



<http://oces.okstate.edu/garfield>  
<http://extension.okstate.edu/county/west-district/>  
[www.oklahoma4h.okstate.edu/](http://www.oklahoma4h.okstate.edu/)  
[www.facebook.com/4H.garfieldcounty](http://www.facebook.com/4H.garfieldcounty)

**316 E. Oxford  
 Enid, OK 73701  
 (580) 237-1228**

**Jessica Nickels** ~ [jessica.nickels@okstate.edu](mailto:jessica.nickels@okstate.edu)  
**Rick Nelson** ~ [rick.nelson@okstate.edu](mailto:rick.nelson@okstate.edu)

## CELEBRATE VOLUNTEERS IN APRIL

The Oklahoma 4-H Youth Development program is well-known for teaching youth life skills. Through hands-on, experiential learning, club members learn how to manage their time, learn responsibility and develop communication skills. Something else they learn starting at the Cloverbud level is the value of volunteering.

From the beginning of anyone’s 4-H career, learning the 4-H Pledge is paramount. In that pledge, they recite the line “I pledge my hands to larger service.” Through their involvement, club members learn their hands are trained to be useful, helpful and skillful.

As we celebrate National Volunteer Month in April, take time to reflect on what volunteering means to Oklahoma 4-H, said Karla Knoepfli, Oklahoma State University Extension state volunteer specialist in the state 4-H office.

“First, we are thankful for the thousands of adults who believe in the Oklahoma 4-H program and share their personal time, as well as their talents and resources,” Knoepfli said.

The 4-H Life-skills Model “Community Service/Volunteering” is defined as donating one’s time and/or resources of one’s own free will for the benefit of the group without guarantee.

“Both adult and teen volunteers generously serve as role models all across the state,” she said. “These individuals lead by example by helping with club and project groups. Volunteering has great mental and physical benefits for the volunteer, a family, a 4-H club and the community.”

A study conducted in 2023 by UTHealth Houston showed children and teens who volunteer tend to flourish mentally and physically. They’re less likely to have anxiety, depression or behavioral problems when compared to their peers who did not volunteer.

One of the benefits of volunteering is that it connects 4-H’ers with their fellow club members, as well as with members of the community.

Knoepfli said this process fosters the development of valuable relationships and life skills are developed while the hands are trained to be useful, helpful and skillful. Each of these contributes to the development of self-esteem.

“Research shows the better you feel about yourself, the more likely you are to have a positive view of life and future goals,” she said. “Compared to people who have never volunteered, the odds of being very happy rose 7% among those who currently volunteer

monthly and 12% for those who volunteer every two to four weeks.”

Through the volunteering process, youth and adults expand their network of contacts, which can result in improving a person’s employment options and exposure to career opportunities while meeting a need and providing a service.

In a nutshell, volunteering can bring fun and fulfillment to a person’s life.

“Volunteering provides a break from a person’s routine and work, offering an occasion for creativity and innovation that you may not have otherwise. The 4-H program is very appreciative of the thousands of volunteers who find fulfillment and fun in sharing their time, talents and services with our wonderful youth program,” Knoepfli said. “We thank you for being role models and living the ‘need’ to volunteer.”

As Elizabeth Andrews said, “Volunteers don’t necessarily have the time, but they have the heart.” Maybe this is the real reason for volunteering.

## DATES TO REMEMBER

Camp Counselor Apps. Due	Apr.	1
Impressive Dress Revue	Apr.	3
District Duds to Dazzle	Apr.	6
Shooting Teen Leader App. Due	Apr.	8
Recycling Club	Apr.	9
Robotics	Apr.	10
Sewing Club	Apr.	11
PLO	Apr.	15
Horse Play Day	Apr.	20
Camp Counselor Training	Apr.	22
Cloverbuds	Apr.	24
Cooking Club	Apr.	25
Fishing Clinic	Apr.	30

4-H Design Institute	June	10-11
Capitol Camp	June	12-13
4-H Summer Camp	June	12-14
State 4-H Roundup	July	23-26



**PLO meeting to be held on April 15th, at 5:30, at the Extension office**

## 2023-24 COUNTY OFFICERS

- ◆ President— Summer Prince
- ◆ V. President— Bailey Nickels
- ◆ Secretary— Shelbi Prince
- ◆ Reporter—Joe Sharp
- ◆ Recreation Leader—Monte McReynolds
- ◆ Executive— Josiah Benson

## CLOVERBUDS

Cloverbuds will be April 24th, at 4:30 pm.

Please sign up by April 17th.



## RECYCLING CLUB

Recycling Club will meet April 9th, at 4:30 pm.

Please sign up by April 4th, so we have enough supplies.



## SEWING CLUB

Sewing Club will be April 11th, at 4:00 pm.

Must sign up by April 5th.

Supply list will be sent.



**Do you have Legos collecting dust in the closet? Garfield County 4-H is starting a LEGO CLUB and is looking for Lego donations.**

**If you have any Legos you would like to get rid of, please drop them off at the office.**

**Be on the lookout for more information on LEGO CLUB!**



## COOKING CLUB

Cooking Club will meet April 25th, at 4:30 pm.

Must sign-up by April 18th.

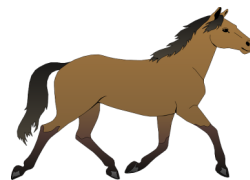
Remember we are cooking and practicing food safety.

Please have your child come with their hair pulled back!



## HORSE CLUB

The next horse club meeting will be April 20th, at 9:00 am at the outdoor fairgrounds arena.



We will be having a hands-on day. Please join the GroupMe for details.

You don't have to own a horse to be in Horse Club.

Come learn something new!

**Join the GroupMe!**



## ROBOTICS CLUB

*Interested in coding and robotics?*



Come to the next robotics club meeting April 10th, at 4:30 pm, at the Extension office.

**Join the GroupMe!**



## 2024 BE THE BEST IN OKLAHOMA 4-H PUBLIC SPEAKING CONTEST

**Saturday, May 18**

**Pontotoc County Extension Office/Agriplex – Ada.**

### ENTRY INFORMATION:

Members may only participate in either the prerecorded video contest or the in-person contest, but not both. Youth are limited to one (1) presentation.

Due to rising costs of awards: A \$5 registration fee per participant in both the prerecorded video and the in-person contest is requested mailed to: Pontotoc County 4-H, 1700 N. Broadway, Ada, OK 74820

Please note the participant name(s) along with the registration fee.

No refunds. Families will enter themselves.

Pre-Recorded Video entries are due on or before Friday, May 3.

Submit entries at this link:

<https://form.jotform.com/210336187529155>

In-Person entries are due on or before Friday, May 3. Entries should be submitted by postal mail using the provided entry form/scoresheet.

For entry form, please contact the office.



## CAMP COUNSELORS

**Applications due April 1st.**

**Cost: \$50.00**

**Counselor camp-wide  
interactive Zoom training  
April 22nd from 6-8pm.**



## 103<sup>rd</sup> STATE 4-H ROUNDUP JULY 23 - 26

Roundup registration materials will be released: April 15<sup>th</sup>, and are due back to the county office May 10<sup>th</sup>. Please check your email around April 15<sup>th</sup> for registration information.

Cost for full Roundup registration: \$130 for those that participated in the County Fundraiser and \$210 for those that did not.

**\*\*The linen package will not be offered this year.\*\*  
Participants will be responsible for their own linens and towels.**



### SAVE THE DATE

## CAPITOL CAMP

**JUNE 12-13, 2024**

OFB's Capitol Camp brings together incoming high school juniors and seniors from FFA and 4-H to learn about the Oklahoma legislative process and how a bill becomes a law.

Students will have the opportunity to write and discuss a piece of legislation about an issue important to them.

Sitting on the floor of the Oklahoma House of Representatives and debating bills before your fellow representatives is an experience you will not want to miss!

If you would like to register, please contact the office.



## 4-H TUESDAY TOOL TIME



For Volunteers, Parents and Extension Professionals

Below is information for 2024 continuing education for volunteers, parents, and Extension professionals' courtesy of the Oklahoma 4-H Volunteer Board. All sessions are on the fourth Tuesday of the month from 6:30 – 7:30 pm. Each session has its own registration link. These are on zoom.

### 2024 Quarterly Schedule and Registration Links:

**April 23** – Registration for “Project” Success: A Curriculum Smorgasbord #1 – Forestry, Wildlife, Outdoor Skills

[https://okstate-edu.zoom.us/meeting/register/tJMvceiuqDgvGtldoL\\_4IirED4s2INghCuFy#/registration](https://okstate-edu.zoom.us/meeting/register/tJMvceiuqDgvGtldoL_4IirED4s2INghCuFy#/registration)

**June 25** – Registration for “Project” Success: A Curriculum Smorgasbord #2 – 4-H Cooking 101-401, Hobbies/Textiles Design and Construction, and Electric Excitement

<https://okstate-edu.zoom.us/meeting/register/tJMqceisqjkiH9RV0pPFcvthr-ZPxQdRhHvK#/registration>

**October 22** – Register for Set the Record Straight 4-H Record Books bring lots of questions. Most are answered with planning quality project work.

[https://okstate-edu.zoom.us/meeting/register/tJ0of-6urDspEtN7GQKZIWBX\\_xwVB5F6v4Ai#/registration](https://okstate-edu.zoom.us/meeting/register/tJ0of-6urDspEtN7GQKZIWBX_xwVB5F6v4Ai#/registration)

### 4-H Shooting Sports Ambassadors – Ruth Pratt

Oklahoma 4-H Shooting Sports is founded on Education with components of Recreation and Competition. In order to build on the Foundation of Education, Oklahoma 4-H Shooting Sports is accepting applications for a teen leadership opportunity through the Oklahoma 4-H Shooting Sports Ambassador Program.

This program will be taking applications again until April 8, 2024, for youth who will be in the 9th-12th grade for the school year 2024-2025.

If you are interested in applying, please let Jessica know.



**4-H Shooting Sports**  
*Learn by Doing*

**Are you currently in the 8th grade or older? You are eligible to do a State 4-H Record Book. These books are due April 5th and can earn you scholarship money! If you are interested in completing a book, please let me know so we can start now.**



**Level III and Level IV Scholarships will be due in April and many can be used at any accredited college or trade school.**

**More information at: <https://4h.okstate.edu/members/record-book-and-scholarship-information/record-book-and-scholarship-info.html>**

## **Cow Horse Clinic – Kris Hiney** **April 27, 2024, Totusek Arena**



**Limited to 40 kids.**

**Cost is \$25 for the cattle fee.**

[https://secure.touchnet.com/C20271\\_ustores/web/product\\_detail.jsp?PRODUCTID=4004](https://secure.touchnet.com/C20271_ustores/web/product_detail.jsp?PRODUCTID=4004)

## **Fishing Workshop - April 30th at Government Springs Park**

**Do you love to fish or want to learn how to?**

Joe Sharp will be teaching how to bait and cast a line, how to reel and unhook a fish. He will also teach about catch and release and common fish found in Oklahoma.

Meet under the pavilion with the green top. April 30th at 4:30 pm.

Bring a pole if you have one. Bait will be provided. Bring lures if you have them.

Must sign up by April 24. Space is limited.

If you need a fishing pole, please let the office know when you sign up.



## **ATV Training – Ravyn Bevard**

Do you know someone who needs a ATV/UTV helmet?

Share with them that they can receive a free helmet of a \$100+ value just by going through the ATV Safety Training program at the training facility in Guthrie!



## **4-H Design Institute – Karla Knoepfli**

**College of Education and Human Sciences**

**Stillwater OK, OSU Campus**

**June 10-11, 2024, 9:30a-4:30 pm**

The department of Design and Merchandising will be hosting a two-day design institute for 4-H members 7th-12th grade [13-18 yrs. old].

The department offers degrees in fashion design and technology, fashion merchandising, and interior design.

Using state of the art technology youth will have hands on experiences in the industry and explore career opportunities.

Class will be limited to 20 youth. Registration and details are coming soon.

**SAVE THE DATE!**



Garfield County OSU Extension Center  
 Oklahoma State University  
 316 E. Oxford  
 Enid, Oklahoma 73701

## ***IN THIS ISSUE***

Celebrate Volunteers	1
Cooking Club	2
Cloverbuds	2
Sewing Club	2
Recycling Club	2
Horse Club	2
Robotics Club	2
Lego Club	2
Public Speaking Contest	3
Camp Counselor Info.	3
State 4-H Roundup	3
Capitol Camp	3
Tuesday Tool Time	4
Shooting Sports Ambass	4
Scholarship Info	4
Cow Horse Clinic	5
Fishing Clinic	5
ATV Training	5
4-H Design Institute	5

The Garfield County 4-H News is published by the Garfield County Development Program, 316 E. Oxford, Enid, OK 73701 (580) 237-1228. 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.



**Jessica Nickels**  
 Extension Educator 4-H & Youth Development

Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, age, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <http://eeo.okstate.edu>.

"Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact (Jessica Nickels, Extension Educator, 4-H) at (580-237-1228 or [jessica.nickels@okstate.edu](mailto:jessica.nickels@okstate.edu)) at least two weeks prior to the event."

