



NEWSLETTER

Sportsmanship in equestrian sports

Why is sportsmanship often a problem in competitive events? Surely, we can all agree on the importance of being kind and nice to one another. What has happened over the past several years? Has social media and current reality programming just reinforced the idea that bad behavior is socially acceptable or gets more attention? Or is there something else going on in a high-pressure environment?

Positive youth development is often coupled with competition as a motivator for the time and devotion needed for a project. Unfortunately, the potential for negative behavior is quite high, said Kris Hiney, Oklahoma State University Extension equine specialist.

“Showing horses is definitely a sport activity with winners and, therefore, losers,” Hiney said. “Sports themselves are often viewed as combative – we go to battle with the other team. So how do we compete and grow in life skills in these situations?”

Striving for intentional good behavior should be a focus of equine competitive activities. Adult leaders need to both teach and reward observation of positive competitive behavior.

There are four essential elements of good sportsmanship in horse activities:

- Respect for horses
- Respect for opponents
- Respect for the “game”
- Respect for others

Respect for horses: Having respect for our horse partners of

course means managing their physical needs, such as healthcare and nutrition. Healthcare can include making sure the horse is vaccinated and the 4-H'er is practicing good biosecurity skills in order to not spread disease to fellow competitors. Fair training practices are also essential. The horse should have the opportunity to respond how it has been previously trained to do so, and after the horse performs that behavior, leave them alone! Don't drill or punish the horse for suddenly raised expectations due to a competition environment. The horses didn't sign up for competition or know what the goal and desire of their youth showman. Treat them as the true partner they are, and reward and recognize their efforts.

Respect for opponents: Youth should be rewarded for seeking excellence with fellow competitors, not just the opportunity to place higher. Taking joy in winning against clearly unequal levels of competition isn't the goal. Appreciate others' performances and strive for that excellence yourself. Simple acts of congratulating fellow youth for showing good horsemanship skills should take place at every event.

Respect for the game: This essentially means following the rules of the game. There's no glory in cheating. Trying one's best is key. Giving up, creating more problems, blaming others or the horse for one's own mistakes is not good sportsmanship. Also, respecting the purpose of 4-H horse events important. The goal of 4-H is positive

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youth development, where the emphasis is on the youth, not the horse. At the end of the day, we want the youth to be better and gain life skills.

Respect for others: It takes a tremendous amount of time and effort for judges, show managers, trainers, coaches and leaders to put on these events. 4-H is unique in that it is heavily dependent on volunteers who give their time freely and willingly. Treating them poorly can quickly lead them to find better things to do with their free time. Many of the staff running horse shows do not do this professionally or even compete with horses themselves.

“Disappointment will always be part of competition, but how you handle it is important,” Hiney said. “It is okay to get mad or need some time to blow off steam, but there is a time and place. Give yourself 5-10 minutes, but don’t take it out on the horse, your family or your friends. Be sure to congratulate others, no matter your placings. And always accept awards graciously.”

Both adults and youth volunteer leaders help develop these skills by being good role models, and it doesn’t always come easily in high pressure situations. Practice at home and in public so it becomes routine. Build feelings of camaraderie and teamwork. Give awards for those that exemplify good sportsmanship and praise those that show evidence of hard work, not just who comes out on top. As parents and leaders, having clear guidelines and expectations for behavior is vital, as is following through with real consequences for unwanted behavior. Following an event, discuss examples of good and poor sportsmanship that were observed.

“Good sportsmanship extends beyond just the 4-Hers themselves, but to their family, spectators, and 4-H volunteers. Sportsmanship and success are not always mutually inclusive. If you are harming your animal or others in pursuit of victory, it doesn’t mean much,” she said. “How do you want to be remembered by those watching your behaviors? Competition is about striving to try your best, challenge yourself and show the world the best example of you.”

4-H Leaders and Volunteers Meeting

Parents and volunteers are invited to attend the county leaders meeting on Monday, March 27, 2023. Club leaders, if you are unable to attend, please send a parent to represent your club.

Agenda items will include: planning field trips, county science fair, entrepreneurship project, spring and summer programs. Record books and county awards program.

Participants are welcome to bring finger foods to share.

Dewey County Food Showdown

May 24, 2023

Registration Due – May 19

The County Food Showdown contest will be held on May 24 at the fairgrounds in Taloga. The top two teams in each age division will qualify to go on to the district contest on June 9th.

Teams of up to three 4-H members will work together to prepare a dish of food and present it to the judge with an oral presentation.

- Cloverbuds (K-3rd grade) will follow a picture recipe to prepare a snack. No cooking or cutting.
- Jr. 4-H’ers (grades 3-5) will be provided with a simple recipe which they can adapt or add to, to prepare a dish.
- Intermediate 4-H’ers (grades 6-8) will receive two ingredients and some possible recipes. They may use one of the recipes or create their own but must use the secret ingredient to create a dish.
- Sr. 4-H’ers (grades 9-12) will receive four ingredients. They must use those four and may choose additional ingredients from the pantry. To create a dish.

Each team will bring a cooking kit to use. Contact the extension office for a list of the items to include in the cooking kit and for additional contest guidelines.



***Dewey County Cupcake Wars
May 31, 2023 at Fairgrounds
Registration Due – May 19, 2023***

The county cupcake wars contest will be held on May 31, 2023 at the fairgrounds in Taloga. The top teams in each age division will qualify to go on to the district contest on June 9, 2023.

Teams of 2-3 members will work together to create and display three cupcakes and present their exhibits to the judges.

- Teams will bring “naked” cupcakes, plain frosting and all supplies needed to decorate their cupcakes.
- Frosting will be tinted and put in bags during the contest.
- Fondant may be pre-tinted (before the contest).
- Only edible items may be used to decorate cupcakes.
- Teams will have 30 minutes to prepare their entry and clean up their area.
- May bring one picture of the item they plan to create. It must not have any writing or directions on the picture.
- Teams are allowed to bring their presentation scripts.
- Electricity will not be available at work stations. Keep this in mind when selecting your recipe.
- Practice food safety as you work.
- Presentation should include: introduction, creative dish name, two major nutrients, food preparation principles, food safety considerations.
- All team members must participate in the presentation.



State 4-H Record Books Due April 24, 2023

4-H members who have completed 8th grade are encouraged to submit a state Project book, 4-H members may submit up to two project books.

State project book forms are electronic and are submitted electronically.

April 24, 2023 is the deadline to submit a state project book this year.

Contact Jean Bailey at the county extension office for assistance in submitting a project book

***Dewey County 4-H
Fruit/Vegetable Sculpting/Arrangements
May 31, 2023
Registration Due May 19th***

The county fruit/vegetable sculpting/arrangements contest will be held on May 31, 2023 at the fairgrounds in Taloga. The top teams in each age division will qualify to go on to the district contest on June 9, 2023.

Teams of 2-3 members will work together to prepare a dish-sculpture or arrangement made of fruits and/or dish – sculpture or arrangement made of fruits and/or vegetables.

- Each team will provide their own equipment and supplies.
- Teams will have 30 minute to prepare their dish and clean up their area.
- May bring presentation script with you.
- May have a picture of the dish being created, no writing or direction on the picture.
- Teams will provide their own food items.
- NO electricity will be available at work area.
- Teams must bring gloves, trash bags, paper towels, and a first aid kit.
- Practice food safety.
- Presentation should include introduction, creative dish name, two major nutrients, food preparation principles, food safety considerations.
- All team members must participate in the presentation.

Major County Statewide Archery Invitational

Major County 4-H will be hosting a statewide archery invitational contest on April 22nd at the Major County Fairgrounds. To participate 4-H members must have completed the safety training and obtained the archery certification. Registration fee is \$7.00 per event. Contact your county extension office for additional information or to register by April 14, 2023.

Capitol Camp - Applications Due April 1st

Oklahoma Farm Bureau, Oklahoma 4-H and Oklahoma FFA are once again offering youth the opportunity to learn hands on about their government and the way laws are made in our great state. Capitol Camp will be held at the Oklahoma State Capitol on June 27-28, 2023.

Capitol Camp is targeted to youth who are upcoming Juniors and Seniors in high school who have an interest in policy development. Youth younger than upcoming Juniors or graduating seniors are welcome to apply as well. The cost of the camp is \$50 and that includes registration, lodging, meals and swag.

Contact your county extension office for additional information.

STATE 4-H QUALIFYING LIVESTOCK JUDGING CONTEST

April 29, 2023

Pre-registration is required! Deadline is April 14, 2023.

The 2023 State 4-H Qualifying Livestock Judging Contest, which will be conducted on **April 29, 2023** under the direction of the OSU Animal and Food Sciences Department. The contest will be held at the OSU Animal Science Arena.

This contest is intended for teams – three or four members. Each county may enter a maximum of three teams. Only senior teams will be eligible to qualify for the national contest.

Contact your county extension office for additional information and registration forms.

Innovate Youth Leadership Summit – April 21-23, 2023 Enid Springhill Suites – Register by March 31st.

Are you ready to innovate change in your 4-H program? Oklahoma 4-H is excited to invite you to our fourth annual 4-H Innovate Youth Leadership Summit! Challenge yourself to learn new leadership skills to teach STEM related workshops in your local community.

This three-day summit is designed to challenge 4-H youth from 8th-12th grade, to learn and teach STEM programs to other youth in the state of Oklahoma. This year's Youth Innovate Leadership Summit will include three workshops where youth will learn in-depth how to not only do the workshop successfully but also how to replicate and teach it to others. Youth will select either the engineering or agri-science track, that will be the topic they will be learning about for the duration of the summit.

Along with training teens, we also strive to include adult partners. 4-H is based on youth working with adult partners who help them succeed. This project requires all attending youth to have an adult partner to help them successfully participate in the program and return home to teach Innovate workshops. Adults may partner with multiple youth.

Contact your county extension office to register and pay the \$100.00 fee by March 31st.

Will Rogers Classic Horse Judging Contest Tuesday, March 21, 2023

The Will Rogers Classic Horse Judging Contest will be held at the Claremore Exop, Veterans Blvd., Claremore, OK. Registration 8:00 a.m. with contest beginning at 9:00 a.m.

Divisions will be Junior (3rd-7th grade) and Senior (8th-12th grade). Contest will follow AQHA rules with six to eight classes (halter / performance). Senior will give 4 sets of reasons and juniors will give 2 sets of reasons.

Registration fee is \$25.00 per team or \$7.00 per individual. Lunch will be provided for contestants.

Contact Donna Patterson 918-923-4958 for more information. donna.patterson@okstate.edu

4-H Culinary Contests - 2023



May 19th - Registration date for county and district culinary contests

May 24th - County 4-H Food Showdown

May 31st - County Cupcake Wars and Fruit/Vegetable Sculpting/Arrangement Contest

June 9th - District Culinary Contests – Food showdown, cupcake wars, Fruit/vegetable sculpting/arrangements

REGISTRATION

Turn in at Dewey County Extension Office by May 19, 2023

Contact person:

phone:

Age divisions:

Cloverbuds – ages 5-8 (not in 4-H)

Juniors – grades 3-5

Intermediate – grades 6-8

Seniors – grades 9-12

Food allergies:

Event	Team Members Name and grade	Does team plan to attend district contest – if qualify? Yes or No
Food Showdown	1. 2. 3.	
Cupcake Wars	1. 2. 3.	
Fruit/Vegetable sculpting/arrangements	1. 2. 3.	



Oklahoma 4-H Shooting Sports Ambassador Program

This new program is open to youth who will be in the 9th-12th grades for the 2023-2024 school year.

Contact the county extension office by April 3rd if you are interested in applying to serve as a 4-H Shooting Sports Ambassador!

Basic Requirements for Applicants (all must be met)

- Must be entering high school in the 9th – 12th grade as of August 1, 2023
- Must be an actively enrolled member of Oklahoma 4-H for 2022-2023
- Selection requires mandatory participation in an introductory training in the Summer of 2023

Basic Expectations of Oklahoma 4-H Shooting Sports Ambassadors

- Be an active part of the Shooting Sports Ambassador group statewide and within your district
- Communicate with fellow state Shooting Sports Ambassadors and the designated adult Advisor(s)
- Maintain personal conduct at all times that will represent a positive leader and role model for 4-H and the shooting sports industry
- Be an active, positive support for the 4-H Shooting Sports project
- Assist in maintaining relations with 4-H Faculty and Extension Administrators as well as past, present and future program donors and supporters
- Be available and participate in various activities and events other than competitions to promote and support 4-H Shooting Sports

Application Process

- Review and understand all details in the information section
- Complete the Oklahoma 4-H Shooting Sports Ambassador application, submitting both an electronic and hard copy by April 10, 2023



Criteria for Selection

OSU Extension and Oklahoma 4-H Youth Development Program is committed to ensuring the Oklahoma 4-H Shooting Sports Ambassador program is representative of the diversity of Oklahoma, is represented by youth across all shooting sports disciplines, members who have displayed good service to their communities and show leadership skills, and members that can act on their decisions and represent Oklahoma 4-H and Oklahoma 4-H Shooting Sports professionally. Final selection will be based on accumulation of scores from application/references, and interview.

Contact the county extension office for additional information, full application instructions and forms, and / or assistance.

West District 4-H STEM Challenge – Science Fair & Sumobot Contest

May 13, 2023

10:00 a.m. – 4:30 p.m. (see attached agenda)

Mac Center (Kingfisher County Fairgrounds), 300 S. 13th Street, Kingfisher, OK

Registration Due April 14, 2023

Science Fair Guidelines

The goal of this project and exhibit is to allow 4-H members to:

- Use the scientific method to gain an understanding of how things work and the variables that affect them.
- Take an open and creative approach to problem solving.
- Learn that a successful outcome is based not on personal opinion but on scientific fact.
- Improve written and visual communication skills.

4-H members are encouraged to use their 4-H projects as the basis for their science fair project.

Exhibits should relate to one of the following topics:

- Behavioral and Social Sciences
- Biochemistry, Medicine, and Health Sciences
- Botany and Zoological Sciences
- Computer Science
- Earth and Space Sciences
- Engineering
- Environmental Sciences
- Mathematics
- Physical Sciences

Displays must be free standing and are limited to 3' x 4' (height x width) when sides are extended. Commercially available "Science Fair Presentation Boards" are encouraged.

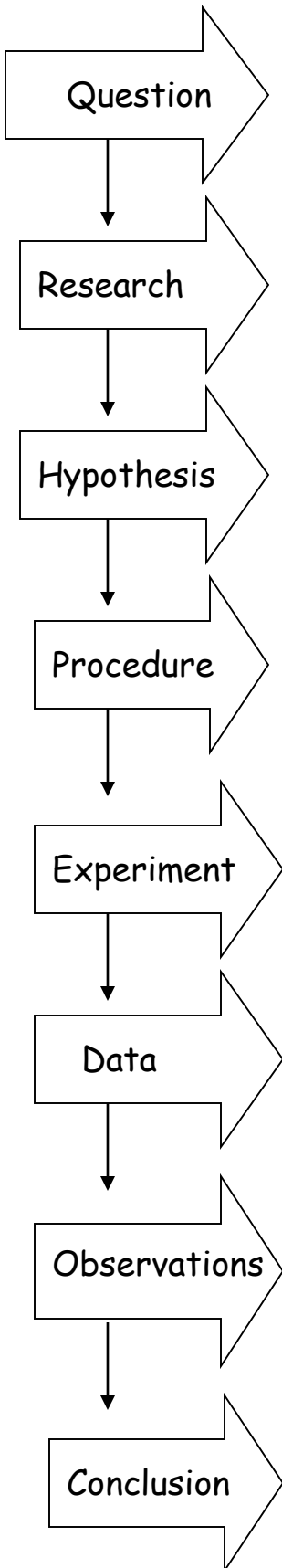
Participants provide their own table – such as a folding card table.

Presentation - participants will give an oral presentation about their science fair project and may be asked questions about the information presented.

No firearms or live animals are permitted.

Division	Age / Grade	Display	Presentation
Beginning	Grades 3-5	Display illustrating the project	3-5 minutes
Intermediate	Grades 6-8	A display with an accompanying report of approximately two (2) typewritten pages.	5-12 minutes
Advanced	Grades 9-12	A display and a written report about the project that includes an interview with a scientist, science teacher or someone who is knowledgeable about the area that is being studied. Reports should be three (3) to five (5) pages in length.	5-12 minutes
Team – up to 3 members	All grades	Display and a written report about the project. It is recommended that it include an interview with a scientist, science teacher or someone who is knowledgeable about the area that is being studied Reports should be three (3) to five (5) pages in length.	5-15 minutes, each member of the team should contribute to the presentation.

Scientific Method



What do you want to learn more about?

Find out what is already known about the topic?

What do you **THINK** will happen based on what you know?

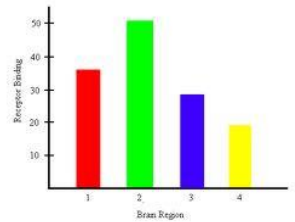
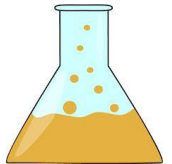
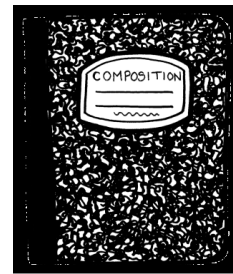
Write and follow every step of the experiment designed to test your hypothesis.

Do at **LEAST 3 trials**.

Collect information and record using charts and graphs.

Write down what you noticed during the experiment.

Was the hypothesis correct or incorrect?
What would you change, or what else do you want to know?



**FINALLY:
Display Your
Work!!**



4-H Calendar

- March 15 4-H Ambassador applications due
- March 27 County 4-H leader's meeting
- April 1 District Duds to Dazzle
- April 5 4-H Day at the Capitol
- April 10 Shooting sports ambassador applications due
- April 12 Vici Jr. 4-H
- April 14 State livestock judging registrations due
- April 14 4-H Science fair and STEM challenge registrations due
- April 16 County 4-H Science Fair
- April 18 Seiling cloverbuds
- April 19 Seiling Junior 4-H
- April 24 State record books due
- April 29 State Livestock judging contest - Stillwater
- May 6 4-H Ambassador selection day – Stillwater
- May 10 Vici Jr. 4-H
- May 13 District STEM Challenge – Kingfisher
- May 19 4-H Culinary contests registrations due
- May 24 County food showdown
- May 31 County cupcake wars and vegetable sculpting
- June 2-3 District horse show
- June 6-8 4-H Ambassador retreat and leadership team retreat - Stillwater
- June 9 District culinary contests (food show down, cupcake wars, veg. sculpting)
- July 6-7 Discovery Days
- June 13 State 4-H record book interviews (by invitation)
- June 15 Tri-county day camp
- June 15-24 Citizenship Washington Focus
- July 1 County record books due
- July 18-20 Big Three in Stillwater
- June 23-24 Oklahoma state 4-H volunteer conference - Stillwater
- July 26-28 State 4-H Round Up
- July 29 County Awards program



The Dewey County 4-H newsletter is published bi-monthly by the Dewey County Extension Office. It is intended to provide educational materials as well information about 4-H and youth programs. Office is located at 107 N. Sexton St at the fairgrounds in Taloga.

Office Hours

8:00 AM – 4:30 PM Monday – Friday
Closed for lunch from 12:00 noon – 12:30 PM

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Dewey County Extension Educator FCS/4-H & CED



Enroll in 4-H for the 2021-2022 year:

Sign up at 4h.zsuite.org
Using your email and password (you create)
Make a household account

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