



# 4-H Clover Connection

KAY COUNTY

P. O. Box 430, Newkirk, OK 74647-0430 ☎ 580-362-3194 📠 FAX 580-362-2268

County Website: <http://www.oces.okstate.edu/kay/4-h> State Website: <http://oklahoma4h.okstate.edu>

County Email: [kay.oces@okstate.edu](mailto:kay.oces@okstate.edu)

## MAY, 2009

### Shooting sports continues to gain popularity amongst 4-H'ers

When some people think about the Oklahoma 4-H Program, they often think of animal projects. While the animal project area continues to be the organization's largest project, the shooting sports program is gaining ground and currently has more than 6,000 participants.

Kevin Allen, Oklahoma State University Cooperative Extension specialist and statewide coordinator for the 4-H shooting sports program, said he has seen an increase of nearly 10 percent in participants in the shooting sports program.

"The 4-H shooting sports program continues to be one of the most popular project areas in 4-H," Allen said. "Shooting sports is a lifelong recreational opportunity for youth. And, as we do with all other projects, we incorporate the teaching and development of life skills as part of the youth development segment."

Shooting sports involves different disciplines, including air rifle, air pistol, shotgun and archery. All of the instructors are certified in the various disciplines.

The Oklahoma 4-H Shooting Sports Program began in 1982. It was revised in 1994 and modeled after the National 4-H Shooting Sports Program and is administered by a nationally certified committee consisting of Extension staff and volunteers. Since that time the program has continued to grow, especially over the last several years.

The program is designed to give youth thorough, safe instruction and training in the use of firearms and conservation.

In addition, it enhances self-confidence, personal discipline, sense of responsibility and sportsmanship.

"We provide all of our volunteer instructors with safe and proper instructional techniques and methods to teach youth," he said. "Another thing that contributes to the success of the program is camaraderie. There are great

relationships between the youth, coaches and everyone else involved. Even at competitions you'll see youth helping out each other despite the fact they're competing against one another."

Allen said the program has received tremendous support from Friends of the NRA, the National Wild Turkey Federation, Oklahoma City Gun Club, El Reno Gun Club and Trosper Archery. Oklahoma has received \$91,500 in grants from Friends of the NRA in the last year. These grants are instrumental in purchasing equipment for shooting sports clubs.

"We have great volunteers who help with events at local, county, district and state levels and make sure things run smoothly," he said. "We simply couldn't do this without everyone's support. All of the volunteers and educators are fantastic when hosting events and will do anything to ensure the event is successful."

Oklahoma has assembled a team to compete in the national shooting sports competition this summer in Grand Island, Neb. The youth competed at the state level and the top four competitors from each discipline will compete in Nebraska in June.

"Personally, I think one of the neatest things about shooting sports is that it's something these kids can do for the rest of their lives," Allen said. "They can compete at the college level and beyond. That's one thing that is different than all of the other 4-H projects."

Not only can youth participate in shooting events, the shooting sports fair project area has been expanded. Youth can enter hunting and wildlife projects or make their own firearms stock or bow. Check with your local county Extension office for a complete list of fair projects.

**88<sup>TH</sup> STATE ROUND-UP  
JULY 29- 31, 2009  
KAY COUNTY 4-H ROUND-UP  
QUALIFICATION POINT SYSTEM**

**Deadline: June 12, 2009 to Extension Office**

To qualify to attend State 4-H Round-Up in Stillwater **July 29-31, 2009** you need to complete the form and earn 200 points. Watch your newsletter for information, but put this on your calendar. You can download this form at <http://www.oces.okstate.edu/kay/4-h/Round-up%20qualification%20point%20system.pdf> or pick one up in the Extension office. Also available in the Extension office is the Tentative Schedule.

---

**May 26<sup>th</sup> at 6:30 p.m.**

**Parent Leaders organization Training and election of officers and teen leaders meeting and election of officers at the Kay County Extension Office in courthouse basement.**

**TRI 4-H SUMMER CAMP  
July 21-23, 2009**

Time to mark your calendars and start planning for this year's **TRI 4-H Summer Camp**. Camp will be at Lew Wentz Campground, with Kay, Alfalfa and Grant counties.



More information will be coming soon.

**ATTENTION:** All teen members interested in presenting workshops at camp must contact the Extension Office by May 21<sup>st</sup> with an outline of the project to be submitted to the camp committee for approval. **(Use form included in this newsletter.)**

---

**State-Wide 4-H Family Horse Camp  
May 23-25, 2009**

**Location will be Abernathy Homestead, Frederick, Oklahoma  
Registration is due to Alfalfa County by May 12, 2009  
Forms are now available in the Extension office.  
Cost is \$65.00 per person (includes meals and required insurance)**

---

**KAY COUNTY FOOD SHOW AND TASTING FAIR**

**July 18, 2009 - Kay Electric, Blackwell, OK**

**Registration 10:00 a.m. Judging 10:30 a.m. There will be a sampling fair after the Food Show.**

**Please contact the Extension Office by JUNE 30<sup>TH</sup> and let us know how many from your family will be attending.**

**Food Show Rules:**

1. Exhibitors must enter at least one year of work exhibit to be eligible to enter classes, Open Classes A, B, C, D, E.
2. We will not be responsible for foods and/or dishes left after release time.

**Poster must be constructed on poster board any size up to 14" x 22". For display purposes, exhibitors are encouraged to heat laminate ALL posters or cover them with clear plastic laminate. Posters must be signed on the back with a permanent marker before laminating. Posters must be flat (no 3-dimensional).**

3. **When using the official clover with H's, the tail should curve to the right and the words "18 U.S.C. 707" must appear under the right leaflet, unless poster and clover are hand drawn.**
4. Awards will be presented following the judging.
5. **Social time with food tasting afterwards.**
6. **All food entries must include recipe. All entries will be used for a tasting session to follow the show. Any unused portions, the entrant may take home.**

***Eye appeal is IMPORTANT!!! Use your imagination to present your food as attractive as possible!***

**TEXT ON POSTERS SHOULD BE READABLE FROM AT LEAST 10 FT. AWAY.**

## KAY COUNTY 4-H MAY, 2009

Age categories are based on the age as of January 1<sup>st</sup>, in the current 4-H year.

Cloverbud (5-8 years)                      Level Two (9-11 years)  
Level Three (12-14 years)              Level Four (ages 15 and over)

### **CLOVERBUD**

**CB1** Miscellaneous poster (title of your choice).

**CB2** Poster using these topics: "Foods from the Basic Food Pyramid", or "My Favorite Foods"

Posters need to be 11x14 or 11x15, on typing paper, poster board, or construction paper. May free hand draw, use pictures from magazine or other printed materials. **Be sure to sign and date the back of your poster.**

**CB3** Table Setting: Member will learn how to correctly set a place setting and demonstrate to judge. Table setting should include: Place mat or tablecloth, napkin, silverware, plate, and glass. Decorations or flower arrangement is optional.

**CB4** Food or Snack: A No-bake or refrigerated food item. Examples: Trail or snack mix, seasoned popcorn, cookies, etc. Some recipes are available at the OSU Extension Center, or you may use your own.

(\*Note: Cloverbuds will not be ranked as these activities are designed to discourage competition and encourage the fun learning process. Cloverbuds will receive participation ribbons.)

### **LEVEL TWO (9-11 years)**

1. Three (3) muffins
2. Three (3) Rolled Biscuits
3. Three (3) Drop Cookies (no shaped cookies such as snickerdoodles or peanut butter)
4. Educational Poster (**see rules 4 & 5**)
  - a. (Poster based on breads OR cheeses of another country or countries.)
  - b. (Poster based on recipe modification for healthful eating.)
  - c. (Poster based on food or kitchen safety.)
  - d. (Poster illustrating a place setting for a specific occasion or menu.)

### **MUST ENTER ONE OF THE ABOVE LEVEL TWO CATEGORIES TO BE ELIGIBLE TO ENTER OPEN CLASS (9-11 years)**

- A. Easy Dessert
- B. Easy Main Dish which contains meat
- C. Nutritious Snack
- D. Vegetable or Salad dish

### **LEVEL THREE (12-14 years)**

5. One-half loaf of any yeast bread (not a sweet dough) made by hand or in bread machine
6. Three (3) yeast cinnamon rolls (no icing)

7. Three (3) rolled sugar-type cookies (no gingerbread recipes)
8. Educational Poster (**see rules 4 & 5**)
  - a. (Poster based on the foods from another culture.) Can be based on a cultural celebration.
  - b. (Poster based on the nutritional contributions of fruits and vegetables.)
  - c. (Poster based on protein food safety.)
  - d. (Educational display based on a breakfast buffet theme. Should include menu, buffet layout, decorations, invitations, and any additional information.)

### **MUST ENTER ONE OF THE ABOVE LEVEL THREE CATEGORIES TO BE ELIGIBLE TO ENTER OPEN CLASS (ages 12-14).**

- A. Vegetable Dish
- B. Small main dish which contains meat
- C. Salad
- D. Dessert

### **LEVEL FOUR (ages 15-18)**

9. One-half loaf or portion of breads from another culture. Include a one-page story on how this bread fits into that culture and its nutritional contribution.
10. One-half or 8" layer un-iced shortening type cake (no angel food or chiffon)
11. Educational Display or Poster: (**see rules 4 & 5**)
  - a. (Educational display based on a recipe modification to include:
    - original recipe and what modifications were made
    - benefits of the modifications
    - how did the modifications impact the above factors
    - what were other people's responses to the modifications
  - b. (A poster based on outdoor cookery or grilling.)
  - c. (A poster based on the fish of Oklahoma, including nutrition, preparation, and food safety considerations.)

### **MUST ENTER ONE OF THE ABOVE LEVEL FOUR CATEGORIES TO BE ELIGIBLE TO ENTER OPEN CLASS (ages 15-18)**

- A. International main dish, which contains meat.
- B. International dessert
- C. Vegetable dish
- D. Salad

### **IRON CHEF COMPETITION AT FLOWER & VEGETABLE SHOW AND FOOD SHOW SCHEDULED FOR JULY 14, 2008**

A new competition will be introduced at the Food and Vegetable show. This year 4-H members of all ages will come together to create an Iron Chef entry. The rules

**KAY COUNTY 4-H MAY, 2009**

are simple and fun for all to see how creative you and your team can be in the kitchen. For more information contact Sandy Major at, 363-0017. **Each individual will need to pre-register for this event. We need the names of participants by June 30<sup>th</sup>.**

**Rule 1** teams will be formed at the event-- 3 names will be randomly selected.

**Rule 2** teams will create a dish using only the ingredients that are provided at the event.

**DON'T FORGET TO SEND IN THE COMPLETED REGISTRATION FORM IN THIS NEWSLETTER AND**

**Rule 3** teams will need to write a recipe and directions for making their dish.

**Rule 4** teams will have 35 minutes to complete task and be ready to present dish to judges.

**Rule 5** teams must use 3 or 4 items to create dish for the judges.

**Judging will be based upon appearance, taste and creativity.**

**LET US KNOW HOW MANY TO EXPECT FROM YOUR FAMILY BY JUNE 30TH**

**FLOWER & VEGETABLE SHOW**

**July 18<sup>th</sup> – Kay Electric, Blackwell, OK  
Registration 10:00 a.m. Judging 10:30 a.m.**

**NOW IS THE TIME TO BEGIN THINKING ABOUT WHAT YOU ARE PLANNING TO ENTER. Please complete the form in this newsletter and return to the Extension Office by JUNE 30<sup>TH</sup> before 4 p.m. to register. Let us know how many family members will be attending. Registration forms are available at the Extension Office or on the County Extension Website.**



- Four divisions: Cloverbuds (non-competitive) 5-8; Junior (9-11); Intermediate (12-14) and Senior (15 and over) by **January 1**, of current year.
- All specimen flowers, except wild flowers are to be grown by the exhibitors.
- House plants and herbs/spices shown should have been cared for by the exhibitor for six (6) months or longer.
- All vegetables must be washed and cleaned before exhibiting.
- There will be five (5) placings

**I. VEGETABLES AND QUANTITY REQUIRED**

|                                      |             |
|--------------------------------------|-------------|
| Beans-snap, bush or pole-yellow..... | 12 pods     |
| Beans-snap, bush or pole-green.....  | 12 pods     |
| Beets .....                          | 6 with tops |
| Cabbage.....                         | 1 head      |
| Carrots.....                         | 6 with tops |
| Corn.....                            | 6 ears      |
| Cucumbers, pickling .....            | 6           |
| Cucumbers, slicing .....             | 3           |
| Garlic .....                         | 3 bulbs     |
| Okra.....                            | 12 pods     |
| Onions, green .....                  | 6 with tops |
| Onions, mature yellow.....           | 6           |
| Onions, mature white.....            | 6           |
| Onions, mature red .....             | 6           |
| Broccoli .....                       | 1 head      |
| Peppers, hot .....                   | 6           |
| Peppers, sweet .....                 | 3           |
| Potatoes, Irish white .....          | 10          |

|                               |   |
|-------------------------------|---|
| Potatoes, Irish red .....     | 10  |
| Radishes.....                 | 6 in bunch                                    |
| Rhubarb .....                 | 6 stems                                       |
| Squash, yellow.....           | 3 fruits                                      |
| Squash, white .....           | 3 fruits                                      |
| Zucchini squash .....         | 3 fruits                                      |
| Tomatoes, large variety ..... | 6   |
| Tomatoes, small variety ..... | 6   |
| Watermelon.....               | 1   |
| Lettuce, any variety .....    | 1 head  |
| Cantaloupe, any variety.....  | 1   |
| Chives.....                   | 1" diameter bundle tied in container of water |
| Rosemary ..                   | 1" diameter bundle tied in container of water |
| Thyme .....                   | 1" diameter bundle tied in container of water |
| Oregano ....                  | 1" diameter bundle tied in container of water |
| Basil.....                    | 1" diameter bundle tied in container of water |
| Other Vegetables .....        | Any exhibit                                   |

**Garden Food Basket containing 5 to 9 varieties mature fruit and/or vegetables**

**II. FLOWER ARRANGEMENTS**

Arrangement of flowers (**fresh only**) maximum height 10"  
Arrangement in kitchen utensil (**fresh only**) Use container used for food preparation.

Wildflowers (**fresh only**) .....Avoid overcrowding  
Small arrangement (**fresh only**) .....**Less than 6" tall and 6" wide**  
Artificial/dried floral arrangement

## KAY COUNTY 4-H MAY, 2009

Other Cut and Arranged Home Grown Flowers  
Hanging Basket Grown by 4-H'er

### III. FLOWER SPECIMENS

Marigolds ..... 5 flowers  
Roses ..... 3 items (same variety)

Zinnias ..... 3 small stems (less than 2" flower)  
Zinnias ..... 3 large flowers (over 2")  
House plants any  
kind

## IMPRESSIVE DRESS CONTEST

**Date:** July 18, 2009  
**Place:** Kay Electric, Blackwell, OK  
**Time:** 10:00 a.m. Registration  
**Judging:** Fashion Revue & Impressive Dress begins at 10:30 a.m.

The 4-H Impressive Dress program teaches members to:

- Select fashionable garments suitable for specific occasions.
- Select garments and accessories to enhance body type and personal coloring.
- Build a clothing wardrobe that is suitable to individual lifestyle and needs.
- Recognize and wear properly fitted clothes.
- Practice good grooming and good posture to enhance personal appearance.
- Develop self-confidence and poise while dressing right for the occasion.



### General Rules:

- Garments may be selected from present wardrobe or home sewn.
- 4-H members may enter no more than 3 classes and may model only one garment in the fashion show.

Contestants may be asked simple questions about their garments (i.e. Where do you wear your outfit? How do you clean your garment?)

**Divisions:** (Age as of January 1<sup>st</sup> of the current year.) Male and female division in each age group.

Cloverbud 5-8 years old  
Junior: 9-11 years old  
Intermediate: 12-14 years old  
Senior: 15 and older

**Classes:** Each division has the following classes:

Casual Wear - Examples: Garments to wear to school, fairs, rodeos, dates, movies, spectator sports, shopping, etc.

Active Sportswear - Examples: Garments to wear to play tennis, skiing, jogging, etc.

Dresswear - Examples: Garments to wear to weddings, parties, church, or other special occasions.

Formal Wear or Party Wear - Examples: Garments to be worn to a formal event.

Western Wear

### Awards:

Each class will be placed 1<sup>st</sup> through 5<sup>th</sup>, or as appropriate.

## Miss America, A past 4-H member



Miss Katie Stam, 2009 crowned winner of the Miss America Pageant's topic of her platform: Passion for Service: Promoting Community Service and Involvement as a former farm girl and 4-H member, Stam believes in the power of agriculture and giving back. As a past 4-H member myself, I personally know the power of this organization, and I truly believe it was a stepping stone for my future career in agriculture. She went on to tell of her first speech at age 8, titled, "What is a Limousin?" Her joining of the livestock judging team and defending her placings in oral reasons. She stated that 4-H enabled her to explore new things every year, while it instilled a value in giving back to the community, and every month, her 4-H club.

**KAY COUNTY 4-H MAY, 2009**

The 4-H program can continue to receive money throughout the year from Little Caesars Pizza fundraiser. Individuals may place their order on their website at [www.pizzakit.com](http://www.pizzakit.com). Enter the account number 80285. The company will continue to give \$3.00 for each kit sold to 4-H. Orders will be delivered to their home or work. For more information contact the Kay County Extension Office.



**4-H Centennial Promotional Contest**

**Purpose of the contest is:**

- To encourage 4-H members, leaders and educators to develop promotional and marketing skills during this once-in-a-lifetime celebration.
- Promote the Oklahoma 4-H Centennial Celebration
- Increase the number of people who join, support and understand Oklahoma 4-H.

**Divisions:**

Youth Junior Division (Under 13)  
 Youth Senior Division (13 and over)  
 Team Division (can be youth/youth, youth/adult, adult/adult)  
 Promotional methods may include radio, television, illustrated skills, method demonstrations, newspapers, posters, projected images, exhibits, photographs, puppets, public service announcements, speeches, drams, skits, videos (YouTube, etc.) computer programs, PowerPoint presentations, workshops, online social networking pages, Web sites, brochures, banners, magazines, etc.

Contestants may promote to 4-H or non 4-H audiences. The goal of the contest is to gain Oklahoma 4-H Centennial recognition. Promotional Packages must be submitted to the State 4-H Office by September 1, 2009. Visit the Kay County website for contest rules and rewards information.

## Upcoming Events

|             |  |
|-------------|--|
| <b>May</b>  |  |
| 12          | <b>Horse Camp Registration Due</b>   |
| 16          | <b>State Roundup Registration Due</b>  |
| 21          | <b>Workshop registration for Tri Camp Due</b>                                    |
| 23          | <b>State-Wide 4-H Horse Camp</b>   |
| 25          | <b>PIO/Teen Leader Meeting</b>   |
| <b>June</b> |  |
| 12          | <b>Kay County Record Books Due</b>   |
| 30          | <b>Food Flower/Impressive Dress Registration Due</b>                             |
| <b>July</b> |  |
| 15          | <b>Oklahoma Wheat Program Judging<br/>Wheat Sample Due for Quality Program</b>   |
| 18          | <b>Kay County Food Show<br/>Flower &amp; Vegetable Show<br/>Impressive Dress</b> |
| 21-23       | <b>Tri 4-H Summer Camp</b>   |
| 29-31       | <b>State Rpimd=up</b>  |

**TRI-COUNTY SUMMER CAMP WORKSHOP PRESENTER**

Deadline **May 21<sup>st</sup>** to County Extension Office.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Club: \_\_\_\_\_

Complete mailing address:  
 \_\_\_\_\_  
 \_\_\_\_\_

Workshop to present:  
 \_\_\_\_\_  
 \_\_\_\_\_

**FOOD SHOW AND FLOWER & VEGETABLE SHOW REGISTRATION FORM**

**RETURN TO THE EXTENSION OFFICE BY JUNE 30<sup>TH</sup>**

**We need to know how many from your family will be attending so there will be adequate food for everyone.**

Name: \_\_\_\_\_

Club \_\_\_\_\_

Phone: \_\_\_\_\_

Number attending \_\_\_\_\_

Check which show entering: Impressive Dress \_\_\_\_\_

Food Show \_\_\_\_\_ Flower & Vegetable Show \_\_\_\_\_

Iron Chef 4-H member names: \_\_\_\_\_

**Oklahoma 4-H Generations of Clover**  
**Available in Spring 2010**

Oklahoma 4-H: Generations of Clover is a stunning 8.5" x 11" hardcover volume celebrating the people and history from the past 100 years. Relive those precious memories throughout 176 pages of text, complemented with many historical and modern photographs. Oklahoma 4-H Generations of Clover will be available in spring 2010. Reserve your copy today at the advance discounted price of \$34.95 per book. Act quickly, after May 30, 2009 standard edition books will be available for \$39.99. If five or more books are purchased at a time in a single order the price is \$32.99. If ten or more books are purchased at a time in a single order the price of each book will discount to \$29.99. Information about purchasing the book is available at [oklahoma4h.okstate.edu](http://oklahoma4h.okstate.edu) and [celebrateok4h.okstate.edu](http://celebrateok4h.okstate.edu).

**PARENT'S CORNER**

**PEER PRESSURE: WHAT CAN PARENTS DO?**

Listed below are some tips on how to up the odds that your kids will make wise decisions even when their buddies do not:

- **Let them see you saying "No" to your friends ... and to societal pressures.**

When kids see us resisting peer pressure...and resisting the urge to keep up with the Joneses next door...they are more likely to do the same.

- **Spend time building and maintaining a loving relationship.**

Relationships take plenty of time. The more we invest, the more likely our kids will emulate our values when we're not around.

- **Help them focus on how their decisions affect them...not you.**

It's tempting to say, "This really makes me mad!" when our kids make poor decisions. A more effective strategy involves empathizing with them as they deal with consequences that do not compromise their health or safety.

- **Send positive expectations.**

Saying, "You have a good head on your shoulders and can avoid those situations" sends far more positive expectation than lecturing, "That kid is bad news. Don't hang around with him."

- **Keep a close eye on them.**

While we can increase the odds that our kids will make good decisions when pressured by their peers to make bad ones, there's no substitute for doing your best to know where they are, who they are with and what they'll be doing.

**Oklahoma 4-H/FFA Wheat Show Quality Improvement Program and State 4-H/FFA Wheat**

The purpose of this program is to encourage increased production of wheat with superior market quality.

Any regular enrolled 4-H or FFA member may take part in this program. To participate you will need to plant five or more acres of any variety of hard red or white winter wheat. Certified or registered seed (**verified by certified/registered tag or original certified/registered seed receipt**). No more than two varieties may be entered, and they must have been planted on five (5) acres or more. Families with two or more 4-H and/or FFA members must insure that each entry is from separate five (5) acre plots. Members of both 4-H and FFA may enter in only one division (either 4-H or FFA) each year.

**Fill out the attached report form including story and entry form certifying involvement, and return with wheat sample by 8:30 a.m. July 15, 2009. Samples shipped to Payne County Fairgrounds, 4518 Expo Circle East, Stillwater, Oklahoma 74075, Attn: 4-H/FFA Wheat Contest, must arrive by July 10, 2009. Entries will not be accepted after 8:30 a.m. July 15, 2009. Submit a 10-pound sample of wheat. Samples will be judged at Heritage Hall, Payne County Fairgrounds, July 15, 2009 at 8:30 a.m.**

For more information and the report forms contact the County Extension Office.

**Kay County Record Books due June 12<sup>th</sup> by 4:00 p.m.**

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](mailto: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.



Editor, Larry Klumpp, Extension Educator, 4-H Youth Development/CED