



Volunteer inducted into Missouri 4-H Hall of Fame

Katherine “Kathy” Hoette of Montgomery City was inducted into the 2020 4-H Hall of Fame for her longtime contribution in the Missouri 4-H program.

Hoette was among 43 inductees from 36 counties establishing a legacy totaling 1,008 years of service to 4-H.

Kathy dedicated her time to helping youth become confident in whatever they do. She has served as a club leader for the Montgomery Progressors, a member of the Montgomery County 4-H Council, and has led projects in outdoor cooking, all-American foods, international foods, candy making and more. Katherine has participated as a judge at several local Achievement Days and fairs. She is a dedicated mentor and leader to the youth of Montgomery County.

The Missouri 4-H Foundation recognizes individuals who have created a legacy of service to 4-H by honoring them with membership in the Missouri 4-H Hall of Fame,

said Rachel Augustine, director of the Missouri 4-H Foundation.

“These volunteers have played a vital role in helping our youth develop essential life skills that will empower them to become strong leaders in the 21st-century workforce and we are proud to honor their service,” Augustine said.

Dr. Lupita Fabregas, director of the MU Extension 4-H Center for Youth Development, said Missouri 4-H’s most valuable treasure is represented by more than 9,000 volunteers, who provide mentorship to our youth to become leaders and responsible adults.

“Volunteers inducted into the Missouri 4-H Hall of Fame have committed years of their lives to make 4-H in the state of Missouri a strong program,” she said. “Today, more than ever, we need to celebrate and thank you for all the years you committed to Missouri 4-H. Our volunteers, like the ones we celebrate in our Missouri 4-H Hall of Fame have shown us the



Kathy Hoette

true meaning of the words devotion, compassion, and commitment. Thank you to all of our inductees for your support of Missouri youth. You are contributing to building a better future for the next generation of Missourians.”

Swine is my favorite

Jonah Happe, Big Spring Busy Beavers

Hi, my name is Jonah Happe. This is my fifth year in 4-H. Swine is my favorite project in 4-H. This is my third year doing swine. I kept my sow from last year’s fair to breed her to have pigs for the next fair. I am really excited to have the experience of breeding my hog to have babies next year. It will take away the stress of finding one for March. However, it may be stressful raising babies. 2020 has been a crazy year. The two pigs I raised this year will feed my family through the winter.

Second year in Goats

Ryleigh Foster, Big Spring Busy Beavers

My name is Ryleigh Foster. I am 11 years old. This is my first year in 4-H with the Big Spring Busy Beavers. I live in Montgomery County and go to Montgomery County Middle School. This is my first year raising a goat.

I got Sunflower on March 3, 2020. She was two months old when we bought her. She is half-Nubian, half-boer goat. We kept her inside all winter because we thought she would get too cold.

After winter, we put her outside and I started teaching her some simple tricks like how to spin and walk on her hind legs. I would reward her with treats like tree leaves and goat treats that smell like black licorice.

I had a lot of fun taking care of her this year. This was my favorite thing to do in 4-H because everything else got cancelled.

Home shooting range

Anna Johnson, Kountry Kids

So this year for archery all of our practices were cancelled so me and my dad decided to make a home shooting range. First, we went to Orscheln to get a target. Then, I put the target 15 yards from the sidewalk because I always shoot 15 yards away at archery practice. Next, I could go enjoy my new home shooting range and sometimes it works better than practice because I can do it on my own schedule. So I practice more often than once a month.

Love for the kitchen

Cora Johnson, Kountry Kids

My name is Cora Johnson, and this is my third year in Foods. I’ve grown up around people cooking and baking my whole life. From the time when I was little, I loved to help out in the kitchen doing everything from mixing ingredients to washing dishes. This grew into a love for food, and creating my own dishes.

Although this year may have been a little different than what you would typically expect, I still did a lot in this project. I tried making many new foods, such as a crepe cake, multiple types of pound cake, and experimenting with gluten-free dishes. I learned a lot about gluten-free flour structure, and discovered the use of Xanthan Gum to make my dishes rise.

I hope that in the future I can work on making different types of meals for my family. I am learning about cooking for different amounts of people, and how to use leftovers in new dishes. I want to continue learning, and I am proud of how far I have come.

Love for the kitchen

Carl Smith, Montgomery Progressors

My name is Carl Smith and this is my third year in 4-H and I took hunter safety and sewing. This year in sewing I learned different parts of the sewing machine and what they do. I was excited to make a patriotic backpack tote. I learned to keep a steady pace on stitching. I am planning on using it at school.

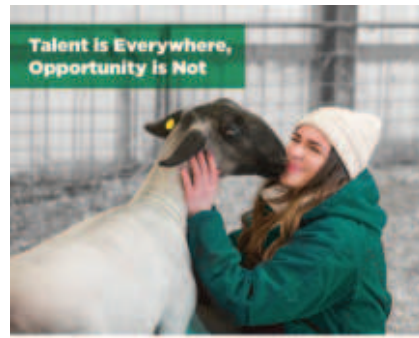
The following pages feature articles and photos from Montgomery County 4-H members. Congratulations to all members for their dedication, hard work and commitment they show.

Youth to celebrate National 4-H Week

Every year, National 4-H Week sees millions of youth, parents, volunteers and alumni come together to celebrate the many positive youth development opportunities offered by 4-H.

The theme for this year’s National 4-H Week, Opportunity4All, is a campaign that was created by National 4-H Council to rally support for Cooperative Extension’s 4-H program and identify solutions to eliminate the opportunity gap that affects 55 million kids across America.

With so many children struggling to reach their full potential, 4-H believes that young people, in partnership with adults, can play a key role in creating a more promising and equitable future for youth, families and communities across the country. In 4-H, we believe every child should



have an equal opportunity to succeed. We believe every child should have the skills they need to make a difference in the world.

“We believe youth perspectives are so important and a solution to eliminating the opportunity gap, because young people come with new

ideas and new ways of seeing the world,” explains Jennifer Sirangelo, President and CEO of National 4-H Council.

One of the most anticipated events of National 4-H Week every year is the 4-H STEM Challenge, formerly known as National Youth Science Day. The theme of this year’s event, which is expected to see hundreds of thousands of youth across the nation taking part throughout October, is Mars Base Camp. Developed by Google and Virginia Cooperative Extension, Mars Base Camp is a collection of activities that teaches kids ages 8-14 STEM skills, including mechanical engineering, physics, computer science and agriculture.

To learn more about how you can get involved, visit <http://www.4-h.org/>.

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Visual arts

Lauren Rothermich, Big Spring Busy Beavers

Hello, my name is Lauren Rothermich. This is my fourth year in 4-H and this is what I did this year for visual arts.

For my birthday, I received a Silhouette machine which I can use to make cards and other paper décor. It cuts out an image created in a software program. I downloaded the software on my personal computer.

During this project, I had to use problem solving skills when I researched problems that I was having with the connection between my computer and my Silhouette. I found that Windows 10 does not work with my Silhouette model. So I found a solution: I used a different computer we had with older software and it has been working fine. I also had to problem solve how to adjust the image sizes to fit on my paper.

I used my creativity during this project by making several different types of cards with this machine using both preformatted templates found on the website and original designs I created myself using the graphic art software included. I learned how to use my creative skills better by creating new designs with this software by using its tools to replicate templates I had seen on other sites. After I chose a design, I chose the color palate for my creations, trying to visualize how it would look when finished. I used multiple different colors of heavy cardstock. Then, I had to decide how each design would be placed on each card. I have made several designs, including a wine glass card, a hot air balloon card, a holiday greetings card and several others.

This is also my third year doing cake decorating. I was supposed to go to group meetings with Miss Oleta Edwards, but we were unable to get together because of COVID-19. So instead, I watched an online lecture course on cake decorating techniques through the Great Courses Plus streaming service. The instructor used pre-made fondant, which was different than last year when Miss Oleta taught us to make our own. This course instructor taught me how to make marbled fondant and a new type of buttercream, Swiss Meringue Buttercream icing. I also learned how to make rosettes, roses and leaves out of either buttercream or fondant, which were new techniques that I had not learned before. I learned how to color buttercream and to make an ombre effect. I also learned how to make a new cake recipe. I learned how icing a real cake versus a dummy cake form is very different and requires additional problem solving.

Lots of food projects

Faith Engemann, Big Spring Busy Beavers

My name is Faith Engemann. I am 10 years old. I have been in 4-H for two years, but I was a Clover Kid before that. I am into woodworking, foods, pigs, horses and goats. I also have been in rabbits before, too. This year, I didn't get to do much with wood working because we don't have a leader and couldn't go anywhere to learn. I did a lot of food projects while we have been home during COVID-19.

I cooked dinner for my family five or six times and I helped my mom make beer bread. It was delicious. I did hogs this year again and it was good. I just started my goat business and I also raise pumpkins to sell to pay for my goats and cow and rabbit that I have to feed. I learned about planting and gardening from 4-H. I have become the birthday announcer.

I used to be shy and didn't talk a lot and now I talk all of the time and I like to stand in front of people. I enjoy giving treats to the kids. I have been learning more about horses and patterns and different classes. I won a state championship in the Pony Pleasure Class at the 4-H horse show. I had so much fun with my friends at the horse show. We ate cotton candy at a restaurant and got ice cream and worked hard taking care of washing our horses.

I like spending time with my friends in 4-H and I like the fair. It was hard this year not to have a fair but I did a lot more cooking and riding when we couldn't leave our house. Next year, I will do the same projects probably. I love 4-H.

3D printing

Alex Rothermich, Big Spring Busy Beavers

My 4-H project of computers this year has focused heavily on 3D printing. 3D printing, also known as additive manufacturing, is a method of fabrication where thin layers of melted material are deposited on top of one another to create an object. The main advantage of 3D printing over other manufacturing methods is its flexibility. Individual printers can print almost anything that will fit on their print beds with no hardware changes needed when switching to a different print.

In early spring of 2020, I began making face shields for use by healthcare workers. The face shields came in two parts: a sheet of plastic overhead projector screens and a 3D printed headband, to which the screen was attached. The headbands could be printed in less than two hours, with minimal post processing required.

Production proceeded smoothly for several weeks, until the prints began to lose bed adhesion early on in the printing process, leading to wholly unusable balls of goop. After an extensive amount of examination and diagnostics, I discovered that a wire connection on the bed was broken. With the assistance of my father, I was able to solder the wire back together. However, this failed to completely fix the problems, so I ran more tests. The tests indicated that my printer was under extruding, but compensating for that did little to nothing to improve the situation of my prints.

In glancing at the extruder gear assembly one day, I happened to notice a thin line running along part of the extruder arm. Closer examination revealed that the line was a crack, and that it was severely limiting the extruder's arm ability to apply pressure on the filament against the extruder gear. This was causing the filament to slip, and therefore under extrude.

After replacing the plastic extruder arm assembly with a more durable aluminum one, I found that my printer was still under extruding. A quick measurement with a caliper showed that the filament that I was using was of a smaller diameter than the package had claimed, and what the slicing software had based its calculations on. One simple adjustment in the slicer settings and my printer was back to normal.

In summary, my extensive time spent on this project has greatly improved my problem solving and confidence when using 3D printers and machinery in general.

Bath food preservation

Jace Ellis, Jonesburg Kountry Kids

My name is Jace Ellis and I am 14 years old. I am part of the Jonesburg Kountry Kids and have been for the past six years. This year, I took boiling water bath food preservation. It was my second year taking this project. For the fair, I entered in three items. My first was grape jelly, then pasta sauce, and last but not least stewed tomatoes. I got a blue on all three of these entries. I enjoyed preserving all of these foods and hope to use this skill later in life.

I took swine for my sixth year. At weigh in, my hog weighed 57 pounds. When I showed at the Montgomery County Youth Livestock show, it weighed 345. I placed second in my class. I was very thankful I had the opportunity to show this year. I have a lot of fun raising pigs. This year, as the demand for homegrown pork rose, I was proud to be raising pigs on my grandma and grandpa's farm.

I also took Woodworking 3. It was my fifth year taking this project. For the fair, I entered in only one item. I have made many things over the past couple of years and I don't have too much room for anything else. I made a wooden chair that is now in my bedroom. I made my end table that sits next to my bed. I enjoyed doing this and hope to use the skills I'm learning throughout my life.



Carmen Stille, Jonesburg Kountry Kids, has a pair of pigs named Puddles and Sassy.

Puddles and Sassy

Carmen Stille, Jonesburg Kountry Kids

When I got my pigs on March 14th, I was pretty happy. I named my pigs Puddles and Sassy. Puddles had a pink body with a patch of grey on one side of his face and Sassy had a pink body with a few grey speckles on her rump. I knew that pigs can sometimes be annoying, but they kind of can't help it. My pigs really loved playing with the toy I gave them, a soccer ball. They loved cookies and they got one every night. Since this is my second year in 4-H and swine, I had to clean out their pen and lot and put fresh rock down in the lot so they had a place to hang out and go to the bathroom or just cool down. My sister Kendra helped me clean out their pen. When I would go outside and stand on the fence, one of my pigs would come up to the fence and rub against the fence. I love doing swine as a fair project, and I think pigs can be sweet if you are nice and friendly with them.

Skills for life

Colby Ellis, Jonesburg Kountry Kids

My name is Colby Ellis and I am 13 years. I am part of the Jonesburg Kountry Kids and have been for the past 5 years. This year, I took Foods. It was my second year taking this project. I made lots of things this year, but my favorite was sourdough bread. I got the starter from my grandma and my mom. I have been making bread and cinnamon rolls every week. I also made cheesecake and donuts. I got a blue on all three of these entries. I enjoyed this and hope to use this skill later in my life.

I also took Woodworking 2. It was my second year taking this project. For the fair, I entered in three items. I have made many things over the past couple of years. I don't have too much room for anything else made of wood in my house. I made a wooden bench that is now on my front porch. I also made a car case to store my cars and a deer plaque to display my European mounted deer skull. I practiced more with a router this year. I learned how to distress finish the outdoor bench I made. I enjoyed doing this and hope to use these skills later in life.

I also took Swine. It was my fifth year taking this project. At weigh-in, my hog weighed 52 pounds. When I showed at the Montgomery County Youth Livestock Show, it weighed 305. I placed fourth in my class and I was very thankful I had the opportunity to show this year. I have a lot of fun raising pigs and hope to continue to do so in 4-H.



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Jillian Weekley, Bellflower Boosters, participated in projects such as Cake Decorating, Quilting, Foods 3, Swine 2 and Sewing 2.

Love to learn new things

Jillian Weekley, Bellflower Boosters

My name is Jillian Weekley and I am 11 years old and this is my third year in the Bellflower Boosters 4-H Club. I love to be in 4-H and learn new skills each year. This year my projects were Cake Decorating, Quilting, Foods 3, Swine 2 and Sewing 2.

For Sewing this year we got a late start due to COVID-19. We went shopping to JoAnn's in May to pick out patterns, fabric and notions. I could either choose to put in a zipper or learn to sew with knits this year. I chose to learn knits, as I really liked a pattern for a one-piece romper. I chose a fabric that was light pink with feathers on it.

Cutting and sewing on knits is tricky. I learned right away to not stretch the fabric and to just guide it through the sewing machine. I learned to put in inset pockets, an elastic waistband that joined the top and bottom of my romper and to finish the arms, neck and legs with topstitching. I also made a scrunchie to match my outfit. I chose to wear my outfit with a bracelet with a feather and white sandals.

We had Fashion Revue online this year, so I had to write a summary about my outfit and answer questions and send in pictures. I was excited to learn that I had earned a blue and gold ribbon and got to State Fashion Revue for the third year in a row. It is going to be held online instead of in person, but I know it will have some workshops that will be fun and teach me new things. I really enjoy being with the other kids from across the state, so I hope next year will be back to normal.

I really enjoyed working with knits and I love wearing my outfit to church and other nice events. It is really comfortable and I am proud to tell people that I made it when they ask about it. I can't wait to see what I get to make next year.

Love for the kitchen

Silas Jones, Middletown Meddlers

We give them food, water and shelter. We had to make a brooder. When we got chickens, we had to put them in there so they could stay warm.

Grandma and I picked gourd. Then, I gutted it. I emptied all of the seeds out of the gourd. Next, my grandpa helped me cut a hole. Lastly, after all of the mistakes, we finally made a good gourd birdhouse that I painted.

We cut the wood and nailed stuff together. Then, we sanded the wood.

Second year in goats

Thomas Happe, Big Spring Busy Beavers

This is my second year in goats. 2020 has been a different year. I was excited about my goat that I bought. When I found out the fair was cancelled I decided not to castrate him. I am now using him to breed my nanny goats for my babies next year. I am excited to pick my fair goat from babies that I have raised.

Good time baking

Clark Yates, Montgomery Progressors

I'm Clark Yates. This year for 4-H, I chose to do foods. The main reason I wanted to do foods is because I've never really gone and learned how to cook food so I thought that this would be good practice. Another reason I wanted to do foods is because I really like to eat desserts and my mom is good at making them. One thing that I learned while doing foods, is that there's a lot more to making food than it seems. You have to do all of these things to prep and then you have to do more things to actually cook the food. The worst part about foods is having to wait for the food to cool down before having to eat it. Though there were a lot of fun things about cooking, too.

Overall, I had a really good time baking things and learning how to cook. I definitely had a good time this year and I am happy that I get to experience cooking.

Learning to be flexible

Khloe Kribbs, Montgomery Progressors

Hi, my name is Khloe. This is my second year in 4-H, but my first year in sew. The thing that I sewed was a handbag. It has seven pockets, two small straps and one big strap. The fabric that we used is a peached pink with triangles and the pockets are navy blue with white polka-a-dots and roses. We spent around an hour and 30 minutes. Also, the triangle was the stitch pattern that we used and the color was pink. It was a lot of fun because I learned how to backstitch, which was cool.

This year was way different than last year because of COVID-19. We did not have our fair. So, we had to go out to Schnitker's Farm and had our show there. That was a lot more different than last year. My pig, Fat Amy, did very good at the show. We got fifth place, which is not bad. She did start running around the pen during showmanship, which was embarrassing. Loading her was not as hard as we expected because last year was very hard. These pigs, like most pigs, loved treats like marshmallows, fruits, vegetables and grass. They really did like treats.

Love to learn new things

Garrett Weekley, Bellflower Boosters

My name is Garrett Weekley. I am 13 years old and love to work on the farm. I decided to join 4-H again because I love to learn new things. My projects this year were: swine 2, welding, computer programming and trapping for hunting and outdoor skills.

In my swine project this year, I helped my dad and my sister build a new hog floor. We poured concrete for the front and used our old wooden floor for the house part. Then we built a new shelter top for the house and ran new plumbing for the waterer and the sprayer.

On March 14th, my sister and I picked out our pigs from VanBooven and weighed them in for the fair at the Montgomery County Fairgrounds. I picked two cross-bred hogs, a gilt and a barrow.

I continued working with and taking good care of my hogs. However the fair was not held this year, so we weren't sure what we were going to do with our hogs. We were excited to find out that there would be a Youth Livestock Expo. We continued to walk our hogs and get them ready to show.

On July 21st, we loaded the hogs and took them to the Schnitker farm for the Montgomery County Youth Livestock show. We weighed them in and my hog weighed 389 pounds, which ended up earning me the Rate of Gain overall. I was so excited. I ended up placing sixth in my class of hogs. I showed in the showmanship, but didn't place.

We auctioned out hogs online this year, for just a premium. I think mine sold very well and was excited to add that money to my savings account. I also sold my second hog to a local business person who gets them processed and gives them to her employees as a gift.

Through raising my hogs, I continue to learn that animals can be nice if you take good care of them, but it takes a lot of time and work. I enjoyed learning about and raising my hogs and look forward to doing it again next year. Even though this year brought a lot of changes, I was glad to be able to have the change to raise my hogs and show them. I hope next year will be back to normal.

Dutch oven cooking

Austin Smith, Montgomery Progressors

For my last year in 4-H, I was able to do the one project that I enjoy the most, Dutch Oven Cooking. During this year, I was once again the assistant leader and helped a few newer kids with cooking. Sadly, only two new kids ended up joining the Dutch Oven project, with three other older ones so I didn't get to help many different people with cooking. We did have a 4-Her from Warren County in our project, my cousin.

Since COVID-19 came over to the United States, we of course couldn't have as many meetings as we normally would. The meetings became even more difficult to do as we had to distance ourselves from others. This would naturally make it more difficult to help cook, as it is practically required that you be closer so that you can make sure that they are following the recipe and using the right ingredients. The new kids were able to manage just fine however, and had little to no issues. Everything else wasn't as difficult to work around, as it is simple to teach how to put charcoal in the dutch oven and cleanup is relatively straightforward.



Keane Ridgley, Jonesburg Kountry Kids, worked on two projects, a saddle tree and a garden trellis.

Fun building my projects

Keane Ridgley, Jonesburg Kountry Kids

I had fun building my projects. I learned how to use a drill and how to use the saw. My favorite part was using the power saw. I worked on two projects: a saddle tree and a garden trellis. The hardest part was all the sanding. I really liked how my projects looked when they were done. I would like to do woodworking again next year and already have a few projects in mind.

I got to raise a market hog this year. I have been raising hogs for a couple of years now, but have never shown one before. I named my hog, "Boss Hog." He was a black Berkshire hog who ate a lot. His ears stood up straight and he loved my mom's horse. Boss Hog was the boss of the pen, he usually got excited when I came to check on him. I checked on him every day and sometimes two times a day when it was really hot. When I checked on him, I had to drain his water, scrape the pen, and make sure he had plenty of food. I liked showing him in the youth show. I would like to do a market hog again next year.



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Learning to be flexible

Ava Engemann, Big Spring Busy Beavers

My name is Ava Engemann. This is my ninth year in 4-H and I participated in the projects swine, photography, foods and more. I am a member of the Big Spring Busy Beavers 4-H club.

This year taught me to be flexible and go with the flow. Due to the pandemic, our year was cut short and we didn't have the ability to meet every month or participate in 4-H activities. One of the lessons I learned was to try and stay motivated and occupied, even when you can't do a lot of things. During quarantine, I found myself trying new activities such as yoga or cooking. Just going outside often felt nice and getting some fresh air cleared the mind. I learned to appreciate the acreage we have on our farm and living outside of town made it easier to go outdoors. The second thing I learned is not to take activities for granted. Events like 4-H meetings, Congress, interviews and the county fair seem just like another activity to add to your already busy schedule. However, when these can no longer take place you learn to appreciate the time spent with your fellow 4-H'ers. Big opportunities like this are easily missed and I am reminded just how far hard work can get you.

Without a full calendar, you look for projects to be done around the house. I learned important building skills and refined my creative juices with the resources I had. I re-did my room and learned strategic painting skills. (Who knew there were so many shades of white?) I learned how to properly build many, many different pieces of furniture. I also learned how to properly hang large pieces of art or mount heavy pieces of furniture. The projects were not limited to the walls of my room, though. Later, I measured and calculated the proper amounts of lumber I would need to purchase to refurbish my chicken coop. I gifted my young hens with roosts and nesting boxes and managed to become very handy with a screw and screw gun. I am excited for these hens to start laying and may branch out to the farmers market with all the eggs I will be collecting.

Aside from heavy duty projects, I have started mentally preparing for the passing of the torch. I am the oldest member in our 4-H club and soon I will be aging out. I may decide to be the leader or try to help my club in other ways. In the least, I hope that I can be of assistance to the officers taking on higher positions. I believe that the best way to lead is by always reaching out a helping hand, even when it may be least expected.

Out of all of the things I have learned so far this year, I would tell you that the most important thing I've learned, is to always be ready and to adapt in the best way possible. I may not be able to say that this year was the most productive, but I am one step closer to another page of my story. Just like life, my 4-H story is a work in progress.



Stryker Knipfel, Montgomery Progressors, worked with projects in geology and pigs.

Looking for rocks

Stryker Knipfel, Montgomery Progressors

My name is Stryker Knipfel. This is my first year in 4-H. I decided to do geology because I really like looking for rocks. This year in geology, I got to do a lot of fun things. I got to go to Graham Cave, the Black River and the Arkansas Diamond Mine. I learned how to stay safe finding rocks and watching out for dangerous things like snakes and poison ivy. When we went to Arkansas Diamond Mine, I learned how to use sifters to try to find a diamond. I did not find a diamond, but I did find some quartz. It was really hot and you had to dig it all by yourself. I really enjoyed geology in 4-H this year.

I also decided to do pigs this year because we have a small farm. They were very cute when they were little. Then, they turned huge. They really liked marshmallows and playing in the water hose.

I learned a lot in my first year in 4-H. Taking care of animals each day is very hard and takes a lot of time. I also learned that you don't always make money from farm animals. Due to COVID-19, our county fair was cancelled. So, I wasn't able to show my pigs at the fair.

I had fun raising pigs, but I think I'm going to do a smaller animal, like a rabbit.

Youth nutrition ambassador program launched

Earlier this summer, a special group of Kansas City area teens worked diligently to meet others' needs in the midst of a pandemic. Part of an innovative new club format, six 4-H members assembled and distributed 54 healthy recipe kits to families through a partnership with the Walmart Foundation and the mobile food pantry at Kansas City's Ruskin High School.

The teens are part of the 4-H Student Nutrition Advisory Council (SNAC) initiative, developed with University of Missouri Extension's Family Nutrition Education Program, to create new 4-H clubs that focus on teaching nutrition along with leadership and citizenship skills central to 4-H.

Modeled after a program designed by University of California Cooperative Extension, SNAC clubs reach new youths and families through partnerships with nutrition education programs, schools and other community organizations. The clubs meet in school or after school with nutrition education programs for underserved youths. Members learn to advocate for increased nutritional awareness, education and initiatives in their communities.

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

After a successful pilot in Kansas City, Missouri 4-H hopes to expand SNAC clubs into other counties this year. Andrea Wikiera, SNAC state coordinator and 4-H youth development specialist in Jackson County, is already working to set up a club in Franklin County, west of St. Louis.

SNAC youths also connect with research-based MU Extension programs such as Kids in the Kitchen, Eating From the Garden and Soccer for Success. They participate in advocacy projects to promote healthy habits in their community — such as the healthy meal recipe kits that the Kansas City teens developed and assembled (following strict social-distancing and mask-wearing guidelines) with SNAC program associate Chundra Hampton.

Each kit included ingredients for a pizza cake recipe as well as cooking utensils, with support from the Walmart Foundation, SNAP-Ed and EFNEP for help purchasing the supplies.

The proof, as they say, is in the pudding, as exemplified by one par-



Teens put finishing touches on the healthy recipe kits distributed to families through the Ruskin High School mobile food pantry in Kansas City.

4-H teens teach Healthy Habits

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

Teens and 4-H faculty in Jefferson and St. Louis counties recently put together 150 Healthy Habits kits with recipes and ingredients for clients of area service providers, including the Jefferson County Health Department, the Disability Resource Association, the Thomas Dunn Learning Center and Vitendo 4 Africa. Bags included recipes and ingredients for no-bake energy bites, stuffed apples and pineapple carrot muffins.

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

Videos, recipes and exercises are highlighted each week on the Missouri 4-H Facebook page at facebook.com/missouri4h.

participant's reaction upon picking up a kit and seeing the 4-H clover on the recipe card: "I know my kids will enjoy this because 4-H does great work. They used to do all kinds of things at my kid's school. Are they looking for volunteers? Because I need to help them out."

The new Missouri 4-H program year runs from Oct. 1, 2020 to Sept. 30, 2021. More information about the 4-H SNAC program and other online and in-person 4-H programming is available in the Missouri 4-H Clover Catalog and on the Missouri 4-H website at 4h.missouri.edu.

Livestock judging

Ahna Sinclair, Middletown Meddlers

Hi, my name is Ahna Sinclair and this is my seventh year in 4-H. I am a member of the Middletown Meddlers 4-H club, and my projects this year include beef, horse and livestock judging. I've been able to learn a lot about livestock judging this year, especially judging beef cattle. I continually learn about evaluating beef cattle for breeding purposes on my family's farm and I use this knowledge to improve my abilities at judging contests, as well as applying it to improving my own herd of Brangus cattle.

At the 2020 National Junior Brangus Show, which I attended in Beaumont, Texas, I was able to compete in a judging contest with kids from across the nation. I learned valuable judging skills focused mainly on selecting females and bulls which will best benefit a purebred or commercial beef cattle operation. The knowledge and skills I've gained in my livestock judging project this year, will help me throughout my life, to continually improve and grow my herd of registered Brangus cattle.

This year, I was able to attend three shows, both locally and on the national level. I was also able to learn a lot throughout all aspects of my beef project, from showing cattle to helping out on my family's farm.

The first show I attended was the Centralia Youth Fair in June. I showed a registered Brangus female and a registered Brangus bull. I also showed an American steer. My heifer, Maggie, not only won grand champion Brangus female, she was also Reserve Supreme Champion Female over all breeds. My steer, Blaze, also won his class. Overall, the Centralia Youth Fair was a fun and exciting experience. I can't wait to attend next year.

I was also able to attend the 2020 National Junior Brangus Show in Beaumont, Texas. Although it was a long drive there, I had an amazing time. I loved every minute of NJBS 2020. I showed two heads - my Brangus heifer, Maggie, and my registered Brangus bull, Blue. Blue placed second in his class in the bred and owned show. I also placed second in the intermediate video marketing contest and first in the intermediate skill-a-thon contest. This year's national junior show was a wonderful learning opportunity. I'm really looking forward for next year.

Our last show of 2020 was the Northeast District FFA Expo in Mexico. I showed Maggie and Blue. I had a really great time. Maggie won her class. Blue also won his class and was Reserved Champion Bull over all breeds. The NE District Expo is always an enjoyable show. This year didn't disappoint. I learned a lot and I am excited for next year's show season.

Due to health concerns for my cattle and family and after much discussion, my family and I made the difficult decision to not participate in the Ozark Empire Fair and the Missouri State Fair. My family has participated in these two fairs for over 35 years.

While showing is an important part of my beef project, I also help out daily on my family's farm. This summer, I learned a lot; from tagging calves, branding, vaccinating and working cattle to pasture management and weed control. I'll continue to use what I've learned now to continually learn and grow throughout the rest of my life.

I've learned a lot in my horse project this year. I continued to use my mare Lindy for daily farm chores, like checking fences and waters, as well as checking and working cattle. I continued to work on Lindy's skills as a riding horse, but she's also improving in her driving abilities.

I've used Lindy for various tasks such as hauling brush and moving portable mineral feeders for the cattle. She also got a new harness this year, which was very exciting for both of us. Lindy, a grade Haflinger mare, is very smart and learns quickly. I plan to continue training and using her on my family's farm, as well as showing her in halter, riding and driving classes in the future. This year, my horse projects have been a fantastic learning experience. I'm excited to continue learning and improving my equine skills.

Excited for shooting

Grayson Gerding, Montgomery Progressors

Hi, my name is Grayson Gerding and this is my 4th year in 4-H. I was really excited for this year in 4-H because my mom let me sign up for archery. I also signed up for a smallbore rifle (.22) and air rifle. I took my second shooting safety class and really enjoyed learning the parts of a gun and some of the history of weapons.

My club, Montgomery Progressors, did several community service projects that I helped with. Some of those were packing Blessing Bags for the homeless in our area, packing Buddy Packs for area school kids, and shaking the tambourine for Montgomery County Cares. I didn't know Montgomery County had so many people in need. I really enjoyed going to Urban Air with the county 4-H, and wish I could go back, but COVID-19 hit and nothing is the same.

While everything was shut down for COVID-19, I was able to participate in a MO Shooting Sports 4-H Facebook Easter Egg shoot. I had fun shooting the egg and watching it explode. I was shocked that I was able to hit it on the first shot. I really hoped I would be able to learn archery, but all shooting sports projects ended up getting cancelled.



Gavin Brock of Jonesburg Kountry Kids worked on a woodworking project to build a chicken coop in his backyard.

Building a chicken coop

Gavin Brock, Jonesburg Kountry Kids

My 4-H project this year was a woodworking project to build a chicken coop in my backyard. First, we had to drill holes that were 30 inches deep for the piers. We started this in October 2019 and worked on it all winter long. Once the holes were dug, we built forms to pour concrete in. Then, we mixed the concrete and poured it. Then, we took the forms off the next day and the concrete was ready. The next day, it froze and some of the concrete cracked, but my dad said it was still usable.

Then, we put the post brackets and posts for the chicken coop on top of the concrete. Then, we built a floor for the chickens. We also made roosting boxes for the hens to lay their eggs in. Then, we put the walls up and, then, the roof went on. The roof also covers an outdoor roaming area. Then, we put the remaining posts on the outside of the coop where they will roam inside a fence. Once we got all the posts up, we realized the two outer posts were not structurally sound at all. We tried multiple ways of making it stronger. But after about a week, we decided to put an X brace and decided to support that with some planks.

We cut windows out in the chicken coop and my dad framed them and put plastic plexiglass in for the window panes. After that, we put Tyvek all around the chicken coop on the walls so we can put metal siding on it. After that, we built a set of stairs to get into the chicken coop. Then, we made a door and door frame to get in the chicken coop.

We still need to put our fence around the roaming area and need to put the metal sheeting on the house and roof. The entire chicken coop is 4x8 and the roaming area is 10x8. We worked on this project until June 2020. When the fair was cancelled, we did not end up getting up chickens. We plan to finish the metal sheeting and fencing in September and get our chickens this fall.

I learned a lot from my dad about woodworking and structural support. I also learned about safety when working with tools.

Working on my raw ham

Alexa Groeber, Montgomery Progressors

It is near the end of my seventh year as a member of the Montgomery Progressors 4-H club. This year, I was enrolled in cured hams (first year), rabbits (seventh year), arts and crafts (second year) and quilting (second year). I applied to be the president of the Montgomery Progressor 4-H club and successfully voted into the position. I had been the president of my club a while back. So, I decided to participate in the Montgomery County officer training. Participating in this training was enjoyable and helped guide my role as the president in the right direction.

On Dec. 21, 2019, I started to work on my new raw ham. First, I put down some brown paper to set my ham and cure mixture on. For the cure mixture, I mixed Palmer House brown sugar cure, black pepper and cayenne pepper. Then, I made sure to rub the mixture everywhere on the ham, making sure it would stick to the ham and it was rubbed in. Next, I did one of the most important steps. I stuffed the mixture I made into the "neck" of the pig butt. It is important to flip over the ham and rub it everywhere so you get a nice, flavorful cured ham. After I had successfully rubbed and stuffed the cure mixture on and into the parts of the ham, I wrapped it tightly in the brown paper that I set it on. Then, I put my cured ham, wrapped in brown paper into a cotton pillowcase, making sure the edge/point of the ham is in the corner of the closed side of the pillow case. I used multiple zip tie to shut the open side of the pillow case, so the ham wouldn't fall out and rot. Finally, I hung my cured ham in a high space so nothing could reach it, bother it, or eat it. I left it hanging up there for 210 days. On June 24, 2020, I cleaned my ham. First, I got down my ham and unwrapped it. Then, I scrubbed all of the mold off of the ham with a hard bristle brush. I tried to be careful when getting the little bit of mold that did get on the meat. I say this because I wanted the ham to look nice and not all scratched up.

In conclusion, the 2020 4-H year was different, difficult and stressful. I had a lot of fun curing my very first ham. But, the best part was that I got to spend time with my grandpa doing something he loves. I also enjoyed participating in 4-H Week, making Christmas cards, and making blessing bags for the less fortunate.

Governor proclaims Oct. 4-10 as 4-H Week

Gov. Mike Parson proclaimed Oct. 4-10 National 4-H Week in Missouri. With a goal of serving 10% of Missouri youths by 2025, Missouri 4-H joins millions of youths, parents, volunteers and alumni across the nation in celebrating the many positive youth development opportunities 4-H offers.

This year's "Opportunity4All" campaigns seek to rally support for 4-H and find solutions to the opportunity gap that affects 55 million kids across America, said Jennifer Sirangelo, National 4-H Council president and CEO.

With so many children struggling to reach their full potential, 4-H believes that young people, in partnership with adults, play a key role in creating a more promising and equitable future for youths, families and communities across the country, Sirangelo said. 4-H believes every child should have an equal opportunity to succeed and gain the skills they need to make a difference in the world, she said.

"Our Missouri 4-H members are an example of leadership, professionalism and civic engagement," said Lupita Fabregas, director of University of Missouri Extension's 4-H Center for Youth Development. "I am proud of everyone who helps us offer all the youth in our state the opportunity to join the largest youth organization in the United States. This will help us meet the National 4-H goal of serving 10% of our state's youth by 2025."


Fabregas challenges every 4-H youth and volunteer to "show their 4-H spirit during National 4-H Week and recruit at least one more member for your 4-H club. We have more than 100 project topics, so there is opportunity for all in Missouri 4-H."

Throughout the week, Missouri 4-H will highlight some inspirational 4-H'ers in the Show-Me State who support each other, see what is needed in their communities and step in to help. They have sewn masks to donate to hospitals, created videos to encourage healthy eating and physical activity, led donation drives to help local food banks and written notes of encouragement and thanks to nursing home residents and front-line workers.

In Missouri, more than 57,000 youths and 9,000 volunteers are involved in 4-H. For information on these programs, visit 4h.missouri.edu or contact your county MU Extension center to speak to a 4-H specialist and find out what is happening in your area.



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