



NEWSLETTER

Festive Food, Fun, 4-H

Nothing brings family and friends together like sharing good food. In keeping with the spirit of generosity and gratitude, Oklahoma 4-H'ers and youth third grade through 12th grade are invited to participate in the one-time Festive Food, Fun, 4-H.

Born during the COVID-19 pandemic, the Food, Fun, 4-H program has been wildly successful, with hundreds of families finding themselves in the kitchen preparing themed main dishes, side dishes, and desserts over the last 18 months, said Cathy Allen, Oklahoma 4-H Youth Development curriculum coordinator with Oklahoma State University Extension.

“Our Festive Food, Fun, 4-H program will operate similarly to the previous programs but will feature a one-time mailing focusing on generosity and gratitude,” Allen said. “We’ll have recipes that can easily be shared or given as a gift this time of year. It won’t be a complete meal like we’ve done in the past. We want participants to be thinking about ways they can say ‘thank you’ or show appreciation to others, and possibly add a new food to their family’s special meals.”

Enrolment in Festive Food, Fun, 4-H will begin in November and details soon will be available on the Food, Fun, 4-H website and through local OSU Extension offices.

Allen said the mailing will include a recipe for soup in a jar, healthy snack/cereal mix, meatballs and more. In addition, members of the State Leadership Council will be submitting their favorite recipe or holiday

tradition.

Supplemental information will include lessons about using the microwave, preventing burns while cooking, science experiment with the microwave, setting a festive table, mealtime manners, conversation starters, easy craft ideas and healthy holiday food swaps.

Participants also will receive a special mailing to their mailboxes that will coincide with Festive Food, Fun, 4-H.

“Food has long been a way for people to bond or show appreciation. This is an opportunity for participants to get in the kitchen with grandma or another family member and make a traditional family cookie recipe or experiment with a new one. You might even create a new family tradition,” Allen said. “Not only will this help ensure the family recipe is passed along from generation to generation, but also provides an opportunity for a young family member to have a conversation with and learn from an older family member and create new memories.”

Participants and their families can pick and choose which recipes and activities to try on a weekend or during the upcoming holiday season.

“Even if you’ve participated in Food, Fun, 4-H before, enrolment in this program is still required,” Allen said.

Fun, Food, 4-H has been highlighted by the National 4-H Council and is sponsored by a Walmart Healthy Habits Grant.

Dewey County Extension Office

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In this issue

- Festive Food, Fun, 4-H
- Calendar
- Volunteer leader opportunities
- State horse show changes
- Dewey County 4-H workshops

November 2021

- 6 State muzzle loader - Arcadia, OKC Gun Club
- 13 Horse Science Academy, Cline Center, Stillwater

December

- 7 4-H Tuesday Tool Time
- 13 Dewey County 4-H leaders meeting
- 20 4-H Babysitting Basics
- 21 County Officer training and service project
- 28 Cloverbud winter workshop
- 29 4-H leadership training and service project

Upcoming in 2022

- Jan. 7 Registration due date air rifle and air pistol
- Jan. 22 State air rifle and air pistol contest, Stillwater
- Feb. 5 Communication contest, Stillwater
- Feb. 11 Science Night at the Museum
- March 7-18 OYE
- June 8-10 Summer horse judging camp
- June 24 ZZZ's Under the Sea
- July 14-16 State 4-H Horse Show
- July 19-21 Big Three, Stillwater
- July 27-29 State 4-H Round-up



4-H Virtual Volunteer Conversations

6:00pm CST/7:00pm EST

01/26 - Volunteer Training & Leadership Opportunities
 04/27 - Program Communication Strategies
 07/27 - Building Partnerships, Local & Beyond
 11/30 - Innovative Ideas for Clubs

share ideas and connect with other volunteers throughout the country

Register at:

<http://bit.ly/4HVolCall>

All 4-H volunteers and professionals are welcome to attend!



BROUGHT TO YOU BY THE VOLUNTEER SPECIALISTS OF THE SOUTHERN REGION

4-H TUESDAY
TOOL TIME
 For Volunteers, Parents and Extension Professionals



A simple way for volunteers to complete two of their four Continuing Education credits.

December 7 – Appreciation – developing and sharing the life skill through 4-H

<https://dasnr.zoom.us/join/zoom/register/tJlqduGgrDkjHdNfngBnEf5odAUkLPLO35O5f>

State 4-H Horse Show Update

September 2021: An exciting addition has been made to the list of classes offered to Oklahoma youth in the horse program. Ranch Ground Handling, will be offered for all ages of youth and horses to enhance the skills of youth working with horses on the ground. This class promotes the skills necessary for basic ground manners, safety when working with horses and the building blocks of training horses, whether young or old. Think of the class as a hybrid between Showmanship and trail, manoeuvres will include squaring the horse up, pivoting on fore and hindquarters, side passing, sending in circles and more.

With this addition and due to low levels of participation, we will be sunsetting Western Riding and combining hunter hack to all ages.

Dewey County 4-H Workshops
Call the extension office to register by December 15th ~ (580)328-5351

Babysitter Basics

December 20, 2021 at the fairgrounds
10:00 a.m. – 2:30 p.m.

4-H members ages 10 and above

\$7.00 registration fee covers all supplies, lunch, and materials needed

This workshop is designed to help you learn what it takes to be a responsible, caring, trustworthy, competent, capable, and safe babysitter. You will also receive tips for starting and running your babysitting business.

County officers / teen leaders

December 21, 2021

There will be a meeting for all 4-H county officers and interested teen leaders on December 21st. It will include leadership training, project / program planning, and a fun community service project. Watch for additional information or contact the county extension office.

Cloverbud Workshop

December 28, 2021 at the fairgrounds
10:00 a.m. – 12:00 noon

\$5.00 registration fee covers all workshop materials, supplies, and snacks

Registered cloverbuds are invited to come learn more about 4-H activities and events, and explore various 4-H projects. Dewey County 4-H officers and teen leaders will be teaching a variety of hands-on crafts, games, songs, and activities to help cloverbuds learn more about the 4-H program.

Leadership & citizenship

December 29, 2021 at the fairgrounds
10:00 a.m. – 2:30 p.m. ~ open to all 4-H members

This will be a fun day of activities to learn and practice leadership and citizenship skills. Sessions include:

- Club officer training and parliamentary procedure
 - Team building games
 - Public speaking made easy
 - Community service project
 - Beginning record books

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.

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
- Enroll your 4-H member(s)

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

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Festive, Food, Fun and 4-H registration is now open! Festive Food, Fun, 4-H will focus on trying new foods, developing life skills, exploring traditions and showing generosity to those around us. This program is open to 4-H members and youth in your community. Families can register at: <https://4h.okstate.edu/projects/nutrition-health-wellness/food-fun-4h/>

Oklahoma 4-H Toy Drive

Benefiting the Children's Hospital and associated agencies. Collect new, plastic toys!
(No stuffed animals please)

Please take unwrapped toys to the following county offices:

**Grady, Washita, Garfield,
Tulsa, Johnston,
Pushmataha or the
State 4-H Office**

For More Information:  

Cathleen Taylor, State 4-H Office
(405) 744-8888
cathleen.taylor@okstate.edu

Olivia Napier, State Secretary
yololivial4@gmail.com



The Oklahoma Farm Bureau/Oklahoma 4-H ATV training facility is scheduling classes for youth, and adults!

Are you looking for something new and fun to do with your family? Maybe your family does a lot of riding you can book a date for just for your family and learn together! We offer ATV Riders Course for only \$10.00 per person and includes, water, snacks, and a 3-hour riding course.

Schools consider booking those Professional Development days with us! We also offer an ATV Riders Course with a Team Building Component for \$25 per person which includes lunch, water, snacks, two hours of teambuilding, and a three-hour riding course.

- Youth must be 10-18 years old to ride the ATV Riders Course.
- Groups can be up to a maximum of 8 riders at a time. Adults are welcome to participate in the rider's class. The ATV Riders course includes 12 riding lessons.
- Participants must complete an online E-course prior to the riding class. Helmets, goggles, gloves are provided to the riders.
- Participants need to wear long-sleeved shirt, long pants and over-the-ankle boots or shoes.

For more information or to schedule your group for a Fall or Spring class contact the county extension office.



Introducing youth to birding through 4-H

When thinking about leisure sports, activities such as tennis, bowling or hiking may come to mind. But did you know birding is one of the fastest-growing spectator leisure activity in the world? About 80 million people of all ages and physical abilities are involved in some manner of bird watching.

Second only to gardening, birding is a leisure activity that offers great opportunities for families to spend time together. Birding is part of the many activities available in the wildlife and fisheries section of the 4-H environmental science curriculum.



Why is birding so popular? Aside from spending time together as a family, participants also get to be outside, spend time in the elements, learn life skills and gain a better understanding and appreciation of the natural world, said Kevin Allen, OSU Extension youth wildlife specialist and professor in the Department of Natural Resource Ecology and Management.

“Bird watchers range from the casual observer of birds at their backyard feeders to those who plan extensive trips to increase the number of birds they’ve seen and identified,” Allen said. “4-H’ers and their families can get involved in birding simply by observing birds in their own yard. If they choose, they can invest in a pair of inexpensive binoculars.”

Birding can provide club members with opportunities to develop life skills such as decision making, goal setting, critical thinking, problem solving, communication and record keeping.

Youth also will benefit from learning through the process of elimination. Allen said the birding project can give youth an opportunity to learn more about Oklahoma’s biodiversity and various ecoregions such as the cross timbers and grassland areas.

In all 4-H projects, information starts at the basic level, and birding is no different. Participants start with identifying by size and shape, then start narrowing down from there to identify a specific bird.

Allen said a lot of people tend to focus on the color of the bird, but that can be deceiving in some cases. Because birds molt in the fall and spring, the color can change. Starting with the size and shape helps get the bird into the right classification, then they can use color to hone their bird-identification skills.

“Birding also involves animal science, biology, environmental science, natural resources, ecology and geography, which can help 4-H’ers and their families develop a greater understanding and appreciation of our natural world,” he said.

More advanced birders can learn the various parts of the bird to help with identification. They also can use birdsongs in that identification process. Club members may hear the birds but can’t see them. That advanced skill of identification by song can be a lot of fun.

“I encourage families who are looking for activities to do together to look into birding.” Allen said.

For more information about the 4-H birding project, contact the Dewey County OSU Extension office. (580)328-5351