The State of Oklahoma ranks as one of the eight unhealthiest states in the nation and the Oklahoma 4-H Program has made a commitment to change that. Thanks to a $50,000 Healthy Living Grant from Walmart through the National 4-H Council, plans are underway to make Oklahoma a healthier place to live.

Oklahoma Clovers on the Move was introduced at the four district Youth in Action Conferences that took place this fall, said Cathy Allen, state 4-H curriculum coordinator.

“When we first started working on this program our goal was to reach 1,250 youth and educators regarding living a healthy lifestyle. Through the district conferences we were able to surpass that goal by reaching more than 2,300 people,” Allen said.

Clovers on the Move are based on the program at Oklahoma State University called Cowboys on the Move. This program launched in February this year and participants track minutes of physical activity in an effort to live a healthier lifestyle. The program also emphasizes Gov. Brad Henry’s initiative to encourage all Oklahomans to eat better, move more and to be tobacco free where we live, work and learn.

To help encourage 4-H youth in this endeavor, OSU President Burns Hargis taped a message that was played at the district conferences.

“OSU has a vision of creating America’s healthiest campus and we’re committed to providing a variety of health and wellness programs to OSU faculty, staff and students,” Hargis said. “But the reach of OSU doesn’t stop on our campuses; it extends across the entire state through our network of Cooperative Extension Service offices. I’m excited to learn of the efforts of 4-H members to identify barriers to better living in your local communities.”

Prior to the district conferences, club members did a needs assessment in their county to see what the local health needs were, access to wellness resources and what some of the barriers were for not living a more healthy lifestyle, said Charles Cox, state 4-H program leader.

“Lack of workout facilities and lack of structure were just a couple of the barriers 4-H’ers discovered,” Cox said.

Allen said the grant will be used to fund mini grants so counties can address their local needs. Approximately 35 mini grants will be funded to implement back home action plans.

Within the three priority areas of nutrition, physical fitness and safety, county teams are encouraged to consider topics including obesity, diabetes, tobacco, mental health, physical fitness, sun safety and personal hygiene.

Foundations, corporations, associations and agencies already affiliated with each of these seven areas have already been identified as part of the Oklahoma Strong and Healthy Initiative and will serve as partners with Clovers on the Move.

“This program is very encompassing and focuses on all areas of well being,” Allen said. “4-H stands for head, heart, hands and health. Through programming efforts over the last 100 years we have emphasized ‘Making the Best Better.’ Clovers on the Move is another great way club members can focus on one of the principles of our youth development program and make an impact on their own lives, as well as the lives of those around them.”

“This month the Oklahoma 4-H Youth Development Program will complete a year-long celebration in honor of the centennial of 4-H,” Cox said. “Addressing the health concerns of our citizens is one way to ensure another successful 100 years.”

“4-H has worked for decades to help younger youth develop skills that served them for their entire lifetime,” Allen added. “Health Rocks!® will give them tools they can use from now on.”
**SHARE-THE-FUN RESULTS**

Share-The-Fun was held on Saturday, November 14, at the NOC Performing Arts Auditorium in Tonkawa.

**Congratulations to all the winners:**

**INDIVIDUAL GROUP:**
1st Place - Lerin Thomas, Newkirk Go-Getters  
2nd Place - Malory Scott, Newkirk Go-Getters  
3rd Place - Sierra Sidlo, Western Wranglers  
4th Place - Rachael Smith, Western Wranglers  
5th Place - Karsten Blevins, Kay County Mounties  
6th Place - Carissa Blevins, Kay County Mounties

**SMALL GROUP:**
1st Place - Lerin Thomas & Malory Scott, Newkirk Go-Getters  
2nd Place - Carissa & Karsten Blevins, Kay County Mounties  
3rd Place - Rachael & Madison Smith, Anna Simmons, and Sierra Sidlo, Western Wranglers  
4th Place - Austin Sawyer & Malia McMillen, Tonkawa 4-H  
5th Place - Dakota Bailey & Anna Simmons, Tonkawa 4-H

**LARGE GROUP:**
1st Place - Western Wranglers “Scooby Doo & The Mystery of the Missing 4-H Horses”  
2nd Place - Tonkawa 4-H, “Barnyard Cha-Cha”  
3rd Place - Newkirk Go-Getters, “Big Green Tractor”  
4th Place - Kay County Mounties, “How Does Your Garden Grow”  
5th Place - Tonkawa 4-H, “4-H Jeopardy”

First place winners are eligible to perform at the Northwest District Share-The-Fun on December 5th.

Good luck to everyone.

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**4-H DAY AT OAKWOOD MALL IN ENID**

All registration forms are due in the district office December 11, 2009.

**SCHEDULE 4-H DAY AT OAKWOOD MALL - SATURDAY, JANUARY 9, 2010**

- **8 - 10 a.m.** Set-up  
- **9 a.m. - 5 p.m.** Registration North Door at Center Court  
- **9:30 a.m.** Working Displays Begin  
  - 24 Locations throughout the Mall  
- **9:30-10:30 a.m.** Mini-Floats checked in and lined up at Dillard’s Court  
- **10:30 a.m.** Parade of Mini-Floats Dillard’s to Penney's Court  
- **10:35 a.m.** Parent/Volunteer Training Session 1-TBA  
- **11:00 a.m.** 4-H Style & Talent Show Stage at Food Court  
- **1:00 p.m.** 4-H Style & Talent Show Stage at Food Court  
- **1:35 p.m.** Parent/Volunteer Training Session 2-TBA  
- **2:35 p.m.** Parent/Volunteer Training Session 3-TBA  
- **3:00 p.m.** 4-H Style & Talent Show-Stage at Food Court  
- **5:30 p.m.** Last Working Display throughout Mall  
  - Concludes Floats Removed Penney’s Court  
- **5:30-6:30 p.m.** Pick-up and clean-up throughout Mall

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**KEY CLUB MEMBERSHIP**

Membership in the 4-H Key Club is an honor extended only to the top 4-H’ers since 1950. A 4-H member must be 15 years of age as of January 1st to make application. The application and membership requirements must be completed by **March 19th**. For more information, contact the County Extension office. I would like to encourage all 15 year olds and older to apply. Application available from the County office or the web site [http://oces.okstate.edu/kay](http://oces.okstate.edu/kay)

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**Kay County Jr. Livestock Spring Show**

February 22nd - 26th, 2010

**Online Entries due February 2nd**  
**Entry Money will be due February 9th**
COUNTY RECORD BOOKS

County Record Books are due June 11th, 2010. Record Books will continue to be due every year hereafter on the 2nd Friday in June. Record Book reporting times will be through to May 15th each year. (May 16 – May 15) There will be no limit on how many times you may receive a medal in a specific project area. 4-Her’s can only apply for (4)-medals per year. Now would be a good time to start on State Record Books. They will be due into the Extension office on March 19th, 2010. County Forms are available at the County Extension office and also on our website: http://kay.oes.okstate.edu Please contact the office or your leader if you have any questions or need assistance.

STATE RECORD BOOKS

State Record Book drafts must be turned into the Kay County Extension office by January 25th, 2010.

PSEUDORABIES TESTING REQUIREMENTS OF MARKET HOGS

The Oklahoma Department of Agriculture rules and regulations covering pseudorabies testing of hogs for the 2009-2010 winter spring market hog shows are listed below.

The State Dept. of Ag requires evidence of a negative pseudorabies virus (PRV) test (test chart) for all shows. Health certificates may or may not be required, depending on individual show or fair and its requirements.

The following steps are required to exhibit market swine (barrows and gilts) in Oklahoma summer and fall shows.

1. Have a negative pseudorabies test conducted after December 1, 2009, and is identified on the test chart by official identification number.
2. Be individually identified with an official identification device permanently affixed to the right ear. (Plastic ear tag is recommended.)
3. A present test record at each exhibition.
4. After being exhibited, be kept separate and apart from all breeding swine or until they are re-tested negative in not less than 30 days following last exhibition or be shipped directly to slaughter.

PREMISE ID NUMBER INFORMATION

All swine exhibitors who plan to show in the county, district or state shows must have a premise ID number. Information and registration forms are located at the following website: http://www.okanimalid.com/premiseidentification or on the Kay County Extension website: http://oces.okstate.edu (home page-click on agriculture tab)

4-H LEGISLATIVE DAY

Kay County is planning on having a 4-H Legislative Day at the State Capital in early March. Each 4-H club will be able to select one delegate and one alternate to attend. The 4-H’ers must be a minimum of 13 years of age. They will be required to give a short presentation when they return to their local club as well as to the 4-H Parent Leaders Organization on what they learned at the Capital.

We will be visiting our State Senators along with our Representatives and hopefully eating lunch with them.

The main purpose of the trip is for the 4-H’ers to meet our Senators and Representatives and to learn how our government works. The trip will be during the weekday while Congress is in session.

If you are interested, Contact your local club leader. Leaders must turn in names to the County Extension Office by January 6th.
4-H Cowgirl Basketball Game Day

4-H OSU Cowgirl Basketball Game Day will be Saturday, January 9th, 2010 at 2:30 pm. Cowgirls will be playing the Baylor Lady Bears. Deadline for orders is December 14th, 2009. Tickets cost $23 per person and include a ticket, T-shirt, Special Souvenir Program and autograph signing. Order online http://oklahoma4h.okstate.edu/events/bb.htm

4-H Cowboy Basketball Game Day

4-H Cowboy Basketball Game Day will be Tuesday, December 29th, 2009 at 7 pm. They will be playing Pacific. 4-H tickets are $19 per person and deadline for online tickets are December 4th, 2009. Order http://oklahoma4h.okstate.edu/events/bb.htm

4-H CALENDAR OF UPCOMING ACTIVITIES

**December 2009 Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>4-H Cowboy Basketball Ticket orders due</td>
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<td>5</td>
<td>District Share the Fun, Enid</td>
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<tr>
<td>11</td>
<td>Registration due for Oakwood Mall</td>
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<tr>
<td>14</td>
<td>4-H Cowgirl Basketball Ticket order due</td>
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<tr>
<td>25-26</td>
<td>Extension Office Closed Christmas Holiday</td>
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<tr>
<td>29</td>
<td>4-H Cowboy Basketball Game Day</td>
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</table>

**January 2009 Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Extension Office Closed New Years</td>
</tr>
<tr>
<td>6</td>
<td>Legislative Day names due</td>
</tr>
</tbody>
</table>

**February 2009 Calendar**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>2</td>
<td>Deadline for Online Entries for Kay County Jr. Livestock Show</td>
</tr>
<tr>
<td>9</td>
<td>Money due for Jr. Livestock entries</td>
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<tr>
<td>22</td>
<td>Trisha Burke Interviews</td>
</tr>
<tr>
<td>22-26</td>
<td>Kay Co. Jr. Livestock Show</td>
</tr>
</tbody>
</table>

Kay County Jr. Livestock Judging Team

Congratulations to Maria Goodwin, Tara Jeffries and Jessica Miller along with Coach Rick Buellesfeld for their placings at the North American International Livestock Exposition in Louisville Kentucky. They competed with over 30 teams from across the United States.

**Placings:**

- Sixth Place: Oral Reasons
- Eight Place: Sheep
- Tenth Place: Overall

Tara Jeffries placed ninth in Individual for sheep.
OAKWOOD MALL DAY
LATE ENTRIES MAY NOT BE SCHEDULED!
Each individual should complete one form. Include all activities on one form.
MAKE SURE YOU DO NOT HAVE TWO EVENTS MARKED FOR THE SAME TIME!!!
Entries will be scheduled on a first come basis.
Entry Due December 11, 2009: Mail to NW District 4-H Office, 205 W. Maple, Suite 510, Enid, OK 73701
FAX: 580-233-9215

NAME: ___________________________________________ COUNTY: ___________________________
TALENT: ________________________________________ DAY PHONE: (_____)_____________________
INDIVIDUAL: ______ SMALL GROUP: ________ LARGE GROUP: __________
NAME OF ACT: ________________________________________________________________
PARTICIPANTS: ________________________________________________________________

SHARE-THE-FUN PERFORMANCE (Rank or NA if not available)
_________ 11:00 a.m. _________ 1:00 p.m. _________ 3:00 p.m.
EXACT LENGTH OF ACT, INCLUDING SET-UP & CLEAR STAGE MIN.___ SEC._____

PIANO NOT AVAILABLE –
We will try to provide a cassette tape/CD player. Write an introduction of the act on a
3” X 5” index card and bring to event.

STYLE SHOW
STYLE TIME PREFERENCE (Rank or NA if not available)
_________ 11:00 a.m. _________ 1:00 p.m. _________ 3:00 p.m.
BRING the narration on a 3” X 5” index card as you want it to be read by the narrator and bring to event. The description will not be
re-written. Include in the description: fabric, pattern (if used), description of garment (see back of pattern envelope), accessories, year
in 4-H, age, main projects, special interest and honors.

WORKING DISPLAYS
NAME OF WORKING DISPLAY:
OTHERS PARTICIPATING:

NO DEEP FAT FRYERS, MICROWAVES, OR RELATED COOKING APPLIANCES!
ELECTRICITY NEEDED _______ YES _______ NO
IF YOU DO NOT CHECK YES ON ELECTRICITY NEEDED WE WILL ASSUME YOU DO NOT NEED ELECTRICITY AND
IT MAY NOT BE AVAILABLE.
SPECIFY EQUIPMENT TO BE
USED:
STARTING TIME PREFERENCE (Rank 1st through 8th or NA if not available or in 4-H Talent & Style Show during that time)
________ 9:30 a.m. _________ 10:30 a.m. _________ 11:30 a.m. _________ 12:30 p.m.
_________1:30 p.m. _________ 2:30 p.m. _________ 3:30 p.m. _________ 4:30 p.m.
The Extension Office will be closed December 24th-25th and January 1st.
Merry Christmas
And
Happy New Year!

This newsletter is one way of communicating educational information to county 4-H volunteers and others interested in youth of the county. For subscription information, contact your local County Extension office at 362-3194. Email: kay.oes@okstate.edu The information given herein is for educational purposes only. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Oklahoma Cooperative Extension Service is implied. Work in Agriculture and Rural Development, youth development, home economics and related fields. Oklahoma Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability or status as a veteran and is an Equal Opportunity Employer. This information was produced at a cost of 1 cent per page for a total cost of 6 cents. Editor, Larry Klumpp, Extension Educator, 4-H & Youth Development/CED

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