Healthy Living Summit to take place Nov. 16

Oklahoma 4-H’ers who have an interest in learning more about healthy living need to make plans to attend the 4-H Healthy Living Summit slated Nov. 16 in Oklahoma City.

The summit will feature a fun-filled day of hands-on learning activities, interactive workshops and advocating for healthy Oklahoma youth and is geared toward club members in the 6th through 12th grades, said Cathy Allen, 4-H curriculum coordinator at the State 4-H Office on the Oklahoma State University campus.

“Our Healthy Living Ambassadors have been planning this event since attending the National Healthy Living Summit in Washington, D.C., in January,” Allen said. “They have so many fun and educational things planned that will benefit all who attend.”

The summit will take place at the Oklahoma State University Cooperative Extension office in Oklahoma County, 2500 NE 63rd St., from 9 a.m. to 4:30 p.m. This event is funded through the Walmart 4-H Healthy Habits grant, so there is no cost for participants to attend, but preregistration is required.

The registration deadline is Nov. 5 and should be submitted to Allen at Oklahoma State University, 205 Youth Development Bldg., Stillwater, OK 74078.

Workshop topics will include healthy relationships, healthy eating, fitness, dangers of vaping, where food comes from and more. Participants also will take part in a service learning project and industry professionals will be on hand to share more information during the career panel.

Allen said many club members around the state are working on healthy living projects or have done community service activities geared toward healthy living.

“We’d love for these 4-H’ers to participate in the Share Fair and let others know of their efforts in their counties,” she said. “This is a great way to not only champion your cause, but also to get some new, fresh ideas that may work in your county.”

The Share Fair registration also is by due Nov. 5. Registration forms are available through all OSU Cooperative Extension county offices.

“Healthy living is much more than simply eating a healthy diet. This program encompasses nutrition, fitness, social and emotional health, injury prevention and the prevention of tobacco, alcohol and other drug use,” Allen said.

For more information about the summit, contact Allen at 405-744-8892 or cathy.allen@okstate.edu.
CLOVER CONNECTION

Woods County Holiday Workshop
December 21st / 1:00-5:00 pm
Woods County Fair Kitchen

Join us for a fun afternoon! We be making crafts and goodies to donate to our local nursing homes & The Homestead, as well as having a great time singing Christmas carols (LIP SYNC BATTLE, anyone??) and playing games.

Please RSVP by December 18th if you’d like to attend, so that we can have plenty of supplies on hand.

If your club would like to come up with a fun game for everyone to play, please let Susan or Greg know.

2019-2020 Woods County 4-H Officers

President: Austin Rankin
Vice Presidents: Jarin Shirley - Alva
               Shay Wilson - Freedom
               Sagelyn Budy - Waynoka
Secretary:Jaydan Coffman
Reporter: Davin Budy
Recreation Leader: Kate Leeper
Song Leader: TamLynn Link

Congratulations to our new officers!!
We look forward to working with you this year!

Congratulations to the newly elected West District North Region 4-H President, Austin Rankin!

Austin has some big plans in store for the West District and we are so proud of all that he has accomplished during his time with the Woods County 4-H. We could not think of a more deserving and qualified person for the job!

Keep up the good work, Austin!
Archery and Air Pistol Practices to Begin on November 13th

Dustin Rankin, Woods County Shooting Sports Coordinator, is doing an outstanding job with our shooting sports program. We have just completed shotgun season with our Trap Shooting team enjoying an excellent showing at the fall contest.

It is time to begin our fall archery practices. Practices will be held each Wednesday evening beginning on November 13, 2019 at 6:00 p.m. in the Merchants Building at the Woods County fairgrounds. You must be enrolled with the Woods County 4-H and have a hunters safety ID as well as complete a safety training to compete. We have several new archers this year and many more experienced shooters that plan to begin practice in the coming weeks. If any 4-H Shooting Sports parents are interested in becoming a Certified 4-H Shooting Sports Instructor, please contact the OSU Extension office about attending a training. See Dustin or Greg if you are interested in helping with the Woods County Shooting Sports program. We can always use additional Certified Instructors, as they are required to be present at any practice or competition. Please consider helping with our program.

If you would like to join the Woods County Shooting Sports program feel free to

10 Delegates Attend West Action Conference

Ten Woods County 4-H members attended West Action Conference (WAC) in Midwest City October 16th through the 18th.

Members in attendance were, Thomas Mathes, Hunter Durkee, Kooper Rich, Austin Rankin, Gavin Cook, Kennedy Zook, Novaly Medrano, Kaitlyn Rich, Jessica Goucher and Jaydan Coffman. Thanks also to Debra Rankin and Hannah Kimbro for serving as adult Sponsors. Members attended workshops to improve their leadership skills and also tied quilts for Wrapped in Love, a 4-H service project, and made dog toys for a dog shelter.

Two Woods County 4-H members ran for office. Jaydan Coffman ran for the office of West District Reporter and Austin Rankin ran and was elected as West District North Region 4-H President.
Important Dates

- **Archery and Air Rifle practice starts on Wednesday, November 13th at 6:00 p.m. in the Merchants Building located at the Woods County Fairgrounds**

- **Woods County 4-H Has Talent entry forms due to Extension Office by Thursday, Nov. 21.**

- **Woods County 4-H Has Talent will take place in the Alva High School Auditorium on Sunday, December 1st at 2:00 p.m.**

- **West District Shooting Sports Contest—Archery, Air Rifle & Air Pistol—Saturday, December 7th. Registration at 9:00 am; 9:30 shoot begins**

- **The Woods County Holiday Party will take place on Saturday, December 21st from 1:00-5:00 pm at the Woods County Fair Kitchen.**

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**Enrollment Reminder!!!**

If you are having trouble logging in to 4-H enrollment—please check with Sandy at the Extension Office to match your email from last year for proper login.

If you are not currently enrolled, please go online and complete your enrollment and pay your $20 enrollment fee as soon as possible. If you are not a registered 4-H member, you will not be eligible to participate in any County or District events. Please bring your check by the OSU Extension office or mail it to us (407 Government St, Rm 11, Alva OK 73717), or you may choose to pay online. Once you have begun the re-enrollment process, the system only allows 30 days for the enrollment fee to be paid. If payment is not made during this 30 day period, the re-enrollment will be deleted by the system and you must begin the process again.

These deadlines will help us finalize the enrollment process with the state 4-H office.

**Woods County 4-H Has Talent to be Held Dec. 1st**

Come be a part of the 4-H Has Talent Contest to be held on Sunday, December 1, 2019 at the Alva High School Auditorium at 2:00 pm. This contest will give 4-H members an opportunity to share their talents through skits, songs, dramatic presentation, dance, and etc. The acts will be divided into Junior and Senior divisions and also into individual, small group and large group presentations. Grades 3-7 are considered Juniors and grades 8-12 are Seniors. Cloverbuds, ages 5-8, are encouraged to participate.

Junior and Senior members can participate in the same act, but the group will be considered as a Senior act when selecting awards. An individual act will consist of one member plus an accompanist when required. Small groups consist of four or less.

Acts should be no longer than six minutes. An additional four minutes is allowed for setting up and removing props.

**Entry forms are due to the Woods County Extension Office by Thursday, November 21, 2019 at 5:00 pm.** The forms have been sent to your organizational leader for them to hand out and are also available in the Woods County Extension Office and online at: www.oces.okstate.edu/woods. This year we will also be recording the entire 4-H Has Talent...