



NEWSLETTER

Food, Fun, 4-H ready for exciting summer in the kitchen

Back for its fourth year, and better than ever, the Food, Fun, 4-H project kicks off in May. More than 700 families already are enrolled for the summer 2023 FF4-H activities.

This fun, family activity runs from May through August and is free to participants. Each month’s theme will be a surprise based off of suggestions from past participants, said Cathy Allen, 4-H curriculum coordinator at the state 4-H office at Oklahoma State University.

“Food, Fun, 4-H was developed in 2020 as a way to help youth develop kitchen skills, as well as to help bring the family back to the table for meals,” Allen said. “Families are understandably busy, but sitting down together as a family to eat a homecooked meal is important. That first year we hoped to have 50 families participate, and we far surpassed that goal. Summer 2023 is our biggest year yet.”

All youth who register for the program receive monthly themed packets via email containing recipes for a complete meal, featuring colorful photos with step-by-step directions. Participants also receive nutritional facts, educational information, conversation starter topics for when the family is around the table and a family physical activity challenge. This program is funded through the Walmart Healthy

Habits grant, with assistance from Murphy’s Department Store in Stillwater, Oklahoma.

While the main focus of FF4-H is getting families back around the dining room table, it’s also about mental and physical well-being, developing new and useful skills and encouraging youth to participate in community service or civic engagement activities.

“One of our goals is to get families to try new foods. They may have tried Brussels sprouts before, but the cooking method left them soggy or unappetizing,” Allen said. “New cooking methods such as roasting and including a balsamic glaze can be a game changer for this healthy vegetable. FF4-H helps them expand their food horizons.”

The family physical challenge can be taking a walk after dinner, planting flowers together or a bike ride at the park.

Another focus area within FF4-H is service learning or civic engagement activities, which ties back to all 4-H projects. Some ideas are interviewing a family member about a favorite family recipe, adopting someone at a local nursing home and visiting or collecting school supplies for next fall. The FF4-H packet will include lots of fun ideas.

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Dewey County Extension Office

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4-H Calendar

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Service learning activities provide young people with opportunities to think about others,” said Cathleen Taylor, state leadership and civic engagement specialist with the state 4-H office. “As families gather to prepare a Food, Fun, 4-H meal, they’re encouraged to brainstorm ideas of how they can help in their community.”

Allen noted that dealing with mental stress is a reality for many teens and their families and encourages them to take a mindful minute.

A mindful minute example is taking the time to look around and focus on five things they see, four things they can touch, three things they can hear, two things they can smell and one thing they can taste,” she said. “It’s amazing how much less stressed a person can feel after this activity. A mindful minute helps us ground ourselves. Another option is to journal on a regular basis.”

Contact Allen at cathy.allen@okstate.edu for registration information.

Date Change County Food Showdown

The County Food Showdown will be held the morning of May 31st (9:00 – 11:30). The cupcake wars will be held the afternoon of May 31st (1:00 – 3:00).

Guidelines and registration forms were included in the March/April newsletter. Contact the extension office to register by May 19th.

County 4-H Record Books

Since July 1st is a Saturday, County 4- H record books are due in the extension office by July 3, 2023. There will be a record book workshop on June 12th from 1:00 – 3:00 at the county extension office. Bring your calendars, and pictures, to work on your books.



Dewey County 4-H Teen Leader Summer Kick Off May 25, 2023 4:00 – 6:30 Register by May 23rd

All 4-H members who have completed 6th grade (and older) are invited to join the fun at 4:00 on May 25th. We will meet at the fairgrounds in Taloga for an informative, fun filled evening.

Topics include –

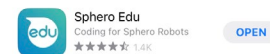
- Perks of being a senior 4-H member.
- Summer and beyond – opportunities you won’t want to miss.
- Sphero bot training – fun, robot spheres.
- Dinner with friends.

\$5.00 registration covers meal and all supplies.

Parents –

We will be learning to code and operate Sphero bots. An app is needed, if your child has a phone or tablet you can download the app for them to use during the meeting. We understand not everyone will have a device to download the app on. It is not a requirement. Everyone will be able to participate. Contact Jean if you have any questions.

Look for at the app store.



4-H Leaders and Volunteers Meeting

Parents and volunteers are invited to attend the county leaders meeting on May 30, 2023 at 6:00 p.m. Club leaders if you are unable to attend, please send a parent to represent your club.

Agenda items include summer programs including possibility of county overnight camp in covered wagon and/or county zoo snooze. Also, county fair preparations. Participants are welcome to bring finger foods to share.



County 4- H Summer Workshops At county fairgrounds in Taloga

9:00 am – 12:00 pm

Registration due June 1st

\$5.00 Registration fee covers lunch and all supplies

June 8, 2023 – A glimpse of Mexico

Learn about art and food in the Mexican Culture



- Make a pinata puppet
- Transplant a hen & chick plant to take home
- Make your own tortillas in a bag.

June 21, 2023 – Clover Craft Day

Explore a variety of clover crafts including

- Painting
- Paper
- Drawing
- Coloring
- Much More

Special lunch and clover snacks to celebrate 4-H!

July 20, 2023 – A Glimpse of Africa

Registration due July 1st

Learn about the African culture through art and food.

- Beads: unlimited possibilities.
- Make paper beads
- Prepare/sample traditional African breads.



2023 State Roundup 102nd State 4-H Roundup

Date: July 26-28, 2023

Location: Oklahoma State University Campus

Cost: \$165



- Youth must have completed the 7th grade by July 1st to attend Roundup
- There will be **NO** refunds for cancellations unless there are extreme circumstances

All 4-H members that have completed 7th grade are invited to the state 4-H Round Up. Everyone planning on attending 4-H Round up should attend the county teen leader kick off on May 25, 2023. Members will need to fill out their registration forms including workshop choices and contest registrations. The registration fee of \$165.00 is due with registration.



Tri-County 4-H Camp



2023



Campers: Grades 3 to 7 --- Counselors: Grades 8 to 12
(Counselors will need to attend a training on
Monday, June 5 from 11:00 a.m. to 2:00 p.m. in Seiling
and will need to conduct a fair project workshop at camp.)

9:00 a.m. to 9:00 p.m.
Thursday, June 15, 2022
Major County Fairgrounds in Fairview

Dewey County 4-H members- come join the fun!

Sign up by Thursday, June 1 by turning in a registration form and the fee to the
OSU Extension Center in Taloga.

-registration fee- \$40 per member

Activities will include:

- Educational workshops
- Fair Project workshops
- Swimming at the Fairview City Pool
- Teamwork activities

4-H members will receive:

- a camp t-shirt or hat
- snacks, lunch, and dinner
- a fun and educational time with other
4-Her's from Dewey, Major and Woods Counties!

Dewey County 4-H

The Oklahoma State University Cooperative Extension Service offers its programs to all eligible persons regardless of age, race, color, religion, sex, sexual orientation, genetic information, gender identity, national origin, disability, marital or veteran status, or any other legally protected status. OCES provides equal opportunities in programs and employment.

-----registration form-----

4-H Member's Name

Grade in School

T-Shirt Size (youth or adult?)

(please note: we may be doing hats instead of t-shirts) Fee Paid



OSU EXTENSION
WEST DISTRICT
4-H YOUTH DEVELOPMENT

North Region 4-H Discovery Days - July 7, 2023

Woodward County Fairgrounds – 108 Temple Houston Drive, Woodward, OK

Registration is \$30.00 per person and is payable to your County Extension Office.

Registration form and fee must be in the Dewey County Extension Office
 by 4:30 on June 12, 2023.

Your County: _____

Your Name: _____

Your Email: _____

Your Age: _____

Lunch will be served (hamburgers, chips, drink).
Please list any food allergies or special dietary needs:

Rank in order for Workshop #1:

- Photography
- Shooting Sports
- Duds to Dazzle
- Paper Circuitry

Rank in order for Workshop #2

- Leather Craft
- Food and Nutrition
- Stemist-Insects
- Drones

Rank in order for Workshop #3:

- Art
- Spherobot
- Wildlife
- Babysitting 101

I will participate in the Hydro-Rockets from 5:00 – 6:00 p.m.

- Yes
- No

Workshops are subject to change.

4-H Calendar

- May 10 Vici Jr. 4-H
- May 13 District STEM Challenge – Kingfisher
- May 19 4-H Culinary contests registrations due
- May 23 Register for Teen leader summer kick off
- ~~May 24~~ ~~County food showdown~~—RESCHEDULED FOR MAY 31ST
- May 25 Summer Kick Off and roundup orientation / registration meeting
- May 26 State 4-H Round up registration deadline
- May 31 County Food Showdown
- May 31 County cupcake wars and vegetable sculpting
- June 1 Registration deadline for Tri-county day camp
- June 1 Registration deadline for June workshops
- June 2-3 District horse show
- June 5 Tri- County Camp Counselor training
- June 7 District Discovery Day
- June 8 Summer workshop – A glimpse of Mexico
- June 9 District culinary contests (food show down, cupcake wars, veg. sculpting)
- June 12 Registration deadline District Discovery Day
- June 12 Record Book Workshop – 1:00 pm -3:00 pm County Extension Office
- June 15 Tri-county day camp
- June 21 Clover bud Clover Day Camp
- June 23-24 Oklahoma state 4-H volunteer conference – Stillwater
- July 1 County record books due
- July 1 Registration deadline for a glimpse of Africa summer workshop
- July 7 District Discovery Day
- July 18-20 Big Three in Stillwater
- July 20 Summer workshop – A glimpse of Africa
- July 25 Annual club report and charter renewal form due in county office
- July 26-28 State 4-H Round Up
- ~~July 29~~ ~~County Awards program~~—RESCHEDULED AUGUST 19
- August 4 Deadline to turn shooting sports instructor training forms in county office
- August 19 County 4-H Awards Program
- August 26-27 Shooting Sports instructor training
- September 6 4-H Market; dinner & silent auction; Fairest of the Fair
- September 7-9 County fair
- Sept. 28- Oct. 1 4-H Volunteer Conference – Rock Eagle 4-H Center, Eatonton, GA

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 as information about 4-H and youth programs. Office is located at 107 N. Sexton St at the fairgrounds in Talonga.

Office Hours:

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

Editor: Jean Bailey
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
- Enroll your 4-H member(s)

Contact your local 4-H leader or the county extension office 328-5351

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