



# 4-H Clover Connection

Canadian County

October/November 2007

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## 4-H Project Work ...

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

**Fabrics + Fashions**— following are suggestions for activities, leadership and citizenship in the fabrics & fashions project. More are available by calling the office.

### Activities

- ❖ Keep records of sewing projects made each year
- ❖ Inventory of construction techniques learned and used
- ❖ Record hours spent sewing
- ❖ Compare the costs of sewing vs ready made garment
- ❖ Develop and use a wardrobe plan
- ❖ Create a sewing area or room
- ❖ Research types of irons, sewing machines, sergers, etc...
- ❖ Tour fabric stores
- ❖ Conduct workshops, working displays and give talks or demonstrations
- ❖ Inventory of sewing tools and equipment

### Leadership

- ❖ Organize and serve as a teen leader for a Fabrics and Fashions project club
- ❖ Teach workshops on sewing, consumer skills, textile care, consumer judging, etc...
- ❖ Organize a fashion show
- ❖ Organize tours to manufacturers, markets, mills
- ❖ Organize and/or provide items for Consumer Judging contest

### Citizenship

- ❖ Make costumes for plays & programs at school
- ❖ Make a display garment for a fabric store/department
- ❖ Volunteer to mend, make lap robes or other needed projects for nursing homes
- ❖ Work with local historical society to gather textile items and clean them for display
- ❖ Collect clothing for the needy—coat drive for shelters, missions, etc...
- ❖ Work one day a month in church or community clothing bank, sorting, cleaning, etc...
- ❖ Volunteer in local chamber of commerce to do window displays of 4-H projects in empty store windows.





# 4-H Opportunities

## 4-H Cafe

(Date Change)

Saturday, November 3, 9:30 a.m.  
Myers Elementary, Yukon

Registration .....	9:30 a.m.— 9:45 a.m.
Judging Foods .....	9:45 a.m.—11:45 a.m.
Workshops .....	9:45 a.m.—11:45 a.m.
Wrap up .....	11:45 a.m.—12 p.m.

## 9<sup>th</sup> Annual Soup & Bean Supper & Pie Auction



Monday, October 29, 6:30 p.m.

Educational Building, Fairgrounds, El Reno

Each club will be involved in the Soup & Bean Supper w/Pie Auction. Proceeds go to each of the local clubs that participate and the County Executive Council.



Each club member will be asked to sell tickets to the dinner and donate a dessert item to be auctioned. Clubs will be asked to help set up and serve at the dinner and ask local businesses to get involved. This is our main fund raising activity each year and with your help it will be a success.



## Share the Fun

Monday, December 3, 6:30 p.m.  
Tech Center—Seminar Center  
(Entry form due November 26)



4-H'ers may enter acts in one of the following categories: musical, dramatic or novelty.

A 4-H member can be in more than one act. Rules and guidelines for this event are on page 11 of your handbook.

**Awards** this year will include ribbons and the following for Grand and Reserve Champion acts:

### Grand Champion

Jr. & Sr. Group—\$20

Jr. & Sr. Individual – Hastings Gift Card

### Reserve Champion

Jr. & Sr. Group—\$15

Jr. & Sr. Individual – Hastings Gift Card

## Changes

**Group Acts:** Group acts with 50% or more of the members in the act in the 7<sup>th</sup> grade or above are eligible to participate in District Share the Fun. Members should be enrolled in 4-H 30 days prior to the activity.

**Individual acts:** Members should be in 7<sup>th</sup> grade or above and enrolled in 4-H prior to the activity to be eligible to participate in District Share the Fun.

**4-H'ers** - This is your chance to showcase your cooking skills! Guidelines for the event are on page 12 of the handbook.

Activities include:

- ❖ Food Show—Make any of the 30 items listed.
- ❖ Brown Bag Lunch—Plan a safe nutritious lunch.
- ❖ Food & Nutrition illustrated presentation.
- ❖ All entries (except team demonstrations) should be completed by one 4-H'er.

**Cloverbuds** may enter the following categories:

- ❖ Breads—any recipe using refrigerated biscuits.
- ❖ Cakes—3 cupcakes, any recipe.
- ❖ Cookies—3 cookies, any recipe.
- ❖ Sack Lunch—try to include foods from each of the food groups in the food pyramid in your lunch. If it needs to be kept cold, provide a way to do that.
- ❖ Poster—"Good Things for Me to Eat" (size 14"x22".)

**Leaders**—a business meeting will follow 4-H Café.



## United Way News

As a United Way Partner, the **United Way OF CANADIAN COUNTY** Canadian County 4-H Foundation was awarded funds to help support 4-H programming. A limited number of partial fee waivers will be available to help 4-H'ers attend 4-H activities. 4-H'ers will be allowed one partial fee waiver during the 4-H year (July '07—June '08) for the following activities: Youth Action Conference, 4-H Camp or 4-H Roundup, Tri-County Retreat.

## County Event Dates

Soup & Bean Supper.....	October 29
4-H Café .....	November 3
Share the Fun.....	December 3
Christmas Activity .....	December 13
4-H Day .....	April 5



# 4-H Know How!!

## October is 4-H Month

October has been designated as 4-H month for the State of Oklahoma. We want to make a big splash in Canadian County and get the word out on all of the great things you are doing. Get involved in the following activities:

**October 7-13, National 4-H Week:** Put posters & signs up in your community to promote 4-H Week.

**October 14-19, 4-H Spirit Week:** Wear green to school.

**October 21-27, Take a Break on 4-H Day:** Show the people who support 4-H that you appreciate them. Take a plate of homemade cookies or other gift to local businesses, school administrators, teachers, local donors and others that help you.

**October 29—Bean Supper & Pie Auction:** At the Educational Building on the Fairgrounds in El Reno. Supper & Auction begins at 6:30 p.m.

## Training Offered

Learn more about the 4-H program and how you can help your 4-H'ers. Training is open to all parents and volunteers. Certified volunteers are required to attend four trainings each year.

### November 3—Record Book Workshop

Following 4-H Café at approximately 1 p.m.  
Kirkpatrick 4-H Farm, Yukon

We will have the new 4-H Record Book forms available along with information on how to fill them out.

### February 2—SW District Leaders Conference/District Speech Contest "Unlock the Hidden Treasures in 4-H"

Great Plains Tech Center—Lawton  
9 a.m.—4 p.m.

This conference counts as two to three trainings depending on the sessions that you attend. The leader's council will pay your registration costs. Please return the registration form by January 5.

## New to the County!!

### Web Page

Canadian County 4-H has a new web page!! The address is: [www.oces.okstate.edu/canadian](http://www.oces.okstate.edu/canadian)

We will continue to refine what is available on the site. If you have any particular requests, let us know!!

### 4-H Scholarships!!

Due to the generosity of the Kirkpatrick Family Fund the Canadian County 4-H Foundation will be able to offer two \$1000 scholarships to Canadian County 4-H'ers. We will have the forms and information available after the first of the year. The scholarships will be available to 4-H members that are graduating seniors.

## Enrollment Reminders

You must re-enroll in 4-H each year. Enrollment is due to the county office by November 1.

If you plan to participate in the Oklahoma Youth Expo, you must enroll by January 1, 2008.

Call the office if you need enrollment forms.

Susan Meitl

Tomas Manske

**Extension Educators, 4-H Youth Development**  
Canadian County

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## Upcoming Activities

October Meeting  
Monday, October 15, 6 p.m.  
Kirkpatrick 4-H Farm  
Activity: Trick or Treat for Canned Goods

November Meeting  
Monday, November 26, 4:30pm  
Kirkpatrick 4-H Farm  
Activity: Ronald McDonald House

## Teen Leader News ( For those 13 & older)

**Opportunities that you can apply for!!** If you are interested in any of the following, call the office for information.



### 4-H Key Club

Membership in the Oklahoma 4-H Key Club is an honor extended only to top 4-H members. It is an honor that you must work hard for, but upon receiving the award, you and your Cooperative Extension staff will feel pride and satisfaction for a job well done. To become a member you:

1. Must be a 4-H member.
2. Must be at least 15 years old or older on January 1, on the year of application.
3. Must submit completed application form by the published state record book deadline.
4. Must accumulate the minimum number of points (400) on the application form.
5. Must be approved by the responsible county Cooperative Extension Educator.
6. Must make at least one presentation to a 4-H Group about Key Club.
7. Must make at least one presentation to a non-4-H Group, such as non-4-H youth or adults, about the 4-H youth development program.

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## National 4-H Conference

- ❖ National Conference is a week long conference in Washington D.C. where participants meet their legislators, put together a "Back Home Action Plan" that they help implement at the state level.
- ❖ Participants are 4-H members who will be a freshman, sophomore or junior in high school on September 1 of the year of application. \* \*If a selected applicant is a high school senior on September 1 of the year of application, he or she will be expected to complete up to a two-year commitment to the program. He/she is encouraged to reside in Oklahoma during that time.
- ❖ Conference is usually held between the middle of March and middle of April of each year. Applications are due July 1.



### 4-H Ambassadors

1. 4-H Ambassadors are involved in marketing 4-H to the public, in their counties and across the state of Oklahoma. They help maintain relations with 4-H alumni and supporters and help 4-H members tell the state and national story.
2. To be a 4-H Ambassador teens need to be 13 years of age or older and still have a year in high school remaining.
3. Applications to become an ambassador are due to the State Coordinator postmarked by March 21st of the year.
4. After a 4-H Ambassador has served a term of one year, the 4-H Ambassador will have the opportunity to select their participation level in the following years.



# 4-H Farm News

## The Six "C's" for Success!

Happy Fall Canadian County 4-H, and how's everybody? WOW! Summer went fast! We are now into the fall and it may have finally stopped raining!!! Fall is a fun time of year because it means cooler temperatures, fall calves are hitting the ground and it is time to start buying the next show string. Now most of you know that I enjoy the show scene, however I do sometimes get frustrated when I see someone at the shows, who for whatever reason, is not ready! Maybe

their animal wasn't show quality when purchased, maybe they didn't prepare at home, or maybe they didn't have as much help! Well, there are 6 "C's" to be successful in the show program and it takes a lot of work and patience before the show ever arrives. Enjoy!!!

- 1. CORRECT SELECTION:** Select an animal not only with good conformation but with a personality you can work with (esp. haltered animals.)
- 2. CONSISTENCY:** There are no shortcuts to success. A consistent program encompassing regular workouts will accomplish more than a last minute flurry of activity 2 weeks before the show!
- 3. CALENDAR:** Set calendar deadlines with ration changes, halter breaking, clipping and grooming and practice showing. Maintain a regular daily schedule of feeding, handling, and grooming your animal. Two weeks before the show is not the time to start training your show animals!
- 4. COMPENSATION:** Learn what your animal's conformational strengths and weaknesses are so as to successfully emphasize the positive and downplay faults. Similarly, if the show animal has a personality flaw that will make showing difficult, plan ahead and compensate for this in the show ring.
- 5. CONFIDENCE:** Show with confidence. Adequate preparation will allow you to show with a genuine smile on your face (not a fake one your parents tell you to wear.) Be thoroughly familiar with rations, ADG, current wt., purchase wt., age, and breed of the animal so you can answer questions from the judge. It is also important to be able to identify the different parts of the animal and the associated retail and wholesale cuts. You can help "psych" yourself up by rehearsing the show in your mind with good and bad things that could happen and how you would handle them. Performing in a practice show with other members or family acting as a judge is helpful.
- 6. CHARACTER:** Demonstrate impeccable ethics in the preparation preceding the show and during the show itself. Be courteous to all other exhibitors, parents and leaders. The livestock show is the culmination of the project year for many livestock participants and the community. Youth livestock exhibitors represent the livestock industry to the general public at fairs and shows across the state. A little courtesy and honesty goes a long way in relations with the public and the other families at the shows!!

Good Luck and Most Importantly—Have Fun Showing and With Your Families!

Tomas

*Adapted from an article in Ag Youth*

### Dates to Remember

- Oct. 5 ..... TSF Livestock Judging
- Oct. 29 ..... Bean Supper/Pie Auction
- Nov. 3 ..... 4-H Cafe
- Nov. 7 ..... America Recycles Day  
..... Fairgrounds, El Reno
- Dec. 13 ..... 4-H Christmas Social  
..... & Donation Collection @ the Farm
- Feb. 13—16 ..... S.W. Dist Livestock  
..... Show Chickasha
- March 1-4 ..... County Spring  
..... Stock Show
- March 10—20 ..... OKC Spring  
..... Stock Show

### Sage Quotes!

1. Aspire to inspire before you expire!
2. "Great spirits have always encountered violent opposition from mediocre minds" Einstein
3. Actions plus attitude = aptitude!
4. Never Take life too Serious!  
Nobody gets out alive anyway! :-)

### October National 4-H Month

October is the time to promote 4-H to the public in Canadian County. Suggestions for promotion include: Take cookies to donors/decision makers, posters/flyers in the schools, yard signs and marquee signs. Yard signs are available on a first come—first served basis. Contact Tom at the farm.

**If anyone needs help buying or wants a project visit, please contact Tom at the farm .**

### America Recycles Day

Wednesday, November 7  
8 a.m. – 4:30 p.m.

Each year, our office offers a day for county residents to recycle tires (with or without rims), white appliances (fridges, washers, and dryers), computers, batteries and used motor oil. This is an opportunity for volunteering and recycling.

### OKC Nominations

Steer and Swine Oklahoma Youth Expo nominations will be a self-nomination, mail-in process this year. There will be central nomination sites held for sheep and goats as there have been in the past.

#### Deadlines for Nominations

Steers: October 22

Swine: December 10

Sheep & Goats: Oct. 31, Chickasha



If you want assistance nominating your animal, please call the 4-H farm.

For more details about OKC Spring show, log onto:

[www.okyouthexpo.com.com](http://www.okyouthexpo.com.com)

### Pork Quality Assurance

Once again, in order to show and sell a swine project at OKC, **each exhibitor must train and be certified in the Pork Plus Quality Assurance Program**. Certification deadline is **February 1, 2007**. For more information, contact Tom.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Tulsa State Fair—thru 7th	2	3	4	5	6
7	8 Office Closed	9	10	11	12	13
14	15 Teen Leaders 6 p.m. 4-H Farm	16	17 Youth	18 Action 17-19	19 Conference	20
21	22 OYE Steer Nom. due	23	24	25	26	27
28	29 Bean Supper 6:30 p.m. Educ. Bldg.	30	31 OYE Sheep/Goat Nomin.	<h1>October</h1> 		

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 4-H Café Record Book Training
4	5	6	7 America Recycles Day 8-4:30 F Fairgrounds	8	9	10
11	12 Office Closed	13	14	15	16 Office Closed	17
18	19	20	21	22 Happy	23 Thanksgiving	24
25	26 Teen Leader Meeting 4:30 p.m. 4-H Farm	27	28	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 November 26, 2007

## SHARE THE FUN

Name of Act: \_\_\_\_\_

Song Title: \_\_\_\_\_

Club \_\_\_\_\_

Check the category that best fits your entry:  Musical  Dramatic  Novelty

Cloverbud (5—8 as of 1/1/08)

Junior (13 & under as of 1/1/08)

Senior (14 & above as of 1/1/08)

Members Participating: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Due January 5, 2008

## SW District Leader's Conference

Name(s) of all attendees: \_\_\_\_\_

\_\_\_\_\_

Yes, I (we) would like to attend the SW District Leader's Conference.



# 4-H Enrollment

All 4-H'ers must enroll during the fall to be eligible to participate in competitive events as a 4-H member. We are no longer doing continuous enrollment.

To obtain an enrollment card, attend a local 4-H meeting or contact the OSU Extension office at 262-0155.

**Enrollment cards are due by November 1, 2007.**