

**75th Annual
State 4-H Congress
May 27-29, 2020
University of Missouri - Columbia**



STATE 4-H CONGRESS IS SPONSORED BY:



Justin and Marty (Hoffmeister) Orris

Aaron and Erica Baker

Missouri 4-H'ers,

I am beyond honored to welcome you to the 75th Annual Missouri State 4-H Congress! Throughout the course of three days, you'll be spending time on the University of Missouri Campus, taking the opportunity to grow as leaders and individuals.

As members of the largest youth development organization in the world, we can impact those around us, and around the world, with our knowledge, skills, and talents. It is my hope that during your time at Congress, you will learn to utilize your talents for the good of others. The State 4-H Council has been working diligently to make this "Diamond Jubilee" Congress the best one yet by providing opportunities for interactive and interest based workshops, games and activities, and guest speakers! The team and I have poured much creativity, thought, and dedication into this event and we hope that you will bring our hard work to life!

Missouri 4-H, it has been nothing short of a blessing to serve you and I cannot thank you enough for this opportunity of a lifetime. On behalf of the entire State Council team, we hope to see you at the 75th Annual Missouri State 4-H Congress, as we continue our tradition of making the best better!

Sincerely,

Heather Snow

2019-2020 Missouri 4-H State Council President

2020 State 4-H Congress Agenda

WEDNESDAY, MAY 27, 2020

12:00-1:30 pm Registration and room check in
2:00-3:00 pm Regional Meetings – Regional flags/Get Acquainted/Introduce new Regional Reps
Jefferson City Orientation
2:00-3:00 pm Adult Advisor Meeting
3:15-3:45 pm Opening Assembly – Official Welcome by 4-H Director/Introduction of officer candidates/ Regional Competition
4:45-5:15 pm County Photos/Regional meeting Activities before photo – Regions will be dismissed after photo.
5:15-6:30 pm Dinner
6:45-7:45 pm Small Group Activities
7:45-9:30 pm Dance/Dodge Ball/Movie or Board Games
10:30 pm Delegates in rooms and lights out

THURSDAY, MAY 28, 2020

6:30-7:45 am Breakfast
7:45 am Delegates leave for Jefferson City
8:00-9:15am Assembly – Panel question/answer time with our donors. Spirit competition after donor panel.
Bathroom/stretch break for 15 minutes
9:30-10:00 am Assembly – interactive activity led by Patti Dobrowolski of You're your Creative Genius**
10:15- 11:50 am "Draw Your Future with your Agilities" led by Patti Dobrowolski and Facilitators Sponsored by the DeBruce Foundation.
12:00-1:30 pm Lunch
1:45 p.m. Assemble for afternoon sessions
2:00-3:30 pm College/Career Focused Sessions
3:45-5:00 pm. Assembly – Officer Candidate Speeches and election of State Officers; Recognize outgoing Regional Reps and officers. Announce 2020 National 4-H Congress delegates and 2020 National 4-H Conference delegates.
5:00-5:45 pm Free Time
6:00-7:30 pm 75th Anniversary Banquet and Program – **Governor Parsons and 1st Lady Invited to attend and speak. University of Missouri President Choi invited to attend and speak.**

Recognition of our alumni guests.

7:30-9:30 pm Dance
9:30-9:45 pm Afterglow
10:30 pm Delegates in rooms and lights out

FRIDAY, MAY 29, 2020

7:30 -9:00 am Breakfast
9:30-10:00 a.m. Installation of State Officers and Regional Reps; Sharing time from selected Delegates.
10:00-10:15 am Regional meetings/evaluations
10:15-11:15 – KEYNOTE SPEAKER
11:30-12:15 pm Check out TURN IN KEY AND MEAL CARDS
Lunch on your own as you leave. Have a safe trip home.

***During State Congress family and friends are welcome to attend all assemblies during the event. The remaining scheduled activities will be open only to those who are officially registered delegates and/or advisors.**

Keynote Speaker



Kent Julian is a lot of things: crazy-in-love with his wife, proud father of three, Certified Speaking Professional (CSP) with the National Speaker Association, owner of two successful businesses, author, swim coach, fish-taco lover, and proud bald guy. But this wasn't always the case.

He started out as an "at-risk" kid who couldn't read in third grade. When he graduated high school, his SAT scores were so low that he had to take Development Studies just to get into college—on probation. From these humble beginnings, he went on to graduate college cum laude and earned summa cum laude honors with his Master's degree. After graduation, he led several youth organizations before becoming the executive director of a national youth organization that served approximately 2,000 youth groups across the United States.

After almost 20 years in non-profit work, he did something crazy... he launched his own business. Now he speaks, writes, and consults leaders all over the world. You can find his work online in cool places like Entrepreneur.com, Success.com, HuffingtonPost.com, GoodMenProject.com, and more. He also hosts his own successful podcast called The Live It Forward Show with Kent Julian.

**Are you tired of people asking "What do you want to be when you grow up?" This workshop will help you think about your future in a way that will open new possibilities. Starting with an on-line assessment that helps you better understand your unique strengths and interests, you will learn how to translate your abilities in to "Agilities" which are the work activities that make up every job. Then hold on as you launch into a creative process where you can look at your current reality, dream about what you want to do in the future and think about steps you can take to turn your desired future into reality! Draw Your Future with Your Agilities is a fun, exciting way to help anyone think about future career options and start exploring. Join us for this fun workshop presented by The DeBruce Foundation in partnership with Up Your Creative Genius.

Dress Code

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

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

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

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

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

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

2020 CONGRESS OBJECTIVES

- 1. Provide quality age appropriate learning experiences for 4-H youth ages 14-19, through Career/College sessions and other leadership opportunities.*
- 2. Introduce delegates to college life by simulating campus living, residence halls, cafeterias, classrooms, etc. As with all 4-H events adult advisors are always available using a minimum 1:10 adult to teen ratio.*
- 3. Provide 4-H youth an opportunity to become acquainted with one another.*
- 4. Facilitate the election of the next year's State 4-H Council's Officers and install regional representatives.*

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

IMPORTANT INFORMATION

Johnston and Wolpers Hall 1100 E. Rollins St. Columbia, MO 65211 (573) 882-4715 (573) 882-9393	If no answer at the Hall and in case of emergencies call the MU Police Department at 573-882-7201.
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REFUNDS AND SUBSTITUTIONS

Substitutions will not be accepted. Due to residence hall and meal guarantees, refunds cannot be granted after April 15, 2020. You will be notified of your learn-shop assignment by letter prior to Congress. PLEASE NOTE: Due to the complexities of scheduling, it is NOT possible to change learn-shops or roommates after arriving at Congress.

PARKING PERMITS - \$5.00 PER DAY

Any vehicle parked on university property will need a parking permit. These permits cost \$5.00 per day.

Parking permit process will be shared in the paper confirmation letter mailed in May, 2020.

**Congress Dodgeball Tournament
5 players on a team, \$5 per person
Our profits support 4-Her's Helping 4-Her's**

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

2020 State 4-H Congress CONGRESS CHECKLIST

- Sheets, blanket, pillow, pillowcase
- Towels and washcloths
- Personal Grooming Items
- Clothes (Refer to Dress Code)
- Money to purchase refreshments, bookstore items, or other shopping while on campus. (Optional)

ATM MACHINES IN STUDENT UNION

**All delegates and advisors must
arrive between 12:00 and 1:30 p.m. on Wednes-
day, May 27, 2020
Registration will be in Wolpers Hall.**

**DELEGATES ARE REQUIRED TO
ATTEND THE ENTIRE
CONGRESS EXPERIENCE.**

REGISTRATION:

You must be at least 14 years of age before January 1, 2020 to attend. You may attend more than once, subject to county approval. The cost of this year's conference is \$200.00 includes housing, meals, Congress activities, and t-shirt.

Registration through 4HOnline (<http://mo.4honline.com>) will open on **March 1, 2020** and extend through **April 15, 2020**. *We cannot accept registrations after April 15.*

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

T-SHIRT DETAILS:

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

North of Columbia (Moberly)

- Take U.S. 63 South to the Stadium exit.
- Turn right onto Stadium Boulevard.
- Turn right onto College Avenue.
- Turn left onto Hospital drive
- Turn right onto Hitt Street
- Turn left at the urgent care building
- Turn right onto Rollins

South of Columbia (Jefferson City)

- Take U.S. 63 North to the Stadium exit.
- Turn left onto Stadium Boulevard.
- Turn right onto College Avenue.
- Turn left onto Hospital drive
- Turn right onto Hitt Street
- Turn left at the urgent care building
- Turn right onto Rollins

Directions to Johnston and Wolpers Halls on the MU Campus

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



Loading and unloading will be permitted ONLY on Rollins St.

East of Columbia (St. Louis)

- Take I-70 West to the U.S. 63 exit.
- Turn left (south) on U.S. 63.
- Turn right onto Stadium Boulevard.
- Turn right onto College Avenue.
- Turn left onto Hospital Drive
- Turn right onto Hitt street
- Turn left at the urgent care building
- Turn right onto Rollins

West of Columbia (Kansas City)

- Take I-70 East to the Stadium exit.
- Turn right onto Stadium Boulevard.
- Turn left onto College Avenue.
- Turn left onto Hospital drive
- Turn right onto Hitt Street
- Turn left at the urgent care building
- Turn right onto Rollins

1.5 Hour Career Sessions

Thursday, May 28 from 2-3:30pm.

This year there will be a 90 minute Career Session.

Give us your first and second choices. If you choose the all day sessions (2-B or 2-C) you will still need to give us a second choice in case the sessions fill.

Civic Engagement

2-A. Court is in Session: Privacy, Property, and the People

A number of current MU Law Professors were once 4-H members. In this “learning by doing” session, we will talk through some of the basics, legal work, and then, quickly hold court in the form of a mock-trial involving the clash between property rights and new technology.

2-B. MCIA: The Capitol– Judicial Branch Track

Have you ever dreamt of arguing a case before the United States Supreme Court? Thinking about a career as an attorney? Come with us to Jefferson City and work alongside members of the Missouri Bar Association to learn about a legal career. You will have the opportunity to be a part of a mock trial case where you will serve as the attorney, the accused, the judge, a witness, or a jury member. Business casual dress is required. See dress code document. **PLEASE NOTE THAT THIS IS AN ALL-DAY EVENT.**

2-C: MCIA– The Capitol– Legislative Branch Track

Have you ever wondered how laws in the state of Missouri are made? Thinking about a career in public service? Come with us to Jefferson City and work alongside members of the State Legislature to learn about the legislative process in the state of Missouri. You will have the opportunity to be a part of the way bills are introduced as laws, how bills are discussed in committee and how bills are moved from the committee floor and to the floor of the legislature. Business casual dress is required. See dress code document. **PLEASE NOTE THAT THIS IS AN ALL-DAY EVENT.**

2-D. Think Like an Entrepreneur

Try out activities designed to build the entrepreneurial mindset and skillset. Connect with youth and adult entrepreneurs and business ventures formed through 4-H. Give voice to the future of Missouri 4-H in a youth-centered focus group on entrepreneurship!

Healthy Living

2-E. Explore a Career in Emergency Medical Services

Do you love working in fast-paced environments? Are you passionate about helping people? Explore the career opportunities available with Emergency Medical Services. In this session, we will dive deep into what working in EMS is like, and we will have a live ambulance demonstration.

2-F My Preparedness Initiative

My Preparedness Initiative (MyPI) is a national award-winning youth preparedness, leadership and educational outreach program for teenagers across Missouri. This session will outline and demonstrate several of the hands-on activities taught through the program, such as how to use a fire extinguisher, how to perform a basic search and rescue operation and the importance of developing a communication plan and supply kit for your family in preparation for an emergency. We will also discuss the career path for those interested in the emergency response field.

STEM and Agriculture

2-G. Exploring Careers in Environmental Sciences and Education

Environmental education aims to educate the public about nature and environmental issues. What are the career pathways for a major in environmental sciences with an emphasis in education and outreach? Come and learn more about this new degree program offered by The School of Natural Resources at Mizzou.

2-H. A Healthy Forest is No Accident

Forestry is more than just working with trees. Foresters are stewards of the land. They not only care about the trees, but also the land that the trees grow on, and the plants and animals that live in the forest. If you are interested in protecting wildlife habitats and the environment while meeting the ever-growing human demand for wood products, clean water, outdoor recreation, and scenic beauty, you should consider a career in forestry.

2-I. Meeting the Challenges of Feeding the World

As the global population continues to increase, the agriculture industry is being pushed to provide high quality products with greater efficiency. To achieve this goal, the agriculture and food industries have created specialized areas, one of which is meat science. Meat Scientists take part in improving the quality of meat products through research in the areas of live animal production, food processing, and food packaging. Come experience firsthand what it means to be a Meat Scientist, as you use some of the research tools available to evaluate the quality of meat products.

2-J. Where do Tiger Tail Bratwurst come from?

An introductory, hands-on session exploring how fresh bratwurst are manufactured in the Mizzou Meat Market. **MUST WEAR CLOSE-TOED SHOES AND A CLEAN BASEBALL HAT FOR THIS SESSION.**