



NEWSLETTER

Healthy Living Ambassadors make a big impact

Head. Heart. Hands. Health. These are what the four H's stand for in the 4-H. The [Oklahoma 4-H Youth Development](#) program has always been focused on the health and well-being of its club members, but there's one group who take a special interest in the fourth H.

The Oklahoma 4-H Healthy Living Ambassadors work as a team, bringing wellness initiatives to communities across Oklahoma, said Cathy Allen, 4-H curriculum coordinator at the State 4-H Office at Oklahoma State University.

"Applications are now open for current club members to join this group and help expand healthy living programming across the state," Allen said. "Selected participants will be immersed in a community health and wellness learning experience addressing issues such as hunger and food insecurity, nutrition and physical health, and mental well-being."

Ambassadors will work with all age groups, including their peers, 4-H volunteers, 4-H educators, and others interested in healthy living opportunities and resources.

Club members interested in applying to be a Healthy Living Ambassador have until Nov. 15 to apply. Applications will be reviewed and applicants advancing to Zoom interviews will be notified via email Nov. 20.

Allen said she is ready to get this new group of Ambassadors busy with new activities. With everything

shut down over the last couple of years, it's time to get out and resume the group's face-to-face programming.

"We're excited to really ramp up this program following the COVID pandemic, although our group was creative in finding ways to share valuable health-related information during that time," Allen said.

When the pandemic hit in early 2020, this could have hindered the goals of the Healthy Living Ambassadors. Instead, Allen said the group rallied and made the most of the situation by creating an email campaign that could still help them meet their goals.

"The ambassadors played a critical role during the pandemic and continued to spread the word about good health. We saw their strengths really come out during that challenging time," she said. "The email campaign, Everyday Healthy Habits, was sent out weekly."

The campaign included Mindful Monday, Tasty Tuesday, Wellness Wednesday, Thankful Thursday, Family Friday, Safety Saturday, and Self-Care Sunday. They brainstormed and came up with activities club members and their families could participate in while social distancing.

Allen said the ambassadors also developed videos that were used with the school version of [Food, Fun, 4-H](#).

While the 4-H Healthy Living Ambassadors are developing skills that will help them lead healthier lives, they're also developing other critical life skills such as public speaking, leadership, and teamwork.

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Dewey County Youth at District Leadership Conference

4-H Market Dinner, and Silent Auction

4-H Has Talent Registration

**County Junior Round Up
November 22, 2022
12:30 – 4:00 at fairgrounds**

Don't miss the fun on November 22, 2022, at the fairgrounds in Taloga. There will be:

- Team building games
- Craft Workshops
- Snacks
- Consumer judging contest
- Dance or entertainment
- Service-learning project

Many of the activities will be led by our county officers and teen leaders. They will be sharing what they learned at State Round Up and/or district leadership conference. Registration is due by November 15th.

Fall Cloverbud Day Camp

Make a pizza, paint a pizza, Eat a pizza!

County clover bud members are invited to the Fall Cloverbud Day Camp on November 21, 2022, from 10:00 a.m. to 2:00 p.m.

Cloverbuds will learn about nutrition and healthy food choices. They will create their own pizza for lunch.

The day will also include a creative arts project where cloverbuds will paint a picture while learning about color and texture in art.

Contact the extension office to register by November 15th.

Teen Leadership Team

November 2, 2022

County Fairgrounds 4:00 – 5:30

All 4-H members, seventh grade, and above are welcome to join the Teen Leadership Team. It will be a fun time of hands-on activities as you learn more about 4-H project work, leadership, and citizenship.

The Teen Leadership Team will help finalize the plans for Fall Cloverbud day and County Round Up.

The meeting will be held at the fairground's afterschool on November 2nd.

Contact the extension office to sign up by November 1st.

4-H Has Talent

All 4-H members are invited to participate in the 4-H Has Talent Contests. Acts include individual, small group (2-4) or large group (5 or more).

Each act will have 2 minutes to set up, 6 minutes performing and 2 minutes to remove props from stage. Contact the county extension office for additional information.

Dewey County Contest – January 4th afterschool at the Seiling School auditorium. Registration forms are due December 22. The county contest is open to all 4-H members, including cloverbuds.

West District Contest – January 28 at Fairview School Auditorium beginning at 9:30 a.m.

- The district contest is open to all 4-H members enrolled in the West District – North Region. (No cloverbud entries at the district contest.)
- Each county can send as many acts as they register.
- Contact the county extension office for the district registration form.

**County 4-H Leaders/
Volunteers Meeting**

November 28, 2022 – 6:30 P.M.

County Fairgrounds

All 4-H leaders and volunteers are encouraged to attend the meeting on November 28th. Agenda items include County Roundup, finalizing plans for winter events, spring events and leadership training. Refreshments will be served.

Canned Food Drive

Congratulations to Seiling 4-H! The collected 336 food items during National 4-H week. They donated the food items to the school backpack program and the local food bank.

Vici 4-H came in second place with 45 items collected during national 4-H week. They donated items to the food bank.

Good job to all who participated! The food banks greatly appreciate the donations.

You Can Help

The Vici Senior 4-H Club is excited about their latest fund raiser because no one has to buy anything! But, you can help.

They are collecting gently used or new shoes of any size. Not only does this help Vici Senior 4-H, but the shoes also get a second life, helping those in need. It's a double donation! So, just clean out those closets and help vici 4-H reach their goal.

You can contact Nicole Moss or any of the Vici Senior 4-H members to pick up your donations. The final day to collect shoes is November 18th

Major County Invitation Archery Contest Fairview, Oklahoma - December 10th

-Entry Fee will be \$7.00 per event.

-Medals will be awarded for this contest.

-Pre-registration is due by Monday, December 5, 2022.

Contact the extension office or your archery coach to register

4-H Healthy Living Ambassador Applications

Applications are due to the county extension office by November 10, 2022

4-H Healthy Living Ambassadors work both individually and as a team, bringing wellness awareness, programs, and initiatives to communities across Oklahoma. Oklahoma 4-H Healthy Living Ambassadors provide support and programming to local 4-H clubs, county, district, and state programs. Healthy Living Ambassadors will also be called upon to attend health related programs and events.

The team will consist of up to 10 Oklahoma 4-H members.

Oklahoma 4-H Healthy Living Ambassadors will:

- Help set and achieve goals in the 4-H Healthy Living framework
- Support the work of 4-H Healthy Living
- Participate in Oklahoma Healthy Living Summit and conference calls
- Work closely with Healthy Living Ambassador Advisor at the Oklahoma State 4-H office and other team members

STATE EVENTS AND DATES

OYE NOMINATION DEADLINES

November 10, 2022

Breeding Does, Commercial Breeding Ewes, Market Goats, Market Lambs, Market Steers, Wether Dam Breeding Does

December 1, 2022, All Swine



Horse Science Academy!

The 2022 Horse Science Academy will be held November 12, 2022, at Cline and Totusek Arena.

Registration is limited to 30 youth enrolled in high school. This year's topic will be anatomy and will include learning the scientific language to describe anatomical locations, bones, and soft tissue structures of the appendicular skeleton. We will be using live models as well as cadaver limb dissections.

Registration is \$50 and includes notebook, supplies, snacks, and lunch.

Shooting Sports Coach Certification

Dates are December 3-4

Location Chisholm Trail Technology Center
between Kingfisher and Watonga

Contact your County OSU Extension office to register for the upcoming Oklahoma 4-H Shooting Sports Coach Certification class by November 16, 2022

Opportunities for 4-H leaders and volunteers –



For Volunteers, Parents and Extension Professionals

Tuesday Tool Time 6:30-7:30 pm

November 8 - Conflict Management

This continuing education opportunity is brought to you by the State 4-H Volunteer Board

Guest Speaker Kristen Blakley, Professor of law at the University of Nebraska will be sharing tools and theories on how to manage conflict to improve communication.

Previous webinars and support materials are available online.

Ag in the Classroom Contests Theme: Oklahoma Agriculture: Our Roots Run Deep

Entries due January 6, 2023

The annual contest has four categories:

PreK-2nd Grade – Coloring Contest

3rd-12th Grade – Poster Contest

9th-12th Grade – Photography Contest

This is a great activity for fall 4-H meetings/activities. In addition, teens can gain leadership experience by working with elementary classrooms or Cloverbuds to prepare Coloring Contest entries.

<https://oklahoma.agclassroom.org/contest/>

State 4-H Judging Contest Saturday, October 29, 2022 at OSU in Stillwater

The State 4-H Judging Contest will be held Saturday, October 29, 2022 on the campus of Oklahoma State University, with contest sign-in at Animal Science building; Room 123.

Advanced registration is required for each contest. 4-H members can compete as individuals and or team members. Medallions will be awarded to the top 3 teams and top 3 individuals in each judging contest.

Registration: Contact your county extension office to register by October 19th

Times of the Contests

9:00 a.m. - Horticulture Judging (Dr. Shelley Mitchell)

10:30 a.m. - Crops Judging (Dr. Beatrix Haggard)

1:00 p.m. - Consumer Decision Making (Cathy Allen)

1:30 p.m. - Entomology Identification (Dr. Andrine Shufan)

4-H Calendar

- October 22 State Skeet
- October 23 State Trap
- October 24 Due date for archery and sporting clays
- October 26 Leedey 4-H pinewood derby
- October 29 State .22 rifle & pistol
- November 2 Teen Leadership Team meeting
- November 5 District Make it with wool contest
- November 5 Outdoor Archery, Stillwater
- November 6 State sporting clays
- November 8 Tool Time Tuesday “Conflict Management” - virtual 6:30-7:30, preregister
- November 9 Vici junior 4-H
- November 12 State Horse Science Academy
- November 15 Seiling Cloverbuds
- November 15 Registration deadline – County Fall Cloverbud Day Camp and Junior Round Up
- November 16 Seiling Junior 4-H
- November 21 County Fall Cloverbud Day Camp
- November 22 County Junior Round Up
- November 28 County 4-H leaders meeting
- December 10 District Air rifle, pistol
- December 14 Vici Jr. 4-H
- December 22 Deadline to register for 4-H has talent
- January 4 County 4-H has talent
- January 11 Vici Jr. 4-H
- January 9 Due date for air rifle and air pistol
- January 17 Seiling Cloverbuds
- January 18 Seiling Junior 4-H
- January 21 State air rifle and air pistol
- January 28 District 4-H Has Talent

4-H Calendar

- February 1 County public speaking contest
- February 1 Pickens Legacy Scholarships due
- February 8 Vici Jr. 4-H
- February 11 District speech contest
- February 14 Seiling Cloverbuds
- February 15 Seiling Junior 4-H
- March 8 Vici Jr. 4-H
- March 8-17 OYE
- TBD – April State 4-H record books and scholarship application due
- April 1 District Duds to Dazzle
- April 10 County scholarship application due
- April 12 Vici Jr. 4-H
- April 18 Seiling cloverbuds
- April 19 Seiling Junior 4-H
- TBD (spring) District science fair & STEM Day
- May 10 Vici Jr. 4-H
- May 24 County food showdown
- May 31 County cupcake wars and vegetable sculpting
- June 2-3 District horse show
- June 9 District culinary contests (food show down, cupcake wars, veg. sculpting)
- July 1 County 4-H record books, club secretary books, and end of year report due
- July 6-7 Discovery Days
- July 18-20 Big Three in Stillwater
- July 26-28 State 4-H Round Up
- July 29 County Awards program
- September 6 4-H Market; dinner & silent auction; Fairest of the Fair
- September 7-9 County fair
- TBD (fall) BBQ/Dutch oven cooking contest

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

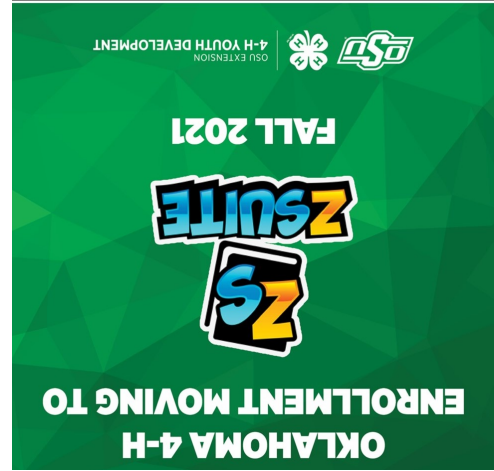
Office Hours:

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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