
- **SW Region:** Alana Kimmons, Greene County

#TrueLeaders
SERVE

Project enrollments related to Leadership



THANK YOU

Major support for 4-H Youth Leadership is provided by the Missouri 4-H Foundation in partnership with the Association of Missouri Electric Cooperatives, the Hertzog family, Invenergy, the Martz family, the Miller Family Foundation, Missouri Pork Association, Missouri Soybean Merchandising Council, Missouri Corn Merchandising Council, Dr. Marla J. Tobin, and the Turner family.

Missouri 4-H youth, ages 14-18, were selected by the State 4-H Council to serve as Missouri 4-H Ambassadors. These youth leaders were tasked with promoting 4-H programs throughout the state.

Up to four youth were selected from each of Missouri 4-H's eight regions. These 4-H'ers helped their Regional Representatives increase visibility at local, county and regional events, gather and utilize youth opinion and further develop youth-adult partnerships at the regional level.



MISSOURI 4-H AMBASSADORS



Ambassadors

- Mykayla Alger, McDonald County, SW Region
- Bella Baker, Macon County, NE Region
- Glenna Barnett, Livingston Co., NW Region
- Gracelynn Barnett, Livingston Co., NW Region
- Wilhelm Baur, Phelps County, EC Region
- Maykla Brockman, Perry County, SE Region
- Kelsey Carter, Henry County, WC Region
- Bryli DeLashmutt, Callaway Co., EC Region
- Thomas Donnell, Crawford County, EC Region
- Seth Engeman, Henry County, WC Region
- Ethan Estrada, Boone County, NE Region

- Aaliyah Higgs, Wayne County, SE Region
- Owen Isdell, Lafayette County, NW Region
- Sadie Jackson, Scotland County, NE Region
- Joy Krueth, Barton County, SW Region
- Taya Lenz, Clinton County, NW Region
- Saanvi Ramgounda, St. Louis Co., UE Region
- Grady Ruehling, Perry County, SE Region
- Owen Young, Macon County, NE Region

Advisors

- Sean Eberle, 4-H Educator, EC Region
- Linda Clinton, 4-H Field Specialist, WC

Council Coordinator

- Sage Eichenburch, 4-H Enrollment System Coordinator, Clubs and Awards Manager





State 4-H Congress

A 'Whole New World of Leadership' was the main focus as over 100 youth, ages 14-18, attended the three-day event. Youth enjoyed workshops ranging from science to leadership development, experiences at MU Student Center, social activities, and inspirational speakers throughout the event.

State Congress is planned each year by the State 4-H Council. They planned the overall theme of the event as well as the workshops, dance, activities, and regional meetings. On the last day of their event each year, there is a ceremony retiring outgoing members of the State Council and the swearing in of the new officers and members (see pg. 26 for more information).



Teen Conference

Teen Conference delegates, aged 11-13, from 47 Missouri counties, gathered at Mizzou with over 160 peers for workshops, activities, and learning experiences. For many, this was their first significant trip away from home. They enjoyed workshops on leadership, global education, and career exploration led by 4-H Ambassadors and University of Missouri faculty, along with fun activities and making new friends from around the state.

"Teen Conference offers 4-H'ers a unique experience to explore college life, develop leadership skills, and make new friends. Delegates see Ambassadors in active leadership roles and learn about 4-H opportunities for older members. It's exciting to see these young 4-H'ers grow more competent and confident during Teen Conference." – Sage Eichenburch, Enrollment System Coordinator



MISSOURI 4-H NATIONAL EVENTS



CITIZENSHIP WASHINGTON FOCUS

A living and learning experience in citizenship where young people see, learn, listen, discuss and debate in workshops, seminars and field tips for a unique opportunity using the nation's capital as a classroom.



NATIONAL 4-H CONGRESS

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

Applications for this opportunity are due the spring before this trip, which happens annually right after Thanksgiving. Interviews happen during State Congress.

Up to 20 delegates are selected yearly.



NATIONAL 4-H CONFERENCE

Known as the pinnacle experience in 4-H Civic Engagement, National 4-H Conference gives Missouri 4-H members the opportunity to visit our nation's Capitol. While at this event, youth participate in round-table discussions, present briefings to federal officials, and visit with legislators.

Due to unforeseen circumstances, Missouri 4-H was unable to send a delegation to Washington D.C. in 2023 but looks forward to bringing back this long-standing tradition in 2024.



MISSOURI 4-H NATIONAL EVENTS CON'D



JUNTOS NATIONAL CONVENING

In March of 2023, youth representing Missouri 4-H Juntos™ Clubs attended the National Juntos Convening in Oregon. The 4-H'ers were able to help establish a new vision for Juntos nationwide, make new friends, attend college workshops, and network with other Juntos 4-H'ers around the country. Three members did a presentation on Juntos in Missouri and how the program has personally impacted them.



Please see pages 13, 29, & 30 for more youth to national events.

GLOBAL EDUCATION PROGRAMS



4-H extends beyond our local and national borders, offering members opportunities for global education. They can host exchange students, join global education projects, or travel abroad in the summer. These experiences provide lasting insights into diverse cultures worldwide.

From outbound delegates:

“Most rewarding was experiencing new culture and finding out what it is like to fully emerge yourself in another country’s culture and living like they live.”

“This has impacted by future plans for college – I definitely want to participate in ‘Study Aboard’ programs. Makes me want to learn more about different cultures and different countries and travel more in the future.”

“Developed a higher level of patience – it takes time to understand others especially when there are barriers of language and customs.”

“I traveled with the spirit of being a world citizen who sees that people are the same all over the world. We have the same love for their families and country and desire for peace and understanding.”

From host families:

“Both of our boys learned how to communicate with a non-English speaking person and how different (and alike) other cultures are to ours.”

“We introduced him to the great outdoors and laughing as a family!”

“It was a wonderful experience to have as a family. She conducted tea ceremony, brought many gifts and shared customs with us.”

“I came home with a ‘forever family.’”



“It was an amazing experience for our family.”

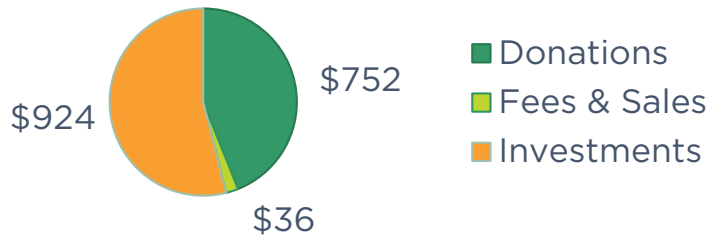


Missouri 4-H Foundation

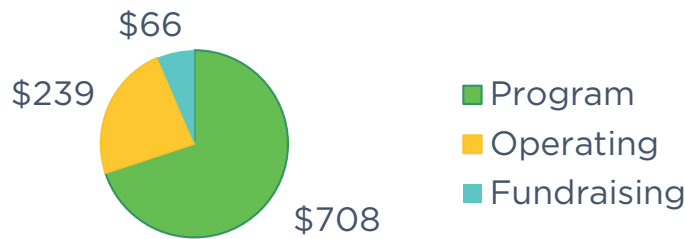
Your support at work

In Fiscal Year 2023 (July 1, 2022, to June 30, 2023) the Missouri 4-H Foundation provided more than \$630,000 to support young people and the work of Missouri 4-H.

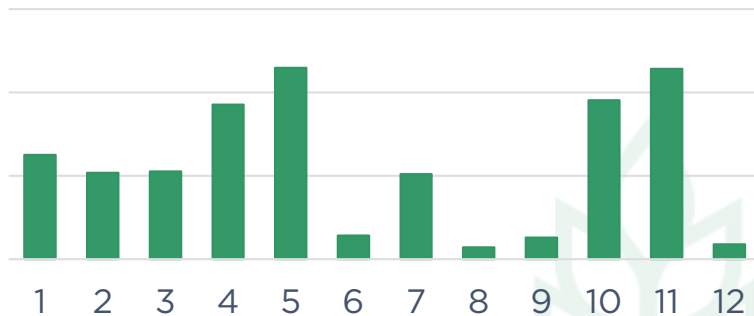
Revenue (in thousands)



Expenses (in thousands)



FY23 Program Support



Who We Are

The Missouri 4-H Foundation is 501(c)(3) organization. We are the independent resource partner of the University of Missouri 4-H Center for Youth Development.

What We Do

Through the generous support of our donors, we offer college scholarships, funding for county and statewide 4-H programs, training and recognition for youth and volunteers, and seed money for new and expanded 4-H projects.

How You Can Help

To learn more about opportunities to support Missouri 4-H, contact Rachel Augustine at 573-884-7641 or augustinere@missouri.edu.

1.	4-H Center	\$62,574
2.	Agriculture	\$51,841
3.	Career Pathways	\$52,646
4.	Civic Engagement	\$92,700
5.	County Programs	\$114,832
6.	Global Education	\$14,096
7.	Grants	\$50,971
8.	Healthy Living	\$6,987
9.	Recognition	\$12,870
10.	Scholarships	\$95,401
11.	Shooting Sports	\$114,095
12.	STEM	\$12,870



MISSOURI 4-H IMPACT IN 2022-2023

YOUTH VOICE



Our OPPORTUNITY

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

Our APPROACH

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

“I enjoy meeting new people through 4-H. 4-H gives me the opportunity try new things. I enjoy archery, photography, art & crafts along with trying new recipes for curing bacon.”— Member, Fabius 4-H Club, Marion County



YOUTH VOICE

Our IMPACT

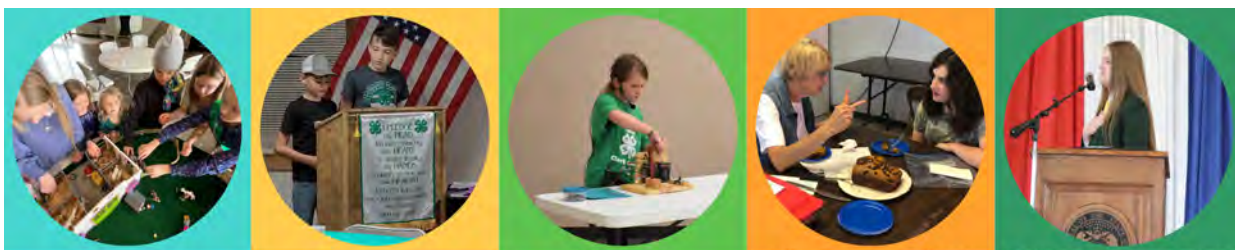
Missouri 4-H youth have the technical skills and knowledge to express their creativity and thoughts in a positive way that benefits their communities.

Project enrollments related to Communication and Expressive Arts



HOW YOUTH GAIN THEIR VOICE

At the earliest ages in 4-H, youth learn to speak in front of others and that their voice can bring about change. Here are a few of the ways youth practice using their voice:



Telling their project group about their project

Making a motion during a 4-H meeting

Giving a demonstration to their club

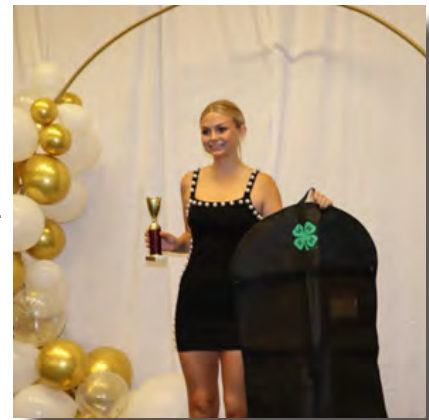
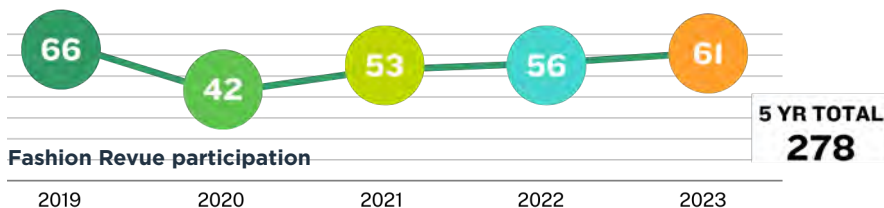
Discussing their projects with fair judges

Talking to outside groups about 4-H

Fashion Revue

Missouri 4-H partnered with the MU Department of Textile and Apparel Management graduate students and the Missouri Historic Costume and Textile Collection to provide workshops for this year's event. Participants had the opportunity to view pieces part of the Ginger Roger's collection and learn about opportunities in the fashion industry.

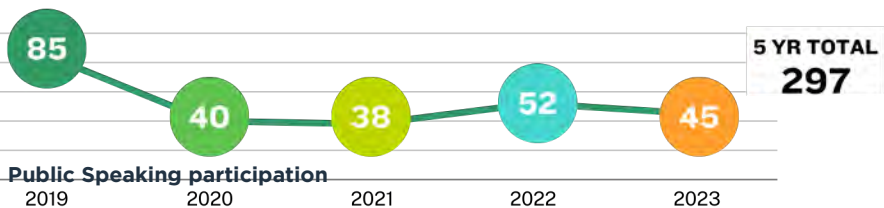
The annual contest showcases youth skills in sewing, knitting, crochet, and consumer decision making.



Public Speaking

State 4-H Public Speaking Contest is one of Missouri 4-H's oldest and most popular traditions. The competition features several speaking categories like the traditional prepared speaking, extemporaneous speaking, technology-assisted speeches, and interpretation.

In 4-H, youth begin at a young age to learn to speak in front of others by giving age-appropriate demonstrations to their peers, and then participating in conference judging for their projects. "These young people are our future science communicators, agricultural and natural resource advocates, and policy spokespersons. Their commitment to public speaking and communication sciences is in the true spirit of the University of Missouri's land-grant mission to disseminate research innovations and best practices to the public for the betterment of the Missourian way of life. Our present, and indeed our future, is in great hands thanks to these outstanding communicators." said Dr. J "Clay" Hurdle, State 4-H Specialist in Leadership and Civic Engagement and Asst. Professor in HDFS.



ON TO NATIONAL COMPETITIONS

FASHION REVUE:

FCS National Championship

- Dayton Hudson, from Macon County | purchased garment category
- Hailey McDade, from Clay County | constructed garment category, finished 4th overall

PUBLIC SPEAKING:

Western National Roundup

- Christian Siegel, from Boone County | impromptu speaking category, finished 9th overall



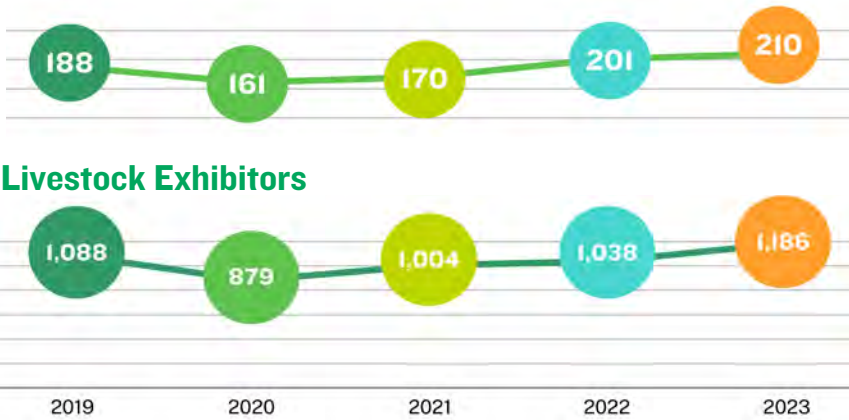
Please see pages 13, 29, & 30 for more youth to national events.

MISSOURI STATE FAIR 2023



The Missouri State Fair offers an opportunity for members to exhibit their skills in the 4-H Building, their showmanship in the livestock arenas, and their character through demonstrations. For many, this is a culminating experience which impacts the youth beyond just the premium and ribbon. Missouri State Fair visitors experience first-hand the foundations of the 4-H program by browsing aisles of exhibits, cheering on youth in the show ring, and participating in activities showcasing the project areas.

Horse Show Exhibitors



Livestock Exhibitors



2023 Livestock Entries

	Entries	Exhibitors
Beef	603	366
Dairy Cattle	48	19
Dairy Goats	185	33
Dogs	172	49
Meat Goats	209	91
Poultry	272	52
Rabbits	320	46
Sheep	483	118
Swine	860	337
Hams/Bacon	107	75

*Youth may enter in more than one species.



Show Me Wares

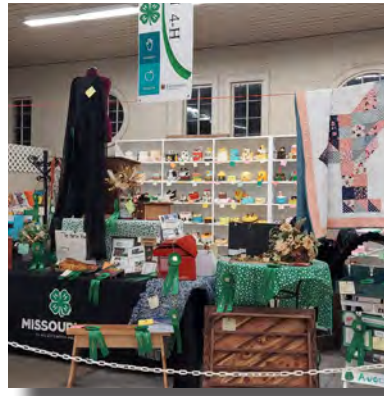
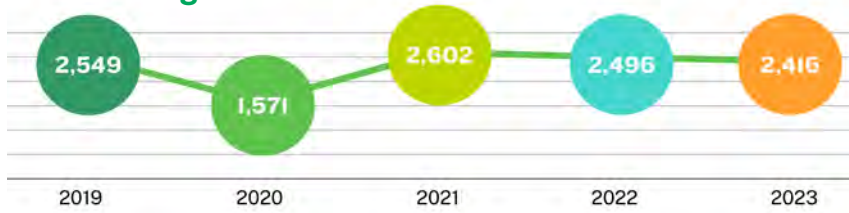
In the Mizzou Central Building, youth entrepreneurs sold original products and services as part of the **Show-Me 4-H Wares** program.



Photo contributors include the Department of Agriculture, Governor Parson's office, the MSF, and 4-H'ers.



4-H Building Exhibitors



4-H Feeding Missouri Day

Missouri 4-H collaborated with Feeding Missouri and Missouri Farmers Care to educate fairgoers on food insecurity and resources around our state.



Demonstrations in the 4-H Building



Youth that have been selected by their counties can give demonstrations in the 4-H Building.

This year, 67 4-H Building exhibits were selected for a **Best of Show** Award.

4-H Family and Clover Kid Day

Our 4-H Clover Kid and Family Day showcased several of our 4-H opportunities including 4-H Zoo Apprentice Camp, 4-H Shooting Sports, the Missouri 4-H Foundation, and our Missouri 4-H State Council and Ambassador programs. Clover Kid members brought in project items to display that day and gave demonstrations in the 4-H Building.



GROWING TOGETHER



Club leaders reported seeing growth in these skills:

- *Respecting the ideas of other members.* — **Outdoors & More 4-H Club, Crawford County**
- *Budgeting and making sure they used grant/donated money wisely.* — **Blooming Hickory's 4-H Club, Hickory County**
- *Food handling and preparation and effective customer service.* — **Gasconade County 4-H Shooting Sports Club**
- *To be more adaptable.* — **Mighty-MO 4-H Club, Lafayette County**
- *Setting and reaching goals. Also, pride in helping others.* — **Little Rascals Clover Kids, Morgan County**
- *To be more adaptable.* — **Mighty-MO 4-H Club, Lafayette County**



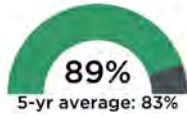
Like to learn about people who are different from them



Stop to think about their choices when making a decision



Show respect for other's ideas



Can work with someone who made them upset



Look for ways to involve all members of a group



Keep trying to reach their goals



“There’s a lot of responsibility, teamwork & flexibility that goes into fair week and the whole 4-H year. I never heard one complaint from our members on what needed to be done. They showed up, worked hard and saw results.”

— **Kountry Kids Community Club, Montgomery County**



4-H'ers are...
2X more likely to report feeling competent



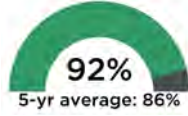
Learn from their mistakes



Treat others the way they want to be treated



Are willing to work hard on something



Are willing to try something they might do wrong



Think about other people's feelings before saying something



Like to learn new things



Help others reach their goals



Comfortable being a leader



Club leaders reported seeing growth in these skills:

- *Students gain compassion and teamwork skills. — Muddy Creek 4-H Saddle Club, Pettis County*
- *Learned how to interact multi-generationally. — Evening Star 4-H Club, Phelps County*
- *Math skills were a big part of our projects. Learning to figure the number of pavers needed and looking for ways to stretch the budget. — Lawson 4-H Club, Ray County*
- *The confidence to perform in public. — West Point 4-H Club, Vernon County*
- *Self-esteem increased, working as a team. — Good Samaritan Boys Ranch 4-H Club, Polk County*

“We usually do these projects every year. It’s like tradition.”

— **Crossroads 4-H Community Club, Vernon County**

#TrueLeaders





Missouri 4-H Camps

Missouri 4-H offers a wide variety of camping experiences across the state. At each camp, plans are made to give our youth a safe place to make new friends, share new experience, learn new skills, and have fun!



4-H camps focus on giving our youth the skills they need to be successful in the future. **#M04H**



All of our 4-H camps would not be possible without our dedicated staff, generous volunteers, and enthusiastic camp counselors! **#4HCAMP** 



MISSOURI AfterSchool Network (MASN)

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

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

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

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



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

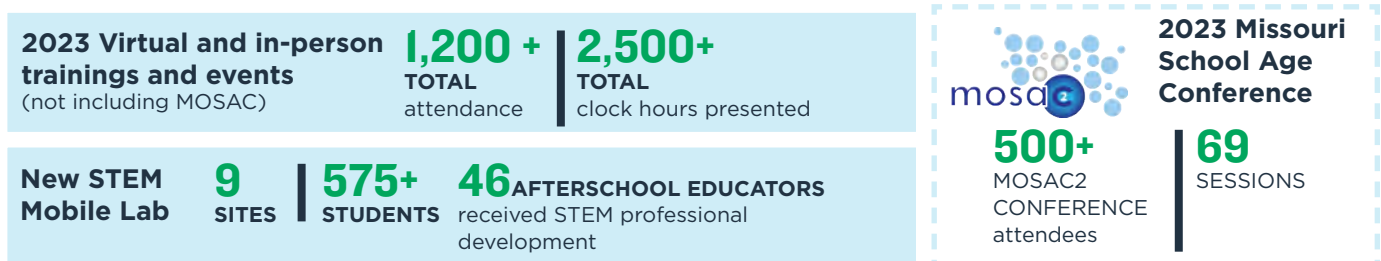
Through an annual contract with the Department of Elementary and Secondary Education (DESE), MASN provides training and technical assistance to the 21st Century Community Learning Center and School Age Community afterschool program grantees. MASN staff visit each afterschool site to observe the program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

Emerging from the COVID 19 pandemic (2020-2021), MASN continued to offer virtual resources and supports that were initiated during the health crisis. Virtual monthly director’s meetings, virtual professional development, virtual Peer Learning Communities (PLC), and virtual symposiums all had their roots in the pandemic. These supports have continued and expanded as virtual platforms allow MASN to serve afterschool programs across the state more efficiently.

In 2023, the name of the annual, statewide afterschool conference changed from the Missouri School Age Community Coalition (MOSAC2) conference to the Missouri School Age Conference (MOSAC). The change is a subtle one, but it carries with it the potential to broaden the professional development offered at the conference. The 2023 MOSAC gathering hosted a record number of participants with over 500 conference registrations. Over two and a half days, conference attendees had access to 69 professional development sessions, statewide connections to others in the field, and fun with two planned evening social events.

MASN initiated several new projects in 2023. A MASN STEM Mobile Lab is now available to afterschool programs across the state. MASN staff developed a virtual Site Director Orientation Training (SDOT) that will be a required training for grantee programs but is available for any afterschool site directors to engage with. The MASN policy team also developed a one-day training for students on the topic of civic engagement.

Our Reach in 2022-2023



GIVING BACK...

Providing support

“Our youth want to support families and individuals in our community who need supplies as well as emotional support. We...”

- *provide supplies to our animal shelter*
- *care for our community’s appearance and give back to those who also support our club*
- *provide comfort to families by donating food to the food pantry*
- *lift spirits as we decorate the cemetery gates and downtown plaza around fall and winter*
- *visit with folks who are alone or family is far away with cookie plates, stockings and caroling”*

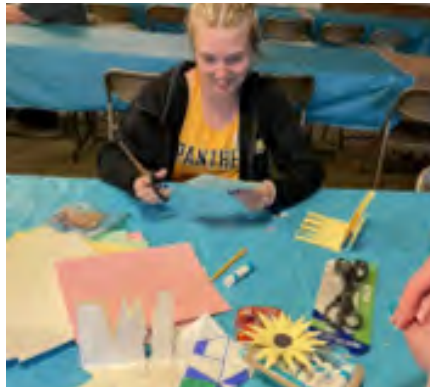
— **Evening Star 4-H Community Club, Phelps County**



Meaningful service projects

“We chose service projects that meant something to us. We wanted to help feed the homeless and care for those who have lost their homes to fire. Other projects were to help animal shelters raise awareness and bring beauty to a non-profit county fair. I feel the biggest change we have made is inspiring other 4-H clubs and members to also get out and volunteer in our community,”

— **Pleasant Valley Pioneers 4-H Club, Jasper County**



Convoy of Hope

“We chose the “A Million Thanks” program for our November meeting as a way to honor active duty service members and veterans who were going to be away from home during the upcoming holidays, and to show the kids all the places they’re stationed serving our country. We chose Convoy of Hope because it is a local organization that has a positive impact around the world.

— **Two Rivers 4-H Community Club, Christian County**



Adopt-A-Highway

“Our club made a 3-year commitment with the MODOT Adopt-A-Highway program to pick up trash along a 1-mile section of highway that runs through our rural community. The Washington Fire Station #6 was recently built along that same highway, and it serves our local community. We want to help keep our rural community beautiful.”

— **Campbellton Livestock 4-H Community Club, Franklin County**

TO OUR COMMUNITIES

Getting the garden started

“One thing that is different now than a few years ago is that the Pantry for Adair County has a garden in the back with 10 raised beds that was created by the Show-Me 4-H Club through an FCS Financial Grant in 2021. The club supported this project for 2-years and then turned it over to a Master Gardener. For the past 3 growing seasons, the garden beds have produced nearly 400 pounds of produce that was given to the pantry to be distributed to clients. This would not be possible without the grant and our 4-H club getting it started.”

— Show-Me 4-H Community Club, Adair County



Toys for our furry friends

“The members greatly enjoyed making dog and cat toys and taking them to Lone Vet Clinic, which houses the homeless pets for Kearney. Such animals will be able to play with the toys and provides socialization before they are adopted.”

— Kearney Klovvers 4-H Community Club, Clay County



The flag is flying again

“The flagpole in the town park had been destroyed in a storm and the kids believed it was important to have one. They also like having a clean park so they decided to go up there and clean. Now the park is clean and will have a flag pole once again.”

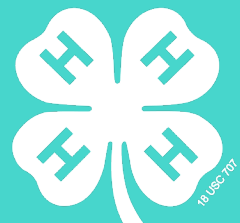
— Glenwood 4-H Community Club, Schuyler County



Giving back to our community

“Our club also received an FCS grant, which was used to beautify an outdoor classroom area at Buckner Elementary, where several members attend. This included building some planter boxes with bench seating, and power washing and staining the pergola. During the Wellington Fair, we participate in the town parade, where we are able to promote our club, as well as hosting a Bake-Off competition.”

— Napoleon Cloverleaf 4-H Club, Lafayette County



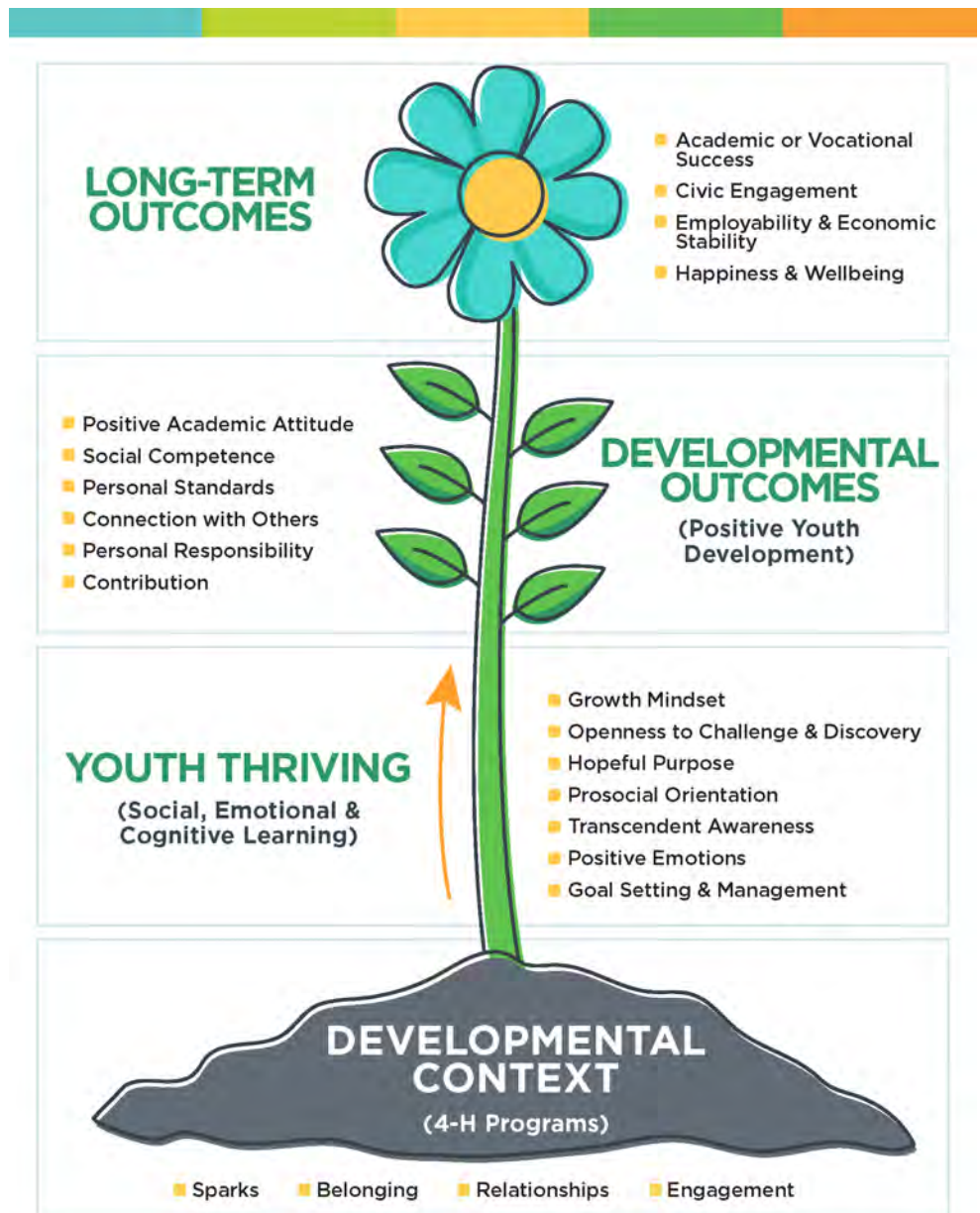
YOUTH THRIVING

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

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

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

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



Building Life Skills Through Hands-On Learning

Missouri 4-H makes it simple!

4-H is all about learning new things, making friends, connecting with caring adults, and finding your spark!

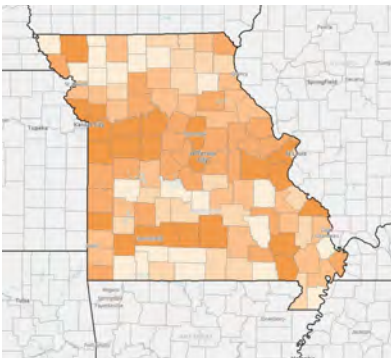
Each 4-H project has research based, peer reviewed curricula behind it. As 4-H's presence is growing into school and afterschool environments, where it is mandated that certain learning standards are met, Missouri 4-H is making it easier than ever to find hands on projects that fit those needs.



4-H curriculum has been matched to the Missouri Learning Standards for you! Download our [free PDF](#) to access the Missouri Learning Standards for 4-H curriculum.

Easily search by curriculum topic OR by a Missouri Learning Standard!

Free download



All Things Missouri: 4-H Maps

The Center for Applied Research and Engagement Systems (CARES) and Missouri 4-H have collaborated to bring you insights into 4-H in Missouri. Through the All Things Missouri website, you can access maps that detail interesting information, not only about 4-H, but almost any topic you can think up!

In the [Missouri Map Room](#), if you search 4-H, you will pull up an array of interesting maps, such as number of 4-H clubs per county and the number of 4-H

volunteers per county.

You will also find specific stories created by CARES to highlight a topic. They have recently created the [Food Security Story Map](#), and it highlights 4-H Feeding Missouri.



Missouri map room



MISSOURI 4-H APP

The Missouri 4-H App container provides one space for Missouri 4-H youth, families, and volunteers to access information about enrollment, events and opportunities, awards and scholarships, and volunteer resources. Inside the 4-H App container, the user may access the state app, and various county apps.

The apps are a constant work in progress, and we are working to add more county apps.



Missouri 4-H App

Missouri 4-H Efforts

National Committees

- **Victoria Bernard**, FS, UE Region: NAE4-HYDP Research & Evaluation Committee
- **Clint Darr**, Missouri Afterschool Resource Center Coordinator, Mott Quality Learning Community
- **Karla Deaver**, FS, SW Region, National 4-H Program Leader's Working Group's Access, Equity, and Belonging Committee's Youth in Foster Care Subcommittee
- **Beth Rasa Edwards**, MASN Enrichment Connections Coordinator, National Association of Extension 4-H Youth Development Professional - Afterschool Task Force
- **Laura Evans**, FS, UW Region: NAE4-HYDP- Urban Programming Work force group
- **Lupita Fabregas**, Missouri 4-H Senior Program Director:
 - » North Central 4-H State Leaders, member
 - » 4-H States, board member
 - » ESP Urban and Culturally Diverse Audiences Affinity Group, member
 - » NAE4-HYDP Equity Committee, member
- **Stephanie Femrite**, Missouri 4-H Assistant Director:
 - » Advancing the Thriving Model, Program Leaders Workgroup (PLWG) Task Force, Professional Development Team
 - » North Central Positive Youth Development Champion
- **Terri Foulkes**, MASN Executive Director, 50 Statewide Afterschool Network School Age Childcare Workgroup
- **Ashlee Liska**, MASN YDC Coordinator, 50 Statewide Afterschool Network School Age Childcare Workgroup
- **Robert McNary**, FS, SW Region: Agriculture Literacy
- **Amanda Meek**, NAE4-HYDP- STEM Work force group
- **Melissa Scheer**, FS, UE Region: National 4-H Program Leader's Working Group's Access, Equity, and Belonging Committee's Youth Experiencing Homelessness Subcommittee, Co-Chair
- **Rhonda Shafer**, FS, EC Region: NAE4-HYDP Diversity, Equity, and Inclusion Working Group

Publications



Conferences

- Adkins, T. & Bernard, V. (2023, October 26). *Building independence at 4-H camp* [Poster]. Extension and Engagement Week, Columbia, MO, United States.
- Bergsieker, E., Hall, K. (2023, November 17). *Building the foundation of your camp with essential elements* [Poster]. Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Bergsieker, E., Hall, K. (2023, October 26). *Building the foundation of your camp with essential elements*. [Poster]. Extension and Engagement Week, Columbia, MO, United States.
- Bernard, V., Adkins, T. (2023, November 17). *Building independence at 4-H camp*. [Conference session/Poster]. Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Bernard, V., Deaver, K., Deering, A., Simpson, B. (2023, November 17). *Understanding and implementing an inclusive 4-H plan* [Conference session], Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Bernard, V., Grace, S. (2023, October 26). *Using the Missouri 4-H app*. [Poster]. Extension and Engagement Week, Columbia, MO, United States.
- Bernard, V., Grace, S. (2023, November 17). *Using the Missouri 4-H app*. [Conference session/Poster]. Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Braun, J., Evans, L., Hogan, K. (2023, November 17). *Eggsploring the possibilities with Embryology*. [Conference session]. Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Calvert, M. (2023, November 17). *4-H state agriculture contests - a four-year quantitative review* [Poster]. Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Calvert, M. (2023, November 17). *A look into state 4-H agriculture contests* [Conference session], Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Calvert, M. (2023, November 17). *Utilizing teens as teachers through 4-H Ag Innovators*. [Conference session]. Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Cano-Guin, A., Ferrari, T., Wilson, E., Bernard, V., & McConnell, J. (2023, October 10-12). *The 3 Rs of journals: Reading, writing, and reviewing* [Conference session]. NAE4-HYDP 2023 Annual Conference, Pittsburg, PA, United States.
- Cameron, V. (2023, November 17). *4-H Clover Kids - I hear they bite!?*. [Poster]. Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Cameron, V., Prewitt, W. (2023, November 17). *Missouri 4-H: Inclusivity, encouraging, and empowering*. [Conference session], Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Carpenter, J. (2023, November 17). *Embryology in the classroom - Pettis County*. [Poster], Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Clinton, L. (2023, November 17). *Vernon County 4-H Alumni GROW Program*. [Ignite presentation], Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Deaver, K., & Dierenfield, C. (2023, October 10-12). *Building Community Capacity to Support Access, Equity, and Belonging for Youth in Foster Care* [Conference session]. NAE4-HYDP 2023 Annual Conference, Pittsburg, PA, United States
- Deering, A., Eberle, S., Evans, L., McKinney, V., Scheer, M. (2023, November 17). *Is offering an international experience possible in my county?* [Conference session], Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.



Conferences con'd

- Doosing, E. Funkenbusch, K., Cunningham, M. (2023, March 20-23). *4-H Save Your Brain: Equipping Youth to Prevent Traumatic Brain Injury* [Conference Session]. AgrAbility National Training Workshop, Spokane, WA, United States.
- Fabregas Janeiro, M. G., Wolters, Rickman, R., Sheer, M., Darr, C., Lademann, B.E. (2023). *Opportunities for ALL: Developing Missouri 4-H professionals' inter-cultural competence* [Conference session]. Cambio de Colores, Columbia, MO, United States.
- Fabregas Janeiro, M.G. (2023, April 3-5). *4-H opportunities for all...is this possible?* [Keynote speaker]. 2023 Pacific Northwest 4-H Professionals Conference. Boise, Idaho, United States.
- Femrite, S., Hurdle, J. (2023, November 17). *4-H builds life skills: what about that leadership thing?* [Conference session]. Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Femrite, S., Hurdle, J. (2023, November 17). *See one, do one, teach one: empowering youth to lead.* [Conference session]. Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Fomera, S. (2023, November 17). *Build your model for equipping 4-H volunteers in PYD strategies & 4-H logistics.* [Conference session]. Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Grace, S., & Bernard, V. (2023, October 10-12) *Opportunities for All: Missouri 4-H Goes Mobile* [Poster presentation]. NAE4-HYDP 2023 Annual Conference, Pittsburg, PA, United States.
- Hall, K. (2023, November 17). *CLIMB High*. [Conference session/Poster], Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Hall, K. (2023, October 26). *CLIMB High* [Conference session/Poster]. Extension and Engagement Week, Columbia, MO, United States.
- Hilkerbaumer, J. (2023, November 17). *4-H STEM Tour*. [Poster]. Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Hogan, K. (2023, November 17). *Communication with connections: using Canva and Google Drive together to make newsletters and self-service tools for 4-H families.* [Conference session]. Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- McKinney, V. (2023, November 17). *Seeding for Success - in Belize*. [Conference session/Poster]. Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- McNary, R. (2023, November 17). *Basic electricity*. [Conference session]. Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- McNary, R. (2023, November 18). *Floriculture, Basic Design of Flower Arranging* [Conference session]. Missouri Afterschool Network Conference, Lake Ozark, MO, United States.
- Pedigo, D. (2023, November 17). *4-H Ignite* [Poster]. Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Rasa Edwards, B. (2023, November 17). *Cultivating success: growing your 4-H afterschool program*. [Conference session], Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.
- Scheer, M., Shafer, R, Ashurst, K, & Eagling, M. (2023, October 10-12). *Create Partnerships to Support Youth Experiencing Homelessness* [Conference session]. NAE4-HYDP 2023 Annual Conference, Pittsburg, PA, United States.
- Seals, K. & Fabregas, L. (2023, June 7). *College together: Familisimo in the Juntos 4-H program to foster shared identity and goals.* [Conference session]. Cambio de Colores Conference, Columbia, MO, United States.

Conferences con'd

Seals, K. (2023, November 17). *Onward: Forging pathways with 4-H Youth Futures*. [Conference session]. Missouri School Age Children Conference, Lake of the Ozarks, MO, United States.

Seals, K. (2023, October 26). *Intentional approaches in a powerful youth college and career pathways ecology* [Invited conference session]. Extension and Engagement Week, Columbia, MO, United States.

Russell, R. & Seals, K. (2023, October 26). *Missouri Manufacturing Academy*. [Poster presentation]. Extension and Engagement Week, Columbia, MO, United States.

Seals, K. (2023, November 17). Show me 4-H: mixed method evaluation and reporting. [Conference session], Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.

Seals, K. (2023, November 17). *Intentional approaches in a powerful youth college and career pathways ecology*. [Conference session], Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.

Shafer, R. (2023, November 17). *Check up for a club meeting* [Ignite presentation]. Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.

Smith, F., Sims, E. (2023, November 17). Open the door to school programming. [Conference session], Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.

Taylor, J. (2023, November 17). 4-H makes a world of difference. [Conference session], Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.

Thrasher, J., Meek, A. (2023, November 17). STEM backpacks. [Conference session], Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.

Van Dusen, S. (2023, November 17). Clover Kid day camp. [Poster], Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.

Wolters, S., Fabregas Janeiro, M.G., Scheer, M., Darr, C. (2023, November 17). Cultivating cross-cultural competence: equipping you to engage new audiences. [Conference session], Missouri 4-H Statewide Conference, Lake Ozark, MO, United States.

Recognitions

State Recognitions

Tanner Adkins, FS, EC Region, Provost's Award for Creative Extension Programing by New Faculty, 2023 April.

Tanner Adkins, FS, EC Region, Missouri Farm Bureau Federation Outstanding 4-H Youth Specialist Award, 2023 October.

Emily Doosing, FS, SE Region, MU Extension and Engagement Individual Award for Equity, Diversity and Inclusion, 2023 October.

Vincent McKinney, ED, UE Region, Dr. Ronald J. Turner Endowment Global Education Award, 2023 October.

Kellie Seals and Clay Hurdle, MU assistant extension professors and 4-H state faculty; Stephanie Moore, director of development, StreetGeekZ; and Megan Raney, assistant director, Career Services, UMKC. Youth Development Collaborative Research Pitch Competition, first place for Onward! 4-H College and Career Pathway Day Camps.



The Missouri 4-H Team



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.

4-H CENTER FOR YOUTH DEVELOPMENT

GENTRY HALL, COLUMBIA, MO 65211

573-882-9359

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Extension
University of Missouri

