



4-H Clover Connection

KAY COUNTY

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MARCH 2009

4-H Day at the Capitol slated April 6

A group of Oklahoma 4-H'ers will have their voices heard April 6 as they take part in the 13th Annual 4-H Day at the Capitol.

Cathy Allen, 4-H curriculum coordinator and Ambassador adviser at the State 4-H Office, said this event provides club members with an opportunity to learn more about state government, as well as meet personally with their local legislators.

This event is organized by the 4-H staff at Oklahoma State University and Langston University.

“With 2009 being the centennial year for the Oklahoma 4-H program, our delegates will have the opportunity to ask their legislator if he or she was in 4-H, what impact the program had on their lives and what kind of influence 4-H had on their community and government involvement,” Allen said. “Club members will be able to share their own experiences and give the legislators a better understanding of the positive impact 4-H has on our state’s youth.”

In addition, this annual event provides club members with a venue to voice their concerns regarding issues facing today’s youth.

Allen said it is important for these 4-H stories to be heard by those who make the decisions, set the budget and change laws in our state.

A number of Oklahoma’s senators and representatives are former 4-H’ers and this event provides them an opportunity to learn how the program has evolved over the years.

In preparation for this annual event, the youth are preparing a one-page sheet that highlights the positive impact that 4-H has on them and how they have benefited from their membership in the world’s largest youth organization.

Allen said many of the 4-H Day at the Capitol participants have touched on governmental topics in

their civics or government classes in school.

“What makes this event so engaging is that the 4-H’ers are able to put to use what they are learning in the classroom at school,” she said.

The day will begin with a continental breakfast at the Capitol. Sen. Ron Justice, co-chair of the Senate Ag and Rural Development Committee, along with Sen. Don Armes, Chair of the House Ag and Commerce Committee will be on hand to welcome the 4-H’ers and sponsors.

Robert Whitson, vice president, dean and director, OSU Division of Agricultural Sciences and Natural Resources, also will address the group.

In addition, Terry Peach, Commissioner and Secretary of Agriculture, will talk to the group.

Karolyn Bolay, Public Policy intern as well as a former 4-Her, will talk about her role as an intern at the Capitol.

Later in the morning Lt. Gov. Jari Askins will be on hand for a group photograph and she will read a proclamation signed by Gov. Brad Henry declaring April 6 as “Oklahoma 4-H Day at the Capitol.”

Similar proclamations will be read in both the House of Representatives and the Senate Chambers.

“Two of our 4-H’ers will address both the House and Senate Galleries and this is a wonderful opportunity for them to gain public speaking experience,” Allen said. “This event as a whole has a significant impact on the Oklahoma 4-H program. Even though some of our state’s leaders were involved in the program when they were young, 4-H Day at the Capitol gives our legislators an opportunity to see first-hand the positive impact it has on today’s youth. It’s a wonderful learning experience for everyone involved.”

4-H is the youth component of the OSU Cooperative Extension Service.

County Record Books are due June 12th, 2009. 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-Hers' 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 24th, 2009. County Forms are available at the County Extension office and also on our website: <http://kay.oces@okstate.edu>
State Forms available at
<http://www.oces.okstate.edu/kay/4-h/book-forms>
Please contact the office or your leader if you have any questions or need assistance



2009 VOLUNTEER OF THE YEAR

4-Hers and volunteers would you like to recognize a 4-H volunteer in your community? The State Volunteer and Parents Organization would like your nomination for "4-H Volunteer of the Year". The State 4-H Volunteer of the Year will be honored in Stillwater in July. Nominations must be in the County Office no later than March 19th. For more information, contact the County Extension Office.

Key Club Membership

Membership in the 4-H Key Club is an honor extended only to the top 4-Hers 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 20th. For more information, contact the OSU Extension Office. I would like to encourage all 15 year olds and older to apply.



2009 OKLAHOMA STATE 4-H AMBASSADOR PROGRAM

4-H Ambassadors represent Oklahoma 4-H at selected public events at county, district and state. They need to be excited, well rounded and committed. If you are 13-19 years old and would like an application, call the Extension Office. The Applications must be postmarked by April 1st, 2009 so I will need to have them turned into me no later than March 20th. Information and application is available in our office and on the state 4-H website:
<http://oklahoma4h.okstate.edu/leadership/ambass.htm>

OKLAHOMA KIDS HELPING KIDS CAMPAIGN



The Kay County 4-H members just completed their 2009 campaign benefiting the Ronald McDonald House and Kay County 4-H. Top 4-H club was Kay County Mounties and the individual was Jesse Alley of Kay County

Mounties
Money is used to help fund 4-H activities throughout the year enabling many members to participate. Donations are used at the Ronald McDonald House to help families from every county in Oklahoma. Our sincere thanks to all the parents, volunteers and those who donated to this worth while program.

**Discovery Unlimited
May 29-30, 2009**

Saints Grove Camp, Stillwater, OK
Information Coming Soon!

**TEEN LEADERS AND PARENT LEADERS
ORGANIZATION MEETING WILL BE HELD ON
MARCH 23rd AT THE EXTENSION OFFICE 6:30
P.M.**

4-H HORSE CERTIFICATION

Ownership of horses and 4-H membership must be certified on or before May 1, 2009 for the 2009 District & State 4-H Horse Shows. Forms are available in the Extension Office.

The NW District Show will be held on Saturday June 6, 2009 at the Arena on the Alfalfa County Fairgrounds in Cherokee.

STATE 4-H PARENT AND VOLUNTEER CONFERENCE July 12, 2008

**Enroll starting May 1!
Information will be available soon.
Download workshop information and registration
form
at:
<http://oklahoma4h.okstate.edu/volun/eduopp.htm>**

**FLOWER & VEGETABLE SHOW
FOOD SHOW and IMPRESSIVE DRESS
SCHEDULED FOR JULY 18, 2009**

**WATCH UP COMING NEWSLETTERS FOR MORE INFORMATION
KAY COUNTY 4-H ROUND-UP QUALIFICATION POINT SYSTEM**

Deadline: May 16, 2008 to Extension Office

To qualify to attend State 4-H Round-Up in Stillwater July 30th to August 1, 2008 you need to complete the above form and earn 200 points. Watch your newsletter for information, but put this on your calendar. You can download this form from our website <http://www.oces.okstate.edu/kay/4-h/Round-up%20qualification%20point%20system.pdf> or pick one up in the Extension office. Deadline is May 16, 2008 to return to the Extension office.

JUNIOR ACHIEVEMENT TRIP
OPEN TO 4-H MEMBERS 9 TO 13
COMPLETE FORM AND SUBMIT TO THE COUNTY OFFICE BY MARCH 24TH
FORM IS AVAILABLE AT THE COUNTY EXTENSION OFFICE AND ALSO ON OUR WEBSITE:
http://www.oces.okstate.edu/kay/4-h/Jr_Achievement.pdf

TRI-COUNTY CAMP
JULY 22-24, 2008
WATCH YOUR NEWSLETTER

PUBLIC SPEAKING IN PROJECT WORK

Public Speaking is a fun way of gaining self-confidence and share with others. The goal of every 4-H member

- Acquire and relate subject matter knowledge
- Learn to organize their ideas in a clear manner
- Develop self-confidence about their abilities and skills
- Develop and display physical skills
- Develop specific public speaking skills

Beginners will need help and supervision from a 4-H volunteer and/or teen leader.

Be sure to select a topic suitable for your interests and abilities. Answer these questions when selecting a topic: Can I do it in four to six minutes? Am I interested in it? Is it a part of my project work? Is it useful to others? Does it have enough action? Can I do it well? Ask your County Extension office for a copy of the scorecard used by the judges. The scorecard can be used to do a self-evaluation or to assist in preparing for a competitive event.



should be to write and present a minimum of one oral presentation each year at a local club or project group meeting. Public speaking helps a young person:

The local club or project group is the perfect place for public speaking; people who care surround you. When you feel ready, present the presentation to a wider audience that might include a county 4-H audience, civic clubs, or school and community groups. Each time you give a presentation you will improve and grow as public speakers.

Suggested resources:

- Volunteer Development Series Lit. 843, Preparing My 4-H Presentation
- 4-H Communications Project Manuals, Unit 1 and 2
- 4-H Lit. 136, The Demonstration
- 4-H Lit. 360, Helpful Hints for 4-H Talks
- Fact Sheet T-8203, The Volunteer Teachers Series: Do-It-Yourself Visuals

KAY COUNTY SPEECHES & DEMOS - THE FASHION CONSTRUCTIVE CONTEST IS SCHEDULED APRIL 20, 2009

Registration: 5:30 p.m. --- Contest: 6:00 p.m. Location: Tonkawa High School

Pre-registration forms are due in the County Extension Office by **April 13th by 4:00 p.m.** Entry form is included in this month's newsletter. **No entries will be taken over the phone.**

Listed below are the categories, age division, and definitions to use in planning and preparing your 4-H presentation. Age is based on member's age as of January 1st, 2009.

Cloverbuds (ages 5 - 8) – The Cloverbud will show and tell about an item. Suggested time is under three minutes.

4-H Motto, Pledge, and Club Colors (ages 9 - 10 only, NO TEAM) – The member recites the 4-H Motto, Pledge, and Colors.

Prepared Speech (ages 9-10 and 11-12 only, NO TEAM) – The 4-H'er recites a speech that is already prepared and was



selected by the County Office. They are available on the county web site <http://www.oces.okstate.edu/kay/4-h/4HSPEECH.pdf> or by obtaining a copy from the office.

Talk (all ages and team) – A talk/speech is a presentation in which the 4-Her does not rely on posters/illustrations or objects. All illustrations are communicated through descriptions used in the speech. Basically, the 4-H member paints a picture or tells a story through oral communication.

Illustrated Talk (all ages and team) – A presentation in which the 4-Her uses posters/illustrations or objects to emphasize/illustrate specific points in the speech. A member does not actually make or demonstrate how to do something in an illustrated talk.

Demonstration (all ages and team) – A demonstration is a means of sharing information with an audience by showing them how to do something. The members shows how to make an item or complete a task. At the completion of the demonstration, the member will have a finished project to show.

Impromptu Speech (all ages, NO TEAM) – Members are given a topic relating to 4-H or a current issue and given one minute to prepare a speech. The member should follow regular talk format with introduction, body, and closing.

Power Point Presentation (all ages and team) – A presentation using Power Point. Member must bring a disk with their presentation and a hard copy to present to the judge prior to beginning.

Team (all ages) – Two or more 4-Her’s giving a talk, illustrated talk, or demonstration. Use the oldest 4-Her’s age to determine division.

SPECIAL AWARDS

- Peanut** Beginner 9 – 10 years of age - Award decided by sponsor.
- Breads** Junior 11 – 12 years of age – Bracelet
- Dairy Foods** Intermediate 13 – 14 years of age - Medal
- Breads** Senior 15 years and older – Bread Tray

Suggested Times

Category	Beginner (9 -10 yrs)	Junior (11 - 12 yr)	Intermediate (13 - 14 yr)	Seniors (15 and older)
Talk	1 - 3 minutes	3 - 5 minutes	5 - 7 minutes	5 - 7 minutes
Illustrated Talk	3 - 7 minutes	5 - 10 minutes	5 - 12 minutes	5 - 12 minutes
Demonstration	3 - 7 minutes	5 - 10 minutes	5 - 12 minutes	5 - 12 minutes
Power Point	4 minutes	6 minutes	8 minutes	8 minutes

NOTE: There is no limit to the number of presentations a member can participate in. Members cannot compete against themselves (for example – not on two different teams in same category). Individual and team presentations do not compete against each other except for the special awards.

Staying Involved In Your Child’s School Activities

The second half of the school year is in full swing and parents are busy keeping up with their children and their hectic schedules. With all the activities, it is important that parents realize their involvement with their child is vital and contributes to success in school and in life.

A home that encourages learning and supports positive physical, mental and emotional development can help a child succeed.

Debbie Richardson, Oklahoma State University Cooperative

Extension parenting assistant specialist, said decades of research show that students whose parents are involved in their schools have better grades, are more motivated and have higher self-esteem.

Demonstrate a strong interest in your child’s school life and help your child understand how education relates to life in practical ways, such as exploring local history, handling money, developing hobbies and making decisions,” Richardson said. “Tie learning to the kinds of activities and interests they enjoy.”

All children learn differently. It is important to know and understand if a child responds better to visual, verbal or written methods. They may also learn better by performing a task, by interacting with others or physical movement. More often than not, what your child expects to happen causes greater anxiety than what actually takes place. It is important that a child feels loved and appreciated even when mistakes are made. They must be assured that because they are criticized or fail at something one time doesn’t mean they will always fail or continue to be scolded.

Children can lose motivation to learn for several reasons. For one, school work that is beyond a student’s ability level threatens their sense of being capable and adequate. Feeling competent is a basic human need.

When children lose interest in what they are doing it could indicate that they are struggling with a learning difficulty, the teaching method or a problem with their eyesight or hearing. They may be experiencing difficulty relating to the teacher, their peers or with other emotional, social or physical concerns. If these signs are present parents should seek further assistance from a school counselor or teacher. When your child needs extra help make sure he or she receives it.

Health is a major contributor to overall success. Eating less junk food, incorporating more physical activity, getting enough rest and learning how to manage stress. All these can boost a child’s wellness and help him or her have better school days.

The following tips are some ways to help your child succeed:

- * Regularly talk with your child and listen to their thoughts and feelings.
- * Set high but realistic expectations and goals.
- * Build your child’s self-esteem and confidence.
- * Keep your child healthy—ensure they get enough rest and eat nutritious foods.
- * Parents are the first teachers—support learning at home.
- * Communicate and stay connected with your child’s school.
- * Encourage exploration and discovery at home and in the community.
- * Help your child develop a circle of friends and good, healthy relationships.
- * Keep your child safe at home, school and the neighborhood.
- * Participate in community service activities.

4-H CALENDAR

March 2009 Calendar

- 4-9 NWD Jr.Livestock Show
- 13-23 Oklahoma Youth Expo
- 17 Deadline Discovery Unlimited 2008
- 19 Deadline Volunteer of the Year Nomination
- 20 Key Club membership applications due
Wildlife Group Meeting at Horinek Home
Woodworking workshop at the Horinek Home
Volunteer of the Year nominations Due
- 23 Parent/Leader & Teen Leader Meetings
- 24 Record Books due (state)
- 28 Deadline Enid Area Progressive Agriculture Farm & Home Safety Day

April 2009 Calendar

- 1 4-H Ambassador Applications Due
- 3 4-H Interactive Game Night
- 4 Deadline Speeches & Demos entries to Co. Ext. office
- 6 4-H Day at the Capital
- 5 Enid Area Progressive Agriculture Farm & Home Safety Day
- 20 Speeches & Demos, Fashion Construction

May 2008 Calendar

- 1 Turn in Dime Drop Boxes
Horse Certification form deadline
2008 State 4-H Horse Photography Contest
Deadline State 2-Year-Old Training Class
Start enrolling for State Parent-Volunteer Conference
Application deadline OK Forestry & Wildlife Camp
- 29-30 Discovery Unlimited 2009
- 15 Fee and forms deadline OK Forestry & Wildlife Camp
- 16 Deadline Round-Up Qualification Point System form

June 2008 Calendar

- 6 NWD Horse Show
- 9-14 OK Forestry & Wildlife Camp
- 19-21 State 4-H Horse Show
- 19 State 2-Year-Old Training Class

July 2008 Calendar

- 12 State Parent-Volunteer Conference
- 18 Flower & Vegetable Show
Food Show & Impressive Dress
- 22-24 Tri County Camp
- 30 / 8-1 State 4-H Roundup

KAY COUNTY 4-H CLOVER CONNECTION MARCH, 2009

COUNTY RECORD BOOK ENTRY FORM

Bring with your record book on June 12th, 2009 by 4:00 p.m.

Name: _____ Club: _____

Mailing Address: _____ City: _____ Zip: _____

Phone: _____ Birth date: _____ / _____ / _____ Age as of Jan. 1, 2008: _____

Have you ever received the 4-H Gate Sign: _____ Yes _____ No _____ Years in 4-H _____

AGES BY JANUARY 1ST-I would like to try for the: _____ Outstanding Junior Member Award (age 9-12)

_____ Challenge to Achieve/Outstanding Intermediate Member (age 13-15) _____ Hall of Fame Award (age 16-18)

(Must submit with County Record Book.)

I realize that the interviews for ALL awards will be in late August or early September.

Signed by 4-H member: _____

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IMPRESSIVE DRESS & FASHION CONSTRUCTION ENTRY FORM

THIS FORM MAY BE MAILED TO KAY COUNTY 4-H, P O BOX 430, Newkirk, OK 74647

OR FAXED TO 580-362-2268 BY JULY 10, 2009

PLEASE PRINT ALL INFORMATION

Name: _____

Address: _____

City: _____ Phone: _____ Club: _____

Age: _____

Divisions: Impressive Dress: (check one that applies): _____ Jr. (9-11) _____ Intermediate (12-14) _____

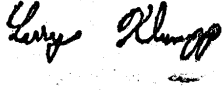
_____ Sr. (15 & over) _____ Cloverbud (5-8) **Classes:** _____ Casual Wear (school clothes, etc.)

_____ Active Sportswear (sportswear, swim suits, etc.) _____ Western wear

_____ Dress wear (church, semi-formal, etc.) _____ Formal Wear or Party Wear

BRING PRINTED OR TYPED NARRATIVE WITH YOU TO THE CONTEST

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.oces@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 8 cents.



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