



4-H NEWSLETTER

BEAVER COUNTY SPEECH CONTEST

Tuesday, April 16, 2024

Beaver County Extension Office

***PRE-REGISTRATION IS REQUIRED WITH THE EXTENSION OFFICE
BEFORE 5PM Thursday April 11, 2024.***

To PRE-Register call the Extension Office 580-625-3464.

If you are unable to attend after you registered please let the office know.

Presentations will begin at 6 PM.

All contestants will need to be present no later than 6:30pm.

Divisions are by age as of September 1, 2023:

JUNIOR: 3rd (8 years old); 4th & 5th Grades; **INTERMEDIATE:** 6th–8th; **SENIOR:** 9th–12th Grades.

Speeches—Illustrated or non-illustrated— A 4-H speech is one means of sharing information and educating an audience about a specific subject. It is an oral presentation in which the member may use 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. No PPT presentations/slides in this division. **Time lengths for Speeches are: Junior—3 to 5 minutes, Intermediate and Senior—5-12 minutes.**

PowerPoint Presentation—PPT slides replace posters and the presenter is demonstrating the skills they have mastered when integrating technology into a speech/presentation. Members will be evaluated on their ability to design and create the PPT slides which complement the oral content of the presentation. The PPT should not be the “presentation”. **Time lengths for PowerPoints are: Junior—3-5 minutes, Intermediate and Senior—5 to 7 minutes.**

Video Presentation—Videos are due to the Extension Office by Tuesday, **April 11, 2024, 5pm.** Videos should be submitted on a flash drive or contact the office for instructions for uploading to U-tube. The video must be a speech as though given in front of an audience without any editing, cropping, etc. **Time lengths for Video Presentation are: JR– 3-5 min., Int. & SR 5-7 min.**

Impromptu— Will draw a topic and will have a few minutes to prepare a speech on the topic provided.; for fun, no points or awards given.

2023-2024 Beaver County 4-H Officers are requested to be in attendance to help with this contest.

COUNTY FASHION REVUE and IMPRESSIVE DRESS CONTESTS

MARCH 28, 2024

5:30PM @ Beaver Co. Fairgrounds

REGISTRATION DUE BEFORE 5PM MONDAY MARCH 25, 2024



Click the link below for January’s newsletter to find contest details

<https://extension.okstate.edu/county/beaver/media/docs/4h/beaver-co-4-h-news-jan-2024-a.pdf>

Beaver County Extension Office

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Social Media

Facebook:

Beaver County OSU Extension
[@beaverOSUextension](https://www.facebook.com/beaverOSUextension)

Beaver County OSU Extension
4-H Group

RESEARCH NOTED THE POSITIVE IMPACTS OF 4-H PROGRAMMING

"The 4 H Study of Positive Youth Development," has been a tremendous asset for the 4 H system and helped us tell a powerful story nationally and locally. 4-H Council recently funded a follow-up study to replicate the research with new youth, as well as reconnect with the original study participants, who are now adults. This [Replication and Reconnection Study](#) confirms the original, powerful outcomes that 4 H helps youth thrive in the present and into adulthood. Here are some key findings:

Compared to their peers, 4 H participants are:

- 4x more likely to make a positive contribution to their communities
- 2x more likely to participate in out-of-school science programs
- 2x more likely to make healthier choices
- 2x more likely to report feeling competent
- 2x more likely to feel positive about their wellbeing

4-H alumni are:

- 3x more likely to participate in community service
- 2x more likely to report living life with intentionality and purpose
- 2x more likely to have the goal of being a leader



WEST DISTRICT 4-H OFFICERS SERVICE PROJECT

The 4-H Officers of West District have decided to collect items for the Oklahoma Veteran's Homes. Please bring any items you have collected to the Beaver Extension office before 5pm on April 15th.



LIST OF ITEMS:

- Ankle Socks
 - Nail Clippers and Files
 - Puzzle Books
 - Snacks/Crackers
 - Chap Stick or other lip balm
 - Lotion
 - Q-Tips
 - Spork, plastic utensils
 - Can opener, manual
 - Instant brown rice, 14 oz box
 - Dried instant non fat dry milk – 9.6oz
 - Peanut butter or other nut butters, 16 oz.
 - Unsweetened individual apple sauce, 3.9 oz 6 pack
 - Granola bar/protein bar value packs – 12-72 count box
 - Tomato/mixed vegetable juice, 5.5 oz 6 pack
 - Instant single serve oatmeal packets, 20 packets per box
 - Individual cereal, 8 count
 - Chili meat (mild) canned, 15 oz
 - Soups, stew, meat or vegetable canned 15-18 oz
 - Pork and beans, canned 15 oz
 - Chicken, canned 12.5 oz
 - Tuna canned (in water)
 - Fruit -no sugar added 15 oz (peaches, pears, pineapple)
 - Canned beans 15 oz (kidney, black, refried)
 - Canned vegetables lower sodium (green beans, peas, carrots) 14.5 oz
- * *NO OUT OF DATE ITEMS PLEASE. Food items – Must be within the use-by date and best-by date must be two months or more.*
- * *When possible choose pop top canned foods to avoid the need of a can opener.*



Overstreet Club replanting Aloe Vera for Fundraiser at the February 2024 Mtg



Turpin Club prepping for Impressive Dress Contests at the February 2024 Mtg



Beaver Club prepping for Impressive Dress Contest at the February 2024 Mtg

STATE OF ORANGE
Beaver Co 4-H Volunteer Event
APRIL 13
Extension Office

Beaver County will be a part of OSU's *STATE OF ORANGE*. Clubs please compile Goodie Bags and cards for our First Responders.

Donations from clubs and individuals can include:

NON-Perishable Items: Jerky, Cheese and Crackers Snacks, Peanut Butter and Crackers Snacks, granola bar/protein bar value packs; electrolytes powdered individual drink packets similar to Gatorade, Propel. (They have pallets of drinks so no drink bottles)

Clubs please plan on delivering your Goodie Bags to your area Fire Stations on April 13th. Leaders please take lots of pictures of assembly and delivery and email them to Connie at the Extension Office.

No out of date items, non refrigerator items only.

STATE RECORD BOOK

Deadline APRIL 16, 2024

State 4-H Record Books are due at the Beaver Co. Extension Office **before 5pm.**

A State Record Book is meant for members in at least the 8th grade.

Details on the state website:

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

* County Record Book deadline is August 1, 2024.

SPECIAL 4-H PROJECT AWARDS

Members are eligible to receive the following Special County Awards listed below. To receive these awards a member must turn in a 4-H folder for each of the awards they are applying for by June 15th to the Beaver County Extension Office. This folder must include a short handwritten story on what the member completed and accomplished for the year in qualifying to receive the award.

These pages for award must also be included: Objective of Project, Work Done in Project, New Things Learned in Project, Expenses/Income for Project, and Picture Pages with captions for each picture. If more members allowed apply for an award, the 4-H member who has done the most presentations, work, etc. towards the award will receive the award. Awards will be presented at the 4-H banquet.

Following are the guidelines for each award:

JUNIOR BREADS— Must not have passed 13th birthday by January 1 of the program year; demonstrations and/or illustrated speeches at the county 4-H contests

SENIOR BREADS—Must be at least 13 years of age by January 1 of the program year; demonstrations and/or illustrated speeches at the county 4-H contests

DAIRY PRESENTATION—May submit one team and one individual; give an individual and a team dairy demonstration and/or illustrated speeches at the county 4-H contests

PEANUT PRESENTATION—May submit one team or two individuals; individual demonstrations and/or illustrated talks related to peanut production, processing, marketing, or food recipes utilizing peanuts or peanut products at the county 4-H contests.

PORK PROMOTION— May submit one award per county; Jr. 3-7th Grade; Sr. 8-12th Grade; presents a pork related talk or demonstration at the county 4-H contests and to a non-4-H group.

WATER CONSERVATION—May submit one award per county; individual demonstration, talk or power point at one of the county contests on Water Conservation, Protection or Utilization

COUNTY RECORD BOOKS

IF YOU RECEIVE A RED OR BLUE AWARD ON YOUR 2023-2024 COUNTY RECORD BOOK THE EXTENSION OFFICE WILL REFUND A PORTION OF THESE EVENTS next 4-H year:

NWD 4-H Leadership Conference (completed 7th grade & 13 yrs old & up)
Will be held October 2024

Multi-County 4-H Camp (3rd grade & up)
Will be held June 2025

State 4-H Round Up (completed 7th grade & 13 yrs old & up)
Will be held in Stillwater, July 2025

So get your 2023-2024 County Record Book completed before the deadline of August 1, 2024.

**2024 TUESDAY TOOL TIME
VOLUNTEER TRAINING**

ALL SESSIONS ARE ON THE 4TH TUESDAY
OF THE MONTH FROM 6:30-7:30 PM.

2024 Quarterly Schedule and Registration Links:

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

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

October 22 – Register for [Set the Record Straight](#). 4-H Record Books bring lots of questions; most are answered with planning quality project work.



Beaver County Extension Office

PO Box 339

OSU EXTENSION 4-H YOUTH DEVELOPMENT Beaver, OK 73932

4-H CALENDAR

- March 25 Regist. due Fashion Revu& Impressive Dress
March 28.. Beaver Co Fashion Revue & Impressive Dress
April 6..... District Duds to Dazzle (Washita Co)
April 8..... Total Eclipse
APRIL 13 STATE OF ORANGE EVENT
April 11..... Deadline to Register for Speech Contest
April 16..... Beaver County Speech Contest
April 27..... NW District Spring Trap Shoot
May 11 DISTRICT STEM DAY
MAY 31-JUNE 1 DIST. 4-H HORSE SHOW
JUNE 19-21 QUAD-CO 4-H CAMP
June 25 Discovery Day @ Woodward
JULY 23-26..... STATE 4-H ROUND UP @ OSU
August 1 County Records Book Due
August 21-24 Beaver Co & 4-H Fair

Honoring Beaver County 4-H Seniors



ALL 4-H Seniors, please send us a picture of you and include a short write-up about yourself and your 4-H projects, events, trips, etc. Several Beaver County 4-H members who will be graduating and ending their 4-H careers. In order to get to know them a little better, we will post a Senior Spotlight on social media.

Beaver Co. 4-H Shooting Sports Fundraiser Winners:

- 1. XANDER GRAVES
2. RODNEY ALBERT

CONGRATULATIONS!

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 https://eoo.okstate.edu.
Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact Liz Gardner McBee or Loren Sizelove at 580-625-3464 or elizabeth.mcbree@okstate.edu or loren.sizelove@okstate.edu at least two weeks prior to the event.