



4-H Clover Connection

August/September 2007

Canadian County

4-H Project Work ...

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Project Highlights! we will continue to highlight some of the projects that 4-H'ers can be involved in and how to develop them.

Foods & Nutrition—Following are suggestions for activities leadership and citizenship in the Foods & Nutrition Project, more are available by calling the office.

Activities

- Develop skills necessary to safely prepare & serve foods – keep records of recipes you and your family liked and those they did not.
- Develop a “favorite recipes” file in a notebook, recipe box or on the computer
- Preserve food by canning, drying and/or freezing and keep records
- Give talks / demonstrations on nutrition, food safety, food preservation, etc...
- Plan weekly menus and help with shopping
- Tour grocery stores, supermarkets & specialty food stores to compare services
- Plan and serve family meals on a regular basis
- Talk with meat, produce, dairy & other store managers to learn about marketing
- Tour food processing plant, orchards, vegetable farms, etc to gain a better understanding of food production and processing
- Research aspects of nutrition, food processing, food safety, prepare a display.
- Work in food service, catering or other food-related business
- Compare store brands and name brands, create a display of findings including quality, price & value.

Leadership

- Assist with Cooking schools
- Present food etiquette classes
- Organize and/or lead a Food Science project club
- Serve as Jr. Superintendent at County fair or Judges assistant at Food Show
- Organize canned food drive (could also be citizenship)
- Organize a drive for food labels, box tops, etc for Education
- Teach a series of food workshops
- Conduct workshops for an after school program focusing on easy and nutritious snacks, healthy leisure activities, food safety, etc.

Citizenship

- Organize a food and fitness day at a local food bank
- Donate food items for bake sale/concession stand
- Prepare/donate food for benefit dinner
- Do presentations on food safety, exercise and nutrition at Sr. Nutrition Sites.
- Volunteer with Heart Association, Diabetes Association and other health related organizations by distributing consumer information, demonstrating healthy cooking methods, etc.
- Demonstrate new food products in the Beef Council Booth at the State Fair
- Provide healthy snack (along with send home recipes) for a summer reading program, bible school, etc.. Check with the facility first to make sure they can serve foods that are not prepared in a certified kitchen.



4-H Opportunities

County Fair

August 22-25, 2007

Any 4-H'er can complete exhibits and enter them in the 4-H section of the fair. Open class divisions are open to any resident of Canadian County (all ages).

Entries will be taken August 20 from 6–9 p.m. and August 21 from 8–11 a.m. 4-H'ers may also bring their open class exhibits at this time. Exhibits will be released Saturday evening at 8:30 p.m.



On-Line!!!

The fair book is available on-line and at the office. Pre-enter your fair exhibits on line at:
www.canadiancountyfair.com

4-H Concession Stand

Each club is asked to help work in the concession stand at the county fair. When your local leader calls to ask for your help, please volunteer. The money raised helps support 4-H programming.

Working Displays

If you would like to do an interactive display at the county fair, return the enclosed form by August 9. Call if you have any questions or need ideas!

OKC State Fair

Sept. 13-23

If you are interested in being involved in an interactive display at the State Fair in OKC, return the attached form by August 9. Details of how to do a display are available from the office.

Anyone interested in participating in the Dog Show at the OKC State Fair needs to enter by August 15. Entry forms are available at the office.

Pull Tabs—Please save all of your pull tabs, once again we will be collecting pull tabs to donate to the Ronald McDonald House. We will collect them until next May!!



Soup/Bean Supper & Pie Auction

Monday, October 29
6 p.m., Education Bldg, El Reno

Canadian County 4-H will be sponsoring its 9th Annual Soup/Bean Supper and Pie Auction. Each 4-H family will be asked to get involved by selling tickets, helping prepare food, serving, promoting, obtaining auction items, etc.... Please let your family and friends know about our fundraiser and plan on getting involved.



Achievement Program

Tuesday, August 7, 6 p.m.
Canadian Valley Tech Center

The Achievement Program will be held at Canadian Valley Tech Center beginning at 6:00p.m. with a reception. The award presentations will begin at 7 pm. County awards including county medals, leadership awards and Hall of Fame awards will be presented.

If you turned in a Record Book, Project Report Form, or Oklahoma Report Form, you should receive an invitation in the mail.

AgVenture on the Farm

Kirkpatrick 4-H Farm, Yukon
September 8th, 10 a.m.— 2 p.m.

Please join us for hot dogs and fun. Activities will include an open house, workshops, games, and a chance to get close to the animals. This is also a great leadership opportunity for teen leaders.

4-H Record Keeping & Project Planning

Project Planning—The new 4-H Year started July 1st, now is the time to set project goals for the coming year.

Record Keeping—New record keeping forms have been adopted by the Adult Leaders Council. Those just starting out with record keeping will need to use the new forms, those that have already turned in 4-H record books can continue to use the old forms.

For assistance—with project planning or record keeping, contact Tom at the 4-H Farm (354-4110) or Susan at the 4-H Office (262-0155).



4-H Know How!!

The Importance of Service Learning Projects

Community service is integral to the philosophy of the 4-H program. Youth are constantly provided with opportunities to “learn by doing” and develop life skills through experiential learning.

Service-learning takes community service to the next level. *Service-learning* is a teaching/learning method that connects meaningful community service experiences with academic learning, personal growth and civic responsibility. Projects that are centered around service-learning provide students with the opportunity to use newly acquired skill and knowledge in real life situation in their communities.

How to Apply Service-Learning to 4-H Projects

Preparation: Work together with youth to select a project, define the situation, prepare a plan and get the necessary training and orientation.

Action: Youth apply their new knowledge to the plan by making displays, posters, handouts, etc. and by actively participating in the physical project.

Reflection: Debrief the group by recording a journal, writing poetry, constructing art, working on a group scrapbook or website or holding group discussions.

Celebration: Youth need to be recognized for their contributions! Have them help in planning a special celebration that lets them know their efforts are valued.

Benefits of Service-Learning

- ❖ High academic performance
- ❖ Leadership development
- ❖ A heightened sense of purpose
- ❖ Intellectual, social and personal growth
- ❖ Citizenship development
- ❖ Increased interest in learning and 4-H work
- ❖ Acceptance and awareness of others from diverse and multicultural backgrounds



4-H Orientation

Tuesday, September 25
7 p.m. Kirkpatrick 4-H Farm

Are you new to the 4-H Program and have questions? Plan on attending this session to learn more about your family’s participation in the 4-H Program.

4-H Month

Each club is encouraged to plan some special activities during the month of October to celebrate 4-H Month.

Activities may include:

- putting flyers up in your community promoting 4-H
- taking homemade cookies to supporters of your local program
- wearing green to school.

Event Dates

Achievement Banquet	August 7
County Fair	August 22-25
Chamber Breakfast at Farm	Sept. 7
AgVenture on the Farm	Sept. 8
Foundation Mtg.	Sept. 10
OKC State Fair	September 13-23
Tulsa State Fair	Sept. 28-October 7
Youth Action Conference	Oct. 17-19
Bean Supper/Pie Auction	October 29
4-H Café	November 17
Share the Fun	November 27

Watch the newsletter for details!!!

Guidelines for each event are in your handbook or are available from the 4-H office.



Clovers to...

State Record Book Winner

Kenna Maria Baker earned top honors by being named a state record book winner in the citizenship project. Great job, Kenna Maria!

Freedom Riders Drill Team

Placings for the drill teams at their National competition in Texas this past June were:

- Junior Varsity Team
- 4th—Youth Novice
- 7th—Theme Drill Varsity Team
- Reserve National Champions—Youth Amateur Division
- 6th—Theme Drill
- 11th—Grand National Flag Team
- 3rd—Youth Division
- 5th—Theme Drill
- 6th—Grand National

The Newly Elected

2007-2008 County Officers

President Sam Durbin
 1st VP Matthew Lowry
 2nd VP Jenny Parizek
 Secretary Trevor Foster
 Reporter Shelbie Grayson
 Historian Amber Liberton
 Song Leader Cassi Allread
 Recreation Leader Paige Stevens
 County Ambassadors

..... Kenna Maria Baker
 Hillary Minick
 Erica Doggett
 Elizabeth Faerber
 Karin Leimbach
 Club Representatives*
 Bronco Kenna Maria Baker
 Catch the Spirit Martin Parizek
 Extreme Green
 Union City
 Canadian County Horse
 First Friend Dog Club
 Mustang Livestock
 Yukon Livestock
 Freedom Riders
 Shooting Sports

*Not all club representatives have been chosen.

Teen Leader News (For those 13 & older)

Upcoming Meetings

August Meeting
 Monday, August 27
 6:30pm
 Kirkpatrick 4-H Farm

September Meeting
 Monday, September 24
 6:30 pm
 Kirkpatrick 4-H Farm

Opportunities

Be sure to take advantage of the following leadership & citizenship opportunities:

- Achievement Program
- County Fair
- Community Coffee
- AgVenture
- 4-H Cafe

Youth Action Conference

October 17-19

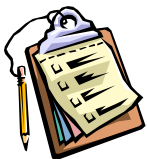
Holiday Inn, Airport, OKC

This conference is open to those 4-H'ers in the 7th grade or above. The theme this year is; License to Lead 2007. The conference will begin the evening of Wednesday, October 17th and conclude by noon on the 19th. Cost will be \$80.00 w/o t-shirt and \$88.00 w/ t-shirt. If you want to attend the conference contact the office by September 14th so that we can meet our registration deadlines.

District & State Offices

Those wanting to run for a district or state office need to fill out and application which is due September 1st. Contact the office for an application.

Planning Project Work!



The new 4-H year started July 1st! Now is the time to set goals and start planning your project work for the coming year. Some things to think about include:

1. Set goals for your project and making a commitment to accomplish those goals.
2. Devote time to 4-H, meeting your goals will take time and planning.
3. Have an objective outside resource person help you.
4. Involve others in your project. Including others can make it more enjoyable.
5. Beware of burnout.
6. Plan around known conflicts.
7. Be creative! Think big! Look for opportunities! Reach out and include others!
8. Ask serious questions:
 - Is the activity important enough to justify the time it takes?
 - Who will benefit from what I am planning?
 - Do my community service activities deal with real needs and issues?
 - What are my motives?
9. Expect setbacks and adjust accordingly.
10. Encourage personal growth – stretch!



4-H Farm News

It's Mine and I Want It Now!

Happy Summer Canadian County, and how's everybody? Today's society and drive is so much different than the one I grew up in. Growing up on a farm, I was taught the lessons of perseverance by having to do daily chores, by spending several dirty hours plowing/harvesting, and many times, I didn't get to do the things I wanted such as go to movies/concerts or spend time with friends. I had parents who set limits, had expectations, and reinforced those who were in authority positions, such as teachers and coaches. If I messed up, there were consequences and I had to learn from my mistakes. Not to say that I suffered a horrible childhood, but I had to learn to "DEAL WITH IT!"

All too recently, I have witnessed several scenarios where something didn't go the way of an adult or kid and those individuals chose to either act out unruly, pout, throw a fit, or completely quit!. Society has created a generation of people who are a little spoiled in the fact they want instant gratification and respect but aren't willing to work hard for or endeavor to achieve that goal. Now I understand the urge to want better for your kids than what you had and ultimately you want to protect your children from instances where they may get hurt. But at what cost?

The best lessons I learned was when I either made a mistake and realized that my actions created reactions and may have hurt someone else, or that getting my way instantly didn't allow me to fully appreciate what I received. And there were times also when if I didn't get my way, then I too responded in a negative way. The thing to remember is to not let that type of reaction become a habit and the defining of your character.

We all want nice things and we also want life to flow in a positive manner where we never experience hardships or trials, but the reality is that throughout our lives – we'll have to deal with adversity and things that don't go our way. So adults and youth alike, instead of worrying about It's Mine and I Want It Now!, and acting like a 3 yr. old who didn't get the candy they wanted, take a moment to focus on the lessons and/or consequences (there is ALWAYS SOMEONE WATCHING!), try to be the bigger person, and go along with what someone else suggests or be part of the group. It makes things easier on everyone and they in turn will do the same for you someday.

As we finish the summer and start our fall show season, remember to Encourage good habits, focus on what is truly important, and devote time to the things that make your life complete. Be a part of the solution, not a part of the problem!

Thank You Canadian County for all of Your support & Have A Great Summer!!!
Thomas



Dates to Remember

- Aug. 15OKC ENTRIES DUE
- Aug. 31....TULSA ENTRIES DUE
- Aug. 23- 25 County Fair
- Sept. 13-23 OKC State Fair
- Sept. 27-Oct. 7... Tulsa State Fair
- Sept. 14 OKC State Fair Lvstk. Judging
- Oct. 5Tulsa State Fair Lvstk. Judging

Clovers to....

...**Livestock Judging Teams** for doing great at the Grady/Canadian and Big III Field Days. We had 5 teams at these contests and some of the highlights include: 4th team & 2nd Ind. @ Grady/Canadian, two top ten teams on Beef Day (5th & 6th) and Sheep Day (3rd & 9th) and Swine Day (1st & 4th), as well as 2nd place in the overall Sweepstakes. Many individuals placed each day including 5 of the top 10 on Swine Day. WAY TO GO and THANKS FOR ALL OF YOUR HARD WORK LEADING UP TO AND DURING THE CONTESTS! .

"This is the beginning of a new day. You have been given this day to use as you will. You can waste it or use it for good. What you do today is important because you are exchanging a day of your life for it. When tomorrow comes, this day will be gone forever; in its place is something that you have left behind... let it be something good!!!

Author unknown -

OKC State Fair

www.oklahomastatefair.com - Entries are due August 15th

Tulsa State Fair

www.tulsastatefair.com - **Entries due August 31st**

If you want me to handle your entries for either of these state shows, I **MUST** have them to me now later than ONE (1) week before due date. I have to enter them online.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>August</h1>			1	2 Officer Retreat	3	4
5	6	7 Achievement Program Tech Center 6:00 pm	8	9	10	11
12	13	14	15	16	17	18
19	20 Enter 4-H Exhibits 6—9 pm	21 Enter 4-H Exhibits 8-11 am	22 County Fair	23 thru 25th	24	25 Release Exhibits 8:30 pm
26	27	28	29	30	31	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<h1>September</h1>						1
2	3 Office Closed	4	5	6	7 Community Coffee 8:30 am 4-H Farm	8 Ag-Venture 10-2 4-H Farm
9	10 Foundation Meeting 6:30 pm	11	12	13 Oklahoma	14 State Fair	15 thru 23rd
16	17	18	19	20	21	22
23	24	25 4-H Orient. 7:00pm 4-H Farm	26	27	28 Tulsa State Fair thru October 7	29
30						

Forms & Replies

Return form (s) to Canadian County 4-H, P.O. Box 519, El Reno, OK 73036-0519 or Fax to 262-2267

Due August 9, 2007

Name(s): _____

Address: _____

City: _____ Zip: _____

Phone: _____ Club _____

Age(s) as of 1/1/07: _____

Working Displays

Circle the fair (s) that you want to do a display at: County State

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Phone 262-0155 FAX 262-2267



Susan Meitl

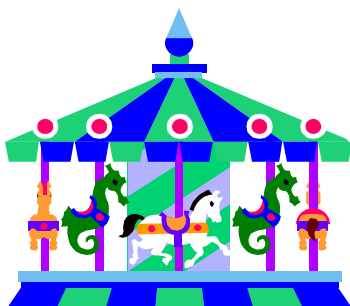


Tomas Manske

Canadian County Extension Educators, 4-H & Youth Development

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CANADIAN COUNTY FAIR AUGUST 22-25