



GARFIELD COUNTY



4-H CLOVER CONNECTION

<http://oces.okstate.edu/garfield>
<http://oces.okstate.edu/nwdistrict/4-h>
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APRIL, 2019

4-H PROGRAM PROMOTING HEALTH LITERACY FOR YOUTH THIS SUMMER

Because of its successful implementation last year, the Oklahoma 4-H Youth Development Program is once again offering a program to counties promoting health literacy.

The HALT program, which stands for Health Advocates Leading for Tomorrow, is geared toward those who have a passion for healthy living and a desire to provide programs that help youth lead lives that balance physical, mental and emotional health.

Cathy Allen, 4-H curriculum coordinator in the State 4-H Office at Oklahoma State University, said this is a way to not only meet the healthy living mission mandate of 4-H, but also provides an opportunity for the college students teaching the workshops to gain a better understanding of the Oklahoma Cooperative Extension Service.

"If you're planning a 4-H camp, library program or a day camp, this is a great opportunity for youth involved to learn more about all aspects of healthy living," Allen said. "The programming is geared toward students up to 7th grade and we provide programming that helps participants lead balanced lives. With health being one of the four H's, this is a subject on which much of our programming is based."

Workshops within the program include 4-H Cooking 101, Chemistry in the Kitchen, Lego Leadership and Your

Mind Matters, The Amazing Race, Dance Fit, Mindfulness and Health Rocks. Programs are free and covered through the Walmart Healthy Habits grant. Individual workshops can last one to two hours and there is enough material to present a half day or full day. Those scheduling the program may select which workshops they want taught.

Allen said the State 4-H Office currently is looking for qualified Collegiate 4-H members or college students with science and health education backgrounds to serve as health advocate interns for summer 2019.

Rachel Dockrey, a former 4-H'er who served as an advocate last summer, said it was an incredible opportunity.

"I'm a sophomore at OSU majoring in nutritional sciences with a dietetics option, so serving as a HALT intern provided me with a great opportunity to use my knowledge of nutrition and combine that with my passion for interacting and teaching youth," Dockrey said. "I was able to teach different physical activity workshops, as well as share fun nutritional information. The youth are so eager to put their knowledge to use and what they learn at a young age helps them develop a strong nutritional, physical and mental health foundation that will be the platform for the rest of their lives."

Dockrey also said teaching and exposing youth to correct nutritional information and encouraging healthy habits creates a cycle of healthier families for generations to come.

"This is a win-win for everyone involved. The HALT interns gain experience being leaders and develop public speaking skills, and the youth taking part in the workshops gain valuable information that is beneficial to their health," Allen said. "It also helps those in charge of planning summer camps and programs by providing fun, educational opportunities."

All of the workshops are free, but groups booking them do need to ensure 15 participants. The program will be offered from mid-May to mid-August. To schedule a HALT program, contact your local OSU Cooperative Extension office. For information about applying to be a HALT advocate intern, contact Allen at 405-744-8892 or cathy.allen@okstate.edu.



DATES TO REMEMBER

Science Club	April 3
4-H National Conf.	April 6-11
Impressive Dress & Fashion Revue	April 10
Garfield Co. 4-H Food Show	April 10
State Record Books Due	April 12
Zoo Snooze	April 12-13
PLO	April 15
4-H Day at the Capitol	April 17
West Dist. Trap Shoot	May 11
OK Pub. Spkg. Contest	May 11
4-H Has Talent Deadline	May 15
4-H Camp	June 3-5
OKC Dodgers	June 8
4-H Video Contest	June 14
State 4-H Parent-Volunteer Conf.	June 22
State 4-H Roundup	July 23-26
State 4-H Wheat Show	July 23
West Dist. Lead. Conf.	Oct. 16-18

NEXT PLO MEETING

April 15, 2019
AT 5:30 P.M.

2018-19 COUNTY OFFICERS

President—Natalie Haggard

Vice President—Brianna Deeds

Secretary—Madison Nickels

Reporter—Bailey Hoeltzel

Rec./Song Leaders—

Madison Postier and Ethan Haggard

Executives—Kaitlyn Booth and Morgan Meyer

OKLAHOMA 4-H NIGHT WITH THE OKLAHOMA CITY DODGERS

Saturday, June 8th at 7:05 p.m.
vs. Fresno Grizzlies

Tickets are \$15 .

DEADLINE TO ORDER: Friday, May 17th

WHAT YOUR TICKET INCLUDES:

- Field Seats with other Oklahoma 4H members!
- FREE limited edition OKC Dodgers baseball hat!
- FREE PlayBall! Game Program!



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2019 Outdoor Adventure

Interested in a challenge? One that requires outdoor skills in backpacking, camping, compass/map reading, outdoor cookery, safety, leadership and working with other people? The 2019 4-H Outdoor Adventure Boundary Water Canoe Program can offer you those challenges. For more information, go to <http://4h.okstate.edu/events-and-activities/state-events-activities/4-h-outdoor-adventures/4-h-high-adventures>

STATE 4-H PARENT-VOLUNTEER CONFERENCE

Save the Date: June 22, 2019

Location: OSU Campus, Stillwater, Okla.

Theme: SURGE! - 4-H Volunteers Making Connections Matter

Conference workshops and programming will focus on identifying the science, technology, engineering, art and math connections in 4-H projects and programming. Parents and volunteers will gain greater confidence in helping youth connect science to everyday living, 4-H clubs and project work.

Conference Objectives:

Strengthen	Connection of Science, Technology, Engineering, Art and Math (S.T.E.A.M.) in clubs and project work.
Unite	Youth and adults in a partnership of shared leadership.
Recruit	Identify and train volunteers (project leaders) to successfully recognize and apply S.T.E.A.M. to programming and projects.
Grow	Increased understanding and application of S.T.E.A.M. in all 4-H Youth Development efforts.
Energize	Parental and volunteer confidence in planning and leading project groups.

2019 Oklahoma 4-H Has Talent Information and Registration

The Basics

Talent submissions must be appropriate for 4-H youth audiences.

Video entries may consist of an individual or a team. Youth may participate in only one video submission. Round Up delegates who are Intermediate and Senior aged 4-H members (13 and up) are allowed to participate in this activity.

Ten finalists will be selected by the selection committee after the video submission deadline. Entries will be judged on talent, creativity, showmanship, costumes, and audience appeal. (see attached score sheet for more information)

The top 10 finalists will be announced in early June.

Those ten finalists will then have the opportunity to perform **at 4-H Roundup** in Gallagher-Iba Arena.

After all finalists are finished performing, the audience will have the opportunity to vote via text to select the winner.

Submission Guidelines

Maximum Length of video: Three (3) minutes

Accepted File Formats: Windows Media (.WMV) .MOV or .AVI

[sent electronically, email, dropbox or other; to jeff.sallee@okstate.edu](#)

or

Submit a CD, DVD or removable drive to:

Jeff Sallee

205 4-H Building

Stillwater, OK 74078

All entries must be received in the State 4-H Office by **May 15, 2019**

The Information Form must be signed by your County Educator & submitted with the entry

Questions?

Contact Jeff Sallee at the State 4-H Office

at: 405-744-8885 or jeff.sallee@okstate.edu

The District Food Showdown will be held May 29th in DUNCAN. If you have interest in going and being on a team, please let us know. You will have to provide your own transportation.

New this year, there is a district Cupcake War contest May 28th, also in DUNCAN. More info to come on both contests.

DISTRICT FOOD
SHOWDOWN &
CUPCAKE WARS

4-H VIDEO CONTEST



We are looking for videos that make an impression, that tell a story, that cause the audience to stop and think.

Videos can be your story, the story of how 4-H made a difference in your community, a story about the past, the present, or the future. Videos can bring issues to life, food insecurity, water conservation, health crises, safety concerns, or environmental topic. The best stories are your stories, the topics you believe in and are passionate about.

Expectations:

1. Videos are due in the State 4-H Office June 14, 2019
2. Videos are limited to 2 minutes
3. Music should be royalty free, no copyrighted material (No current or pop music. Music can be used from <http://freeplaymusic.com>, <http://incompetech/m/c/royalty-free/> or similar royalty free websites)
4. Videos must clearly highlight and represent 4-H
5. Submissions must include; The 4-H Video form

Rewards:

1. Videos will be reviewed by professional videographers and you will receive feedback on your video submission based on:
 - Video Quality
 - Story content
 - Story Impression
 - Audience Impact
 - Creativity

- Presentation
2. Videos may be shared through 4-H Social Media outlets (we will need your permission to do that)
 3. Selected videos will be showcased at State 4-H Roundup

STATE RECORD BOOKS AND AWARD APPLICATIONS

Senior 4-H members: You should be working on state record books and award applications! All are due to the county office **APRIL 12th**. If you would like help and for me to review them, start sending them **NOW!** You can send pieces at a time. If you would like to schedule a time to look at your critique sheet from last year, please call the office.

Anyone in the 10th or 11th grade can apply for National Congress.

Anyone 15 and older can apply for Key Club. This is a great honor and once a member, allows you to be eligible for more scholarships.

Anyone 14 by September 1, 2018 can apply for the Enid News and Eagle Award.

For more info on awards, go to:

<http://4h.okstate.edu/awards/2019-awards-information/2019projectobjectivesbook.pdf>



4-H CAMP
JUNE 3-5, 2019 AT
VICI CAMPGROUNDS

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Jessica Nickels
Ext. Educator 4-H & Youth Development

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2019 Garfield County 4-H Food Show~ April 10th

Awards announced in the evening at Impressive Dress/ Fashion Review.

Food Show Rules:

1. Entries must be turned in April 10th by 1:30 pm.
2. Youth may enter one item in each class they are eligible to enter.
3. Recipes must accompany each entry (except decorated cupcake class).
4. No mixes allowed (EXCEPT FOR CLASS 8.)
5. Decorated cupcakes will be judged on appearance only.
6. All entries should be displayed in something disposable.

Classes

Jr – Grades 3rd-5th

1. Muffins (3)
2. Brownies (3) – 3"x3" square
3. Drop Cookie

Intermediate – Grades 6th-8th

4. Battered coffee cake – no yeast (whole cake)
5. Rolled sugar cookie – no icing
6. Quick Bread

Senior – Grades 9th-12th

7. Yeast dinner roll
8. Enhanced cake – cake mix + other ingredients, no icing (whole cake, any shape)
9. Bar cookie (3)

Jr – Grades 3rd-7th

10. Decorated cupcake

Sr - Grades 8th – 12th

11. Decorated cupcake



**IMPRESSIVE DRESS ENTRY
APRIL 10, 2019
(ENTRIES DUE APRIL 5, 2019)**

NAME _____ CLUB _____

_____ CLOVERBUD _____ ACTIVE/CASUAL

_____ BEGINNING (GIRLS 3RD -5TH) _____ DRESS WEAR

_____ BEGINNING (BOYS 3RD -5TH) _____ FORMAL WEAR

_____ INTERMEDIATE (GIRLS 6TH – 8TH)

_____ INTERMEDIATE (BOYS 6TH – 8TH)

_____ ADVANCED (GIRLS 9TH- 12TH)

_____ ADVANCED (BOYS 9TH- 12TH)

_____ CONSUMER BUYING CLASS (6TH – 12TH)

FASHION REVUE ENTRY

_____ BEGINNING (3RD -5TH)

_____ INTERMEDIATE (6TH – 8TH)

_____ ADVANCED (9TH- 12TH)

NARRATIVES MUST BE INCLUDED WITH ENTRY. PLEASE ATTACH TO ENTRY FORM.

Example: “Chris Clover is modeling a green button down oxford shirt and khaki pants. He accents his outfit with brown loafers and a brown belt. Chris wears this outfit to church. He says he chose this shirt because he likes the color green. Chris is a member of the XYZ 4-H Club and is an 8th grader at Enid Middle School. ”





Garfield County Cooperative Extension Service
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