



NEWSLETTER

May is Mental Health Awareness Month

The spring season is in full swing, bringing proms, graduations and other celebrations. It's also a time to focus on mental health since May is Mental Health Awareness Month.

Rachel Morse, [Oklahoma State University Extension](#)'s youth mental health specialist with the [Oklahoma 4-H Youth Development](#) program, said now is a time for mental health awareness organizations and non-profits to address child and adolescent mental health problems and look for ways to reduce the stigma often associated with mental health.

"Young people today have a lot of stressors in their lives. They often turn to parents, friends and other trusted adults for guidance on reducing anxiety and feeling whole," Morse said. "Conversations around mental health can be held at any age and there are numerous mindfulness practices that promote conversation, awareness and reduce stress."

So, what is mindfulness? It's the basic human ability to be fully present, aware of where you are and what you're doing, and not being overly reactive or overwhelmed by what's going on around you. Morse said mindfulness is a quality of what every human being already possesses – you just have to learn how to access it.

"Mindfulness activities can include a lot of different things, including meditation, yoga, creating a glitter jar, taking a walk through the neighborhood or even doing something creative like crafting or coloring," she said.

To help bring understanding to mindfulness, Morse suggest going on a five senses scavenger hunt. To start, recall what the five senses are – sight, hearing, smell, taste and touch. Using your senses, look for the following things:

- Something that makes a crunch sound
- Something that tastes sour
- Something that smells good
- Something that is smooth
- Find three of the same things
- Something that smells bad
- Something that has a sweet taste
- Something loud
- Something long
- Something soft
- Something colorful
- Something quiet
- Something rough

This activity can be done alone or in a group and can be done inside or outdoors. Once this activity is complete, take time to notice how you feel afterwards. Are you more relaxed? Become aware of your breathing and how your body feels. Was it easy or hard to focus on looking for the items on the list?

"An important part of mental health awareness is knowing there is support, resources and people to help you through your hard times, no matter your age," Morse said.

"Oklahoma features statewide hotlines for those seeking help and treatment."

Reachout Helpline: 800-522-9054
 This program is through the Oklahoma Department of Mental Health.

Dewey County Extension Office

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**Dewey County Food Showdown
May 23, 2022 1:00 P.M.
Registration Due – May 18**

The County Food Showdown contest will be held on May 23 at the fairgrounds in Taloga. The top two teams in each age division will qualify to go on to the district contest on June 2nd.

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 (grade 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.



**District 4-H Culinary Contests
Thursday, June 2, 2022, at Fairview**
Contact County office to register by May 18th

In addition to the Food Showdown, there will be a cupcake wars and Fruit/Vegetable sculpting/arranging contests on June 2nd at the district culinary contest.

Contact the county office for contest details and to register.

County 4-H Workshops

The following 4-H workshops are available for all Dewey County members. Be sure to contact the extension office to sign up as some have limited space. All workshops will be filled on a first call basis.

June 10 at 1:00 -3:30 Sewing workshop. Beginners will make a simple bag. Advanced sewers may bring a project to work on or make a bag. All supplies are provided for the bag. Sign up by June 8th!

June 21 at 12:30 -3:30 County record book workshop. All supplies will be provided for you to complete your record book – even if you are just starting! Sign up by June 17th!

June 22 Cloverbud workshop 10:00 – 12:00 Cloverbuds (grades K-2nd) enjoy a morning of games, stories, and crafts as you explore possible 4-H projects. Sign up by June 17th.

June 25 Barn Quilt Workshop begins at 10:00 a.m. Participants will learn about barn quilts and quilt trails. Participants will also complete a 1' x 1' or 2' x 2' barn quilt. Junior 4-H members (under grade 7) must have an adult partner to work with. Supply fee 1'x1' \$20.00, or 2'x2' \$30.00. Bring a sack lunch and paint the day away. Sign up by June 21st.

**Teen Counselor's Needed
Tri-County Day Camp
June 15, 2022**

4-H members who have completed 7th grade are invited to serve as a teen counselor at Tri-County Day Camp on June 15th.

Camp Counselors will assist campers during activities and serve as a leader in other activities. Counselors are also asked to prepare a workshop where campers make an item they can enter in the fair.

There will be a camp counselor training meeting on June 6 at Delizioso's from 11:00 -2:00



**Teen Leadership Training
May 27, 2022 1:00 – 4:00
Fairgrounds in Taloga**

All 4-H members, ages 12 and above, are encouraged to join the teen leadership training. It will be a fun time of hands-on activities as you learn more about 4-H citizenship, leadership, and community service.

There are several exciting opportunities coming up this summer. This training will include planning and preparing to serve as a camp counselor workshop director, 4-H representative, and much more!

Contact the county extension office to sign up by May 20th.

**County 4-H Leader's Meeting
June 2, 2022 – 6:30 P.M.**

All county 4-H leaders and volunteers need to attend the meeting on June 2nd at the fairgrounds. Agenda items include Finalizing summer plans – County Fair – Annual Training – Record Keeping – What's new in 4-H – Beginning new year (starts August 1st)

Anyone interested in volunteering to help with the 4-H program is come to join the fun.

A light meal will be provided. So, bring your appetite, ad friend (future volunteer), and some great ideas.

4-H Calendar

May

- 18 – Culinary Contest registration due
- 20 – Family Horse Camp registration due
- 23 – County Food Showdown
- 27 – District Horse Show registration due in County office.
- 27 – Teen Leadership 1:00 – 4:00
Sign up by May 20
- 28-30 – Family Horse Camp

June

- 1 – Tri County Day Camp Registration Due
- 2 – District Culinary contests.
- 2 – County 4-H leaders meeting
- 6 – Tri-County Camp Counselor Training
- 10 – 4-H Sewing workshop – sign up by June 8
- 14 – District Discovery Days registration due
- 15 – Tri-County Day Camp
- 21 – County record book workshop –
Sign up by June 17th.
- 22 – Cloverbud Workshop –
sign up by June .
- 25 – Barn Quilt Workshop – sign up by June 21
- 28 & 29 – District Discovery Days

Looking ahead

July

- 1 – Record Books Due
- 6 – Cloverbud Workshop
- 20 – Record Book Interviews
- 27-29 – State 4-H roundup



Dewey County Extension Educator FCS/4-H & CED

Editor: Jean Bailey

Closed for lunch from 12:00 noon – 12:30 PM

8:00 AM – 4:30 PM Monday – Friday

Office Hours:

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 Taloga.

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

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

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



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OSU EXTENSION
4-H YOUTH DEVELOPMENT

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