



# Kingfisher County 4-H Greenflash

February/ March 2016

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## Kingfisher County Junior Livestock Show



The County Stock Show will be Feb 18-20. Swine must either be OK Youth Expo nominated and have pseudo rabies papers. For complete set of rules call the office.

### Show schedule

#### SATURDAY - FEB. 18, 2017

- 1:00 P.M. – All animals in place
- 1:00 P.M. – Weigh in of Swine, Sheep, and Goats. Beef weigh in after Goat weigh in.
- 4:00 P.M.—Fitting Contest

#### SUNDAY - FEB. 19, 2017

- 2:00 P.M. - Judging of Beef Division
- 5:00 P.M. – Judging of Sheep Division

#### MONDAY - FEB. 20, 2017

- 8:00 A.M. – Judging of Swine Division
- 3:00 P.M. - Judging of Goat Division

#### MONDAY, FEB. 27, 2017

- 5:30 P.M. - Bidders Feed Kingfisher County Fairgrounds Exhibit Bldg.
- 6:30 P.M. - Premium Auction Exhibit Building

Each species will be released at the conclusion of each species show.

## District Contests– April 8th

The Northwest District will be hosting their first of Contest days. Up first is Robotics, Speech, Fashion Review, and Job Readiness, and ATV. For more details contact the office and **sign up by March 21st in the office!**

## County Talks & Demos

The 2016 Kingfisher County 4-H Speech and Illustrated Presentation Contest is set for **April 28th** at the Kingfisher County Extension Office. On the day of the contest, check in will be at 5:30pm., The contest will begin at 6:00 pm.

Age groups are:

- Cloverbuds-Ages 5-8; 4-H Pledge, speech or demonstration
- Beginner - Ages 9-10;
- Junior - Ages 11-12;
- Intermediate - Ages 13-14;
- Senior – Ages 15 and older.

### Ages are based on January 1, 2017

A 4-H speech is presented without the aid of any props, posters, or other visual aids. Illustrated Presentations are speeches or demonstrations utilizing props such as posters, PowerPoint and/or physical items that you are discussing or demonstrating.

There will be an extemporaneous division which requires that you present a speech over an assigned topic on which you are given only a few minutes to review.

Intermediate and Senior Speeches will be evaluated on their ability to be given at State 4-H Round-up and should follow state guidelines. A link to state guidelines will be posted on <http://oces.okstate.edu> or you can contact Laine Martin at the Extension Office.

Note: Extemporaneous Speeches are not recognized on the state level.

**Need to Register by April 14th!**





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Editor

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Extension Educator,  
4-H & Youth  
Development

## Parents & Leaders Council

The 4-H Parents & Leaders Council will meet on April 4 at 6:00 pm in the Extension Meeting Room in the courthouse annex. All parents & volunteers are encouraged to attend. This meeting is always held on the first Tuesday of every other month.

## 4-H Food Showdown

4-H Food Showdown is a youth culinary challenge where 3 member teams compete to create a dish while demonstrating knowledge in foods & nutrition, kitchen safety, equipment & creativity in food preparation.



4-H Showdown teams will create their dish using only a clue, provided secret ingredients and items from the common pantry. From the secret ingredients, 4-H'ers must identify, prepare and then present information related to the serving size, nutritional value and cost of the dish.

If this sounds of interest to you grab your friends, apron and chef's hat and contact Laine at the OSU Extension Office because the first competition is March 25th and we need to get to cooking! **Sign up for County FoodFest and Food Showdown by March 10th!**

Like us  
on Facebook

"Kingfisher County 4-H"



## State 4-H Ambassador Application Now Available

The 2017 4-H Ambassador applications are available on the Ambassador link on the 4-H website or at the following address <http://oklahoma4h.okstate.edu/ambassador/become.html> Applications are due to Cathy Allen on March 1st.



## Kids Helping Kids

Don't forget money and extra coupons are due to the county office by **April 7th**. This campaign is a fundraiser for local 4-H clubs across the state, it is also a community service project for the Ronald McDonald House Charities in Oklahoma City, a non-profit that provides "a home away from home" for families with seriously ill or injured children who are being treated in the Oklahoma City area.

# FOOD SHOW/ SHOWDOWN RULES AND INFORMATION

## What is the Food Fest?

The Food Fest provides youth with an opportunity to explore food science through preparation of desserts, main dishes, snacks, casseroles, breads, soups, and stews. Youth learn measuring techniques, recipe selection, and proper food preparation techniques for exhibiting their dishes.

## Divisions

Cloverbud (Ages 5-8)

Junior (Ages 9-11 years old as of Jan. 1, 2016)

Intermediate (Ages 12-14 years old as of Jan. 1, 2016)

Senior (Ages 15-19 years old as of Jan. 1, 2016)

## Guidelines

1. Only one exhibit per class.
2. Required Category and Unlimited classes count towards the Sweepstakes Award but Special Exhibits do not.
4. Exhibits should be placed on a plate or cardboard to fit the exhibit and properly covered (plastic bag, lid, saren wrap, aluminum foil, etc). Items should be labeled with member's name, club, and 4-H age securely fastened on the lid or side of the plate or cardboard.
5. **A list of ingredients for the dish should be included.** Next to each ingredient please list the food group it is from (exception: spices and seasonings). Intermediates and Seniors must list the serving size for the recipe.
5. Educational posters may be any color of poster board and should be 14" x 22."
6. A tasting table will be set up after the contest for those interested in sharing their dish with others.

## Special Exhibit Classes

1. Cupcake Wars: Cupcake can be any flavor or combination of flavors, both in the cake and in the icing. Cupcakes should include an ingredient card and "name" for your cupcake involving the flavor and theme of the cupcake.

## Categories and Classes

### *Cloverbud Category*

- a. No-Bake Cookies
- b. Decorated Sugar Cookies
- c. Afterschool no-bake snack

### *Junior Required Category*

- a. Three muffins
- b. One pint jam or jelly processed in boiling water canner
- c. Educational poster on breads or cheeses of another country

### *Junior Unlimited*

- d. Recipe modified for healthy eating (include notecard listing modifications)
- e. Easy dessert (no more than 5 ingredients, a mix counts as one ingredient)
- f. Nutritious snack

### ***Junior Special Exhibits***

- g. Cupcake Wars

### ***Intermediate Required Category***

- a. 1/2 loaf of yeast bread (no sweet dough, may use bread machine)
- b. One pint cucumber pickles or vegetable relish
- c. Educational poster based on food from another culture

### ***Intermediate Unlimited***

- d. Recipe based on nutritional contributions of fruits and vegetables (include notecard listing contributions)
- e. Small main dish or casserole
- f. Finger food or appetizer

### ***Intermediate Special Exhibits***

- g. Cupcake Wars

### ***Senior Required Category***

- a. Bread with origins in another culture (include a page description of how it is suited into the culture and its nutritional contribution)
- b. One pint pressure-canned vegetables (no tomatoes or pickles)
- c. Educational poster based on outdoor cookery or grilling

### ***Senior Unlimited***

- d. Recipe prepared by outdoor cooking or grilling methods
- e. Recipe featuring pork and accompanied by photos on 14" x 22" poster demonstrating preparation of dish
- f. Original recipe dessert (may use base mixes)

### ***Senior Special Exhibits***

- g. Cupcake Wars

### **Judging Criteria**

The following criteria will be used (as appropriate) to score the Food Fest:

Flavor  
Appearance  
Texture  
Aroma

### **Awards**

Cloverbuds will receive a participation ribbon only. 4-H members participating in Food Fest will receive a quality ribbon. From the A Award quality group, first through fifth places will be awarded ribbons.

**COUNTY FOOD SHOW AND SHOWDOWN IS MARCH 25TH! PLEASE REGISTER BY MARCH 10TH!!! IF YOU WOULD LIKE TO VOLUNTEER TO HELP WITH THE CONTEST PLEASE CONTACT THE OFFICE!**

## **What is the Food Showdown?**

The Food Showdown is a youth culinary challenge where three member teams compete to create a dish while demonstrating their knowledge in foods and nutrition, kitchen safety, equipment and creativity in food preparation. 4-H Food Showdown teams will create their dish using only a clue, provided secret ingredients and items from the common pantry. From the secret ingredients, 4-H members must identify, prepare and then present information related to the serving size, nutritional value and cost of the dish.

## **Divisions**

Junior (Ages 9-10 years old as of Jan. 1, 2016)

Intermediate (Ages 11-13 years old as of Jan. 1, 2016)

Senior (Ages 14-19 years old as of Jan. 1, 2016)

## **Guidelines**

1. Youth must register in teams of two or three individuals within the same age division.
2. A list of basic supplies will be given to the teams at least three days prior to the competition. Teams must provide these basic tools.
3. Those teams placing in the top two will be given first choice to advance to the District Food Showdown competition.
4. The county Food Showdown competition will follow the rules of the state Food Showdown. All materials and references for the state Food Showdown are available online at <http://oklahoma4h.okstate.edu/foodshowdown>
5. Each contestant must furnish their own

apron, lab coat, or chef's coat. They must wear closed-toe shoes, long pants, and hair coverings (hats, bandanas, hair nets, etc.).

6. All teams will be assigned the same category and given the same ingredients. The category, secret ingredient and clue will not be announced until the start of the contest.
7. Each team will have 40 minutes to prepare their dish, plan a presentation and clean up the prep area. Only participants and contest officials will be allowed in the food prep area.
8. Each team will make a 3-5 minute presentation about their dish. The presentation should include an introduction, what you prepared and why you selected that method, how the dish fits into a healthy diet and MyPlate, how food safety concerns were addressed, and serving size and cost per serving of the secret ingredient.
9. Judges will ask questions of the team presentation for approximately 3 minutes.

## **Categories and Classes**

- a. Main Dish
- b. Fruits and Vegetables
- c. Breads and Cereal
- d. Nutritious Snacks

## **Awards**

Each participant will receive a ribbon. The overall Champion and Reserve Champion in each age division will receive awards.

## State Record Books

### Eligibility:

- A 4-H member must be 14 years of age and not passed his or her 18th birthday by January 1 of the program year in which they enter a project and/or a special program (record) books.
- Members may enter up to two Level I State Projects.
- A 4-H member may be named the state winner in only one Level I Project during his/her 4-H Career.
- 4-H members who have been named the state winner in a Level I Project are eligible to compete in Level II projects. A 4-H member may be named the state winner in only one Level II project during his/her 4-H Career.
- A former 4-H member may receive only one Level IV scholarship per year, but may reapply for all they are eligible for in following years.
- A 4-H member who has not been named the state project winner in his/her project may enter a record book in that project for more than one year provided that all eligibility criteria are met.
- A 4-H member applying for State 4-H Hall of Fame must be at least 16 as of January 1 of the year applying. A 4-H member may apply for State 4-H Hall of Fame until they have reached 19 as long as they have not completed their freshman year at a college or university.



## Spring Break Tri-County Workshop

STEAM Sewing  
March 14th & 15th 1 p.m.  
Kingfisher Co. Fairgrounds

FUNDamentals, youth will gather the tools they'll need to begin sewing, understand textiles through fun science experiments, learn beginning math and engineering techniques in clothing construction, and take their skills a step further, investigating businesses, service learning projects, and modeling.

**Contact the office by March 8th** in order to sign up because spots will be limited for the workshops.



### Dates for 2017:

**April 19, 2017: Awards applications are due in the County Office by 4:30**

**May 9, 2017: Record book judging.**

**June 12, 2017: Interviews will be held.**

# 6th Annual Kingfisher County 4-H Pancake Breakfast



Saturday, April 22, 2016

7:00am-11am

Kingfisher County Fairgrounds MAC Center

Cost is \$5 pre sale

\$6 at the door

For tickets please contact Laine at the Extension Office or your local club leader.

Money from presold tickets is due April 10th.



Sponsored by  
Kingfisher Masonic Lodge #52 and Kingfisher County 4-H



## Meetings Countywide

**Cashion 4-H** (2nd Tues. of each month at 3:30pm in the High School Ag Room)

**Kingfisher Cloverbuds** (1st Tues. of each month from 3:30-5:30pm at the Nazarene Church)

**Lomega Cloverbuds** ( 2nd Monday of each month)

**Kingfisher 4-H** (TBA)

**County Ambassadors** (Last Monday of Every month)

**Lomega 4-H** (1st or 2nd Wednesday of the month starting at 3:30pm at the Lomega Elementary School)

**Lomega Cloverbuds** (2nd Tues. of each month from 3:30– 4:30)

**Okarche 4-H** (3rd Sunday of each month starting at 5pm at St. John's Parish Hall)

**Hennessey 4-H** (2nd Monday of each month 3:30 to 4:30 Hennessey Ag Building)

Club Meetings are extremely important and I highly encourage all

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## Dates to Remember

**February 15th** -OYE Livestock Entries Due to Office  
**February 17th** -Bright Night at Science Museum  
**February 18-20** -Spring Livestock Show  
**February 27** -Spring Livestock Show Premium Sale  
**March 1st** -State Ambassador Application Due  
**March 1-6th** -NW District Livestock Show  
**March 11th—17 h**-OYE  
**March 14th-175h** –STEAM Sewing Workshop  
**March 25th**- Food Show/Food Showdown  
**April 8th**- NW District Contest Day  
**April 19th** -State Record Books due to office  
**April 22nd** -Pancake Breakfast  
**April 28th**- County Speech Contest  
**May 6th** -Spring Trap Contest  
**May 26th**- District Food Showdown  
**May 29th** -Office Closed  
**June 2nd-3rd** -NW District Horse Show  
**June 7,8,9**—Jr. Quad Co. 4-H Camp  
**June 12th**- State Record Book interviews  
**June 22nd –24th**- State Horse Show  
**June 24th**- State Volunteer Conference  
**July 4th** -office Closed  
**July 25th** -State Wheat Show  
**July 26th-28th** - State 4-H Round up  
**July** -Summer Workshops/jr. Round up TBD  
**August 3rd** -4-H Awards Banquet

## Ambassadors News

The Kingfisher County 4-H Ambassadors group was formed to support the 4-H program county wide. The role of the Ambassador is to be a messenger from Kingfisher County. They are expected to be role models in 4-H and be active and visible in the county. The Ambassadors are going on their 20<sup>th</sup> year this year. Any youth that are in the seventh grade or above are welcome to attend a meeting or call the extension office at 375-3822 to see what the Ambassadors are all about.

Join our facebook group “Kingfisher County 4-H Ambassadors” for information on upcoming events and meetings.

## SAVE THE DATES

Here are the some dates to mark on your calendar for future activities. Look for more details closer to each event in the newsletter, on the web site and on Facebook.

