It’s not too late to sign-up!..... The registration deadline for the 88th State 4-H Round Up has been extended until Monday, June 15th. So don’t miss out on an opportunity to have some great fun, meet new 4-Hers from across the state of Oklahoma and develop lasting friendships that will stay with you forever.

Don’t forget about the competitive events, state officer elections, workshops and “Oh Yah”, a couple of dances. Registration fee with a record book is $80 and $120 without a record book. Tee shirts are extra, prices listed below.

Make plans now to help Celebrate 100 Years of Oklahoma 4-H, July 29-31.

Tee Shirts

S, M, L, XL.....................$9.00
XXL..............................$10.00
XXXL.............................$11.00
Sheep 
Meat Goat 
Nominations
July 1, 2009 
7:00 a.m.—12:00 Noon 
Muskogee County
Fairgrounds

Sheep - July 14
Beef - July 15
Swine - July 16

Registration and RAM form due by July 6th. 
Approximate cost $100 for lodging 
and food for three days

Judging, trade shows and public speaking con- 
test are just a few of the activities that you can 
participate in. Call or come by for more informa- 
tion on or before July 6th.

A Pork Speech Contest is available if anyone is 
interested.

Board the train at any of the following locations: Oklahoma City, Norman, Pur- 
cell or Pauls Valley. Enjoy lunch and a Centennial program in Ardmore. Members 
and volunteers must arrange for pick-up in Ardmore around 1:00 p.m. (one way train 
ride)

$20/person includes train ticket and lunch in Ardmore-Deadline July 1, 2009. 
Make checks payable to Murray County Extension and mail to 4000 W. Highway 7, 
Sulphur, OK, 73086-3801.

Ever want to get back to the basics 
and learn how to preserve your own food? 
This workshop will show you how to use 
hot water bath canners and pressure can- 
ners, along with learning the proper tech- 
niques to freezing and drying foods.

FARMER’S MARKET
STIWELL PUBLIC LIBRARY 
SATURDAY, JUNE 27
10:00 A.M.
"Health Day"
At the Farmer’s Market
Saturday, June 20th
8:00 a.m.—12:00 Noon

Adair and Sequoyah counties will once again be conducting a Beef Cattle Workshop on fitting and showing. Bring your own calf if possible. A registration fee of $15.00 includes a tee-shirt and meal, due by June 19th or take a chance on not getting a tee-shirt and pay the day of the event. Stilwell FFA is planning on taking a trailer to haul calves. Contact Jeff Hudgins at 696-7125.

Anyone interested in Health & Fitness or Food & Nutrition as a project area? If so, this is a great opportunity for you! “Health Day” at the Farmer’s Market will be held on Saturday, June 20th, 8:00 a.m. until 12:00 noon at the Stilwell Public Library. Come join Nancy and assist her with a Nutrition Demonstration.

Cherokee Nation has also started a Walking Program with the Farmer’s Market that has already began, but you can still sign up. The walking dates are on Wednesdays throughout the months of June and July, so come on out and join in. This is good stuff for a record book.

Contact Nancy at the OSU Extension Office, (918) 696-2253 or nancy.arnett@okstate.edu, if you are interested.

Last Call for 4-H State Parent/Volunteer Conference

Last chance to sign up for the State Parent/Volunteer Conference. The deadline is Friday, June 12th. For more information go to the Adair County website or contact Nancy at 696-2253 or nancy.arnett@okstate.edu.
Adair County Swine, Sheep & Goat Day Camp

Friday, July 24th
Adair County Fairgrounds

We will be hosting a Swine, Sheep & Goat Day Camp on Friday, July 24th at the Adair County Fairgrounds beginning at 9:30 a.m. Those who pay their registration fee of $10 by July 15th will be presented a tee-shirt. Lunch is also included and the event will be over by 3:00 p.m. The (PQA) Pork Quality Assurance materials will be covered. So come on out and bring your sheep, goat or swine project and spend the day.

BRUMMETT FAMILY
JR. CITIZENSHIP AWARD

Submit a written report to the Extension office, not to exceed 2 pages (typed & double spaced) with an additional page consisting of pictures or news clippings of your Citizenship project by June 12th.

Requirements
Must have just completed 6th grade or below to be eligible for the award.

4-H Jacket will be presented to one Junior 4-Her
WANT A BUSY SUMMER? JOIN 4-H!

Teen Leader Meeting, OSU Extension Office, 4:00 p.m. June 10
Tulsa State Fair Nominations
  Sheep & Goats-7:00 a.m. - 12 Noon July 1
Commercial Cattle Grading Contest-- Stilwell Livestock Auction-- 10:00 a.m. June 11
  Tulsa Stockyards June 24
  Tulsa State Fair October 7
Adair County Swine, Sheep & Goat Day Camp - ACFG, Reg. by 7/15 July 24
Water Quality Day Camp, Reg. by June 19th June 30
Cherokee County Sheep & Goat Day Camp, Registration due by June 22 July 2
State Parent/Volunteer Conference-- Stillwater , Reg. by June 12 July 11
4-H Shooting Sports Day Camp, Sequoyah County Fairgrounds July 13-14
OSU Big 3 Field Days-- OSU Campus-Reg. by July 6th July 14-16
Food Preservation Day Camp, Farmer’s Market, 10:00 a.m., Reg. Due 7/17 July 23
State 4-H Round Up-- Stillwater, registration and RAM due June 15th July 29-31
Adair County & ARK/OK Fairs Broiler Chick Pick Up-- Adair County OSU Ext. Office August 7
Adair County Fair-- 2009 Fair Book/entry forms will be online SOON! (New categories) August 29
  Sept. 3, 7-10

CHECK OUT THE COUNTY & STATE FAIR WEB PAGE @
http:oces.okstate.edu/adair

July 23rd
Adair County Fairgrounds
9:00 a.m. to
12:00 p.m.

Food Preservation Day

On Thursday, July 23rd, 9:00 a.m. to 12:00 noon, Nancy Arnett, Adair County Extension Educator will be working in conjunction with Michelle Sweeney, Cherokee Nation Health Educator to provide a one day workshop over canning at the Adair County Fairgrounds. During the camp you will be learning about proper canning techniques, equipment needed, and actually canning jelly and tomatoes. This will be a great opportunity, so don’t miss out! Sign up by July 17th in the OSU Extension office or call 696-2253.
Water Quality Day Camp
June 30th
Illinois, River

Registration due by: June 19th

The day will include workshops on such things as healthy stream and riparian areas. A six mile float trip, lunch on the river and much, much more.

A registration fee of $15 and RAM form are due by June 19th.

For more information contact Intern Josh Yates @ 696-2253 or Joshua.yates@okstate.edu.