74th Annual State 4-H Congress
May 29 - 31, 2019
University of Missouri - Columbia

Make Your Move in the Game of Leadership

Missouri

Presented By:

Extension
University of Missouri

4-H

State Congress

In Partnership with:

Linear University

May 29–31, 2019
STATE 4-H CONGRESS IS SPONSORED BY:

Missouri Corn Growers Association
Missouri Corn Merchandising Council
3118 Emerald Lane
Jefferson City, MO  65109

Association of Missouri Electric Cooperatives, Inc.
2722 East McCarty Street
Jefferson City, MO  65101

Mark Fenner
President
201 Ray Young Drive
Columbia, MO 65201

Marty Hoffmeister Ahrends
4-H Council President 1990-1991

Aaron and Erica Baker
4-H Council President 2001-2002
Missouri 4-H’ers,

I am beyond honored to welcome you to the 74th Annual Missouri State 4-H Congress! Throughout the course of the three days you’ll be spending on the University of Missouri Campus, each of you will have the opportunity to grow within yourselves and your leadership. What moves will you make throughout this experience to maximize your skills and potential to capture your win in the game of leadership?

As members of the largest youth development organization, we have the ability to 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 make the most beneficial moves in your very own game of leadership so that you can use it for the good of others. The State 4-H Council has been working diligently preparing the very game pieces you need to make your move 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. As for now, the game board has been set, and the cards have been shuffled; all we need is you!

Sincerely,
Ashlyn Peterson
2018-2019 Missouri 4-H State Council President
2019 State 4-H Congress Agenda

Wednesday, May 29, 2019
· 12:00-1:30 pm C Registration and Room Check-Ins
· 1:15 pm C Candidate Meeting
· 1:45-2:45 pm Adult Advisor Meeting
· 1:45-2:45 pm C Regional Meetings— Regional Flags Candidate Introductions/Get Acquainted Activities
· Jefferson City Citizenship Orientation Session
· 3:00-3:45 pm C Opening Assembly – Welcome and Introduction of Office Candidates
· 4:00-5:15 pm C Regional Speeches/Voting/County Photos
· 5:30-6:45 pm C Dinner
· 7:00-7:45 pm C Team building activity
· 8:00-10:00 pm C Dance/Dodge Ball/Board Games
· 11:00 pm Delegates in rooms and lights out

Thursday, May 30, 2019
· 6:30-7:45 am C Breakfast
· 7:45 am B Delegates Leave for Jefferson City – Return 4:00 p.m.
· 8:00-8:45 am C Assembly – Regional Competition
· 9:00 -10:00 am C Career Sessions
· 10:15-10:45 am C Mini Speaker
· 11:00-12:00 am C Career Sessions
· 12:00-1:30 pm C Lunch
· 1:45 pm –Gather to depart for Leadership Sessions
· 2:00-3:00 pm C Leadership Session
· 3:15-4:00 pm C Free Time
· 4:15-6:15 pm D Assembly – Investor Recognition, Welcome University Officials, 2019 National Delegates, Officer Candidates Presentations and vote on State Officers.
· 6:30-8:00 pm D Dinner
· 8:30-10:00 pm D Dance/Board Games/Announce Results of Regional Rep Elections
· 10:15pm D Afterglow
· 11:00 pm Delegates in rooms and lights out

Friday, May 31, 2019
· 7:00-8:30 am C Breakfast
· 8:45-9:45 am C *Recognition Assembly/Retiring Council Recognition/Installation of New Council
· 9:45-10:15 am C Regional Meetings/Evaluations
· 10:15-11:15am C *Closing Assembly/Keynote Speaker
· 11:30-12:15 pm Check out – TURN IN KEY AND MEAL CARD
· Lunch on your own as you 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

Rachel Kagay is passionate about guiding others to discover and maximize their talents and true potential. She is a coach, speaker and facilitator driven by a desire to serve others as they become who they were created to be. Rachel’s passion for leadership and talent development started early in life, as a member of Missouri 4-H. She was a 10-year member of the Archie Achievers 4-H Club in Cass County. In addition to serving in many local leadership roles, Rachel served as Cass County 4-H Council President in 2005-06, attended State 4-H Congress multiple times and was selected to attend National 4-H Congress in 2006. Rachel received her Bachelor and Masters degrees from the University of Missouri in Agricultural Education. She became a Gallup® Certified Strengths Coach in 2014. Rachel enjoys working with teens and adults and has spoken to thousands across the Midwest. Rachel is the co-founder and CEO of Point One Development. In addition to her other endeavors, Rachel now considers Farm Wife part of her resume. She and her husband, Bryant, returned to the family farm in Maysville, MO in mid-2018 with their children, Parker and Kinsley.

All delegates and advisors must arrive between 12:00 and 1:30 p.m. on Wednesday, May 29, 2019 Registration will be in Wolpers Hall.

DELEGATES ARE REQUIRED TO ATTEND THE ENTIRE CONGRESS EXPERIENCE. NO ONE MAY LEAVE EARLY.
## Dress Code

<table>
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<tr>
<th></th>
<th>Gentlemen</th>
<th>Ladies</th>
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<tbody>
<tr>
<td><strong>A- Assembly</strong></td>
<td>Collared shirt; dress pants; black or brown dress shoes; NO flip-flops or croc-type footwear; NO denim.</td>
<td>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.</td>
</tr>
<tr>
<td><strong>B-Business Casual</strong></td>
<td>Dress Slacks; collared dress shirt or polo required; tie (optional); suit or sports coat; black or brown dress shoes. NO athletic shoes, croc-type footwear. NO denim.</td>
<td>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.</td>
</tr>
<tr>
<td><strong>C-Casual</strong></td>
<td>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.</td>
<td>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.</td>
</tr>
<tr>
<td><strong>D-Dressy</strong></td>
<td>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.</td>
<td>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.</td>
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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.
**2019 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 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 If no answer at the
Wolpers Hall Hall and in case
1100 E. Rollins St. of emergencies
Columbia, MO 65211 call the MU Police
(573) 882-4715 Department at
(573) 882-9393 573-882-7201.

**2019 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

**REFUNDS AND SUBSTITUTIONS**

Substitutions will not be accepted. Due to residence hall and meal guarantees, refunds cannot be granted after April 15, 2019. 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, 2019.

**Congress Dodgeball Tournament**

5 players on a team, $5 per person
Our profits support 4-Her’s Helping 4-Her’s

**If you invite a person who has not attended State 4-H Congress before and they are fully registered by the deadline, your name and their name will be put into a drawing for a quarter zip 4-H shirt. You will be entered into the drawing during Congress registration.**

**Want to pie your State Council executive team?**

Purchase a raffle ticket for the chance to launch a pie at an Exec member, or Bradd Anderson. Tickets are $1/each or $5/six tickets. Nine tickets will be drawn. All proceeds go towards 4-H’ers Helping 4-H’ers. Tickets can be purchased at State Congress Registration.

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

You must be at least 14 years of age before January 1, 2019 to attend. You may attend more than once, subject to county approval. The cost of this year’s conference is $225.00 includes housing, meals, Congress activities, and t-shirt.

Registration through 4HOnline (http://mo.4honline.com) will open on March 1, 2019 and extend through April 15, 2019. 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.

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.

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

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 Hour Sessions
Career Session
Thursday, May 30, from 9-10am, Repeat 11-12 p.m. You may select two.

Agriculture and Natural Resources
1-A. Exploring Opportunities in Agriculture
In this workshop, we will explore the diverse opportunities within the agricultural field and highlight the importance of understanding issues impacting agriculture and advocating on behalf of the industry.

1-B. Hidden Hunger: Exploring Plan Nutrient Deficiencies
In this session, students will observe the effects of nutrient deficiencies on plant growth and development using hydroponic plant growth systems. Explanations for why we observe deficiency symptoms will be explored.

1-C. Why Choose Mizzou Agribusiness Management
MIZ-ADM! — Why Agribusiness Management is right for you.

1-D. Careers in Natural Resources
Come learn about the three degree options offered by the MU School of Natural Resources that will help prepare you for a career in which you manage and conserve wild animals, forests, healthy soil, clean water, and recreational resources. In addition to learning about exciting careers which blend science and management in order to meet the needs of society, we will discuss some skills for college success.

1-E. Vet Med: Behind the Curtain
An information session on the expanse of veterinary medicine, its application of the various areas of public health which includes: comparative medicine, disease prevention, food inspection and private practice.

1-F. Passion, Dedication, and a Lot of Coffee
What does it take to build a career with MFA? We’re always on the hunt for today’s top talent! From entry level positions to future C-Suite Executives, we look for applicants with passion and dedication. In this course, we’ll talk about the variety of career opportunities at MFA and the educational requirements/skill sets needed to be successful. We hope to see you there!

Science and Technology
1-L. SHOCKING Opportunities at Missouri Electric Coop
Learn about the many different career options the Missouri Electric Cooperatives offer from lineman, professional services, communications and many more. With 47 co-ops in the state, opportunities are available in all corners of Missouri.

1-I. MCIA: The Capitol—Legislative Track
Learn the legislative process in the State of Missouri Business Casual dress code required. See dress code. THIS IS AN ALL-DAY EVENT SO DO NOT SELECT A SECOND SESSION.

1-J. Court is in Session: From 4-H to Law School
Several members of the Mizzou law faculty grew up in 4-H. We’ll talk through how 4-H helped launch our career trajectory. In addition, we’ll meet in the courtroom to work through current issues in internet privacy law.

1-K. Careers in Law
Discusses different options available through law school including work for state and federal governments, plaintiffs’ attorney and large full service law firms.

Human Services
1-H. MCIA: The Capitol—Judicial Branch Track
Have you ever dreamed of arguing a case before the United States Supreme Court? Thinking about a career as an attorney? Come with us to Jefferson City and work alongside members of the Missouri Bar Association to learn about a legal career. You will have the opportunity to be a part of mock trial cases where you may serve as an attorney, the accused, the judge, a witness or even as a member of the jury. Business casual dress code required. See dress code. THIS IS AN ALL-DAY EVENT SO DO NOT SELECT A SECOND SESSION.

Arts and Communications
1-G. Imagine Yourself in the World of Fashion
Explore the career opportunities that someone with a degree in Textile and Apparel Management (TAM) has open to them. You’ll learn about all the exciting careers that exist beyond being a designer or a buyer (but those too)! The session will include a tour of the design and technology labs, information on TAM courses, study abroad and internships.

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2-A. Finding Your True Passion to Lead Others
Everyone has skills to inspire others. Through this session, you will identify your strengths, and walk away with at least one tangible way you can influence others through 4-H. For example, by conducting a 4-H assistant project or becoming a SPIN CLUB leader.

2-B. How to Think like Leonardo DaVinci
Learn how to think like the great by investigating his seven principles with hands-on activities such as skewering a balloon and seeing sparks from Life Savers! Don’t miss out on the fun.

2-C. How Full is Your Bucket
This session will explore the concepts in Clifton’s book, “How Full is Your Bucket.” The theory is based on the concept that we all have an invisible dipper that we can use to fill other people’s buckets with positive emotions by saying or doing things that increase their positive emotions, or dipping from others’ buckets by saying or doing things that decrease their positive emotions.

2-D. Citizenship Washington Focus Orientation
We will be doing some get acquainted as well as team building activities with the group as well as reviewing expectations of trip delegates. We will also be doing a trip overview along with dress expectations.

2-E. More than the Sum of its Parts; Team Building for Teens
Delegates will participate in various exercises to build teamwork skills. There will be opportunities to lead your peers, as well as provide a supporting role through various exercises.

2-F. Will YOU be the next Missouri 4-H Shooting Sports Ambassador?
The session will introduce attendees to this exciting, recently improved leadership experience. Current shooting sports ambassadors will talk about their responsibilities, the selection process and experiences that the program has provided them with. Ambassadors will tell their own stories and mention other leadership opportunities that lead them to their current role. In addition, we hope this will be an interactive session in which delegates gain interest in the program and can ask questions that lead them to success in applying for the program in the future.

2-G. Choose your Path: Preparing for Life after High School
This course will provide an overview of post-secondary education options and how to decide which one is for you.

2-H. Resolving Conflict Productively
It’s not a matter of “if” but “when” you find yourself in a conflicted situation. With that mindset, we’ll look at ways to defuse, lower the temperature of a situation, and get conversation going to hopefully bring some resolution.

2-I. Ignite your Spark: Discover the Possibilities
SPARKS are passions and skills that are felt deeply and promote growth. SPARKs come from inside a person and can grow into a life purpose. What are your SPARKs? Come to this session to discover more about your SPARKs and how to use them to become a phenomenal leader.