



## 4-H CLOVER CONNECTION

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MAY 2023

### Food, Fun, 4-H Ready for Exciting Summer in 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.

"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](mailto:cathy.allen@okstate.edu) for registration information.



## DATES TO REMEMBER

FUN Club	May 10
Photography	May 11
Sr. Night/County Elections	May 22
Bread Making Workshop	May 30
Office Closed	May 29
W. District N. Region	
Horse Show	June 2-3
Jewelry Making Workshop	June 6
Record Book Workshop	June 13
Spheros Workshop	June 14
Volunteer Conference	June 23-24
Farm Bureau Camp	June 27-28
4-H Camp	June 28-30
Dist. Discovery Days	July 6-7
Leather Making workshop	July 10
Beginner Sewing	July 17 & 18
State Round-Up	July 25-28
County Cloverbud Workshop	Aug. 2



**Watch for the next PLO meeting to be held in July**

### 2022-23 COUNTY OFFICERS

- ◆ President— Summer Prince
- ◆ V. President—Conner Quintero
- ◆ Secretary—Madison Nickels
- ◆ Reporter—Joe Sharp
- ◆ Recreation Leader—Shelbi Prince
- ◆ Executive— Bailey Nickels

## Youth and Family Services Project

Summer Prince is collecting toiletry items, small toys or coloring books, and fabric to make pillowcases. She makes pillowcases filled with fun items and necessities to youth at Youth and Family services. Good items are hair brushes, tooth paste/brush, deodorant, etc.



## State 4-H Round-Up Surf The Waves of Success

State 4-H Round-Up will be July 25-28 in Stillwater. All youth who have completed the 7<sup>th</sup> grade can attend. Registration materials are available at the office. Payment and Registration forms are due May 12 by 5:00. Youth will pick their workshops when they register. Cost for Round-up for those that did not participate in the county fundraiser is \$146.50. Youth that did participate in the fundraiser, the cost is \$96.50.



## Photography Club



If you are wanting to learn how to take better pictures come join Mandy Schroeder, photography club leader, on May 11, at 5:15 in the Extension Office. Mandy has some great ideas!

## Senior Night

Come celebrate the seniors graduating this year May 22, at 6:00 at the Extension office.



## F.U.N. Club

F.U.N. Club will be May 10<sup>th</sup> at 6:30 at 4R-Kids Putt Putt.

It will be "Holey" Fitness Putt-Putt.



## Birthday in a Bag

Bailey Nickels believes that everyone deserves to celebrate their birthday. Her community service project is called 'Birthday in a Bag'. It provides everything to make a birthday cake for some who might not have a birthday cake otherwise. If you would like to help Bailey complete her birthday bags, cake mixes and frosting may be dropped off at the extension office.



## County Record Book Workshop June 13, 5:30

County record books are something all 4-H members can complete. They are geared towards 1st year through those completing the 7th grade because when they are in 8th grade, they can complete state record books. Must sign-up by June 9th.

## 2023 State 4-H Parent Volunteer Conference June 23-24 in Stillwater

The primary purpose for this conference is to strengthen the local club or project group experience for youth, families, parents and volunteers. We want parents and volunteers to gain greater confidence in developing and implementing a local experience which will retain youth, gain youth and use an increasing number of volunteers as project and activity leaders.

Find more information at:

<https://4h.okstate.edu/volunteers/parent-volunteer-conferences/index.html>



## COUNTY OFFICER ELECTIONS



County Officer Elections will be May 22, following Senior night. Remember, EACH club can have 5 voting delegates.

Are you interested in running for county office? Candidates must be 13 or in the 7<sup>th</sup> grade by January 2, 2023. You must also have held a local office and must have turned in a record book. Current county officers must have taught a workshop or project club this year to be eligible to run. **If you are interested in running, you must CALL or COME BY IN PERSON and let the office know.** You can file for 3 offices. Each candidate will give a speech that can be no longer than 2 minutes. You must file by 5 p.m. on May 17th.



# SUMMER WORKSHOPS

**Bread making workshop: May 30, 1:00-4:00:** Come learn how to make focaccia and a loaf of bread with FCS Educator Joy Rhodes. You will need to bring a loaf pan and a jelly roll or cookie sheet pan. Bread will be made at the workshop and baked at home. Cost is \$5. Must sign-up by May 23<sup>rd</sup>.

**Jewelry making workshop: June 6, 2:00 – 4:00:** Learn to make jewelry with beads. Must sign-up by May 30<sup>th</sup>.

**Spheros workshop: June 14, 2:00 – 4:00:** This workshop is geared towards kids that are not in the robotics club. Come learn all about the new Sphero robots. Must sign-up by June 7<sup>th</sup>.

**District Discovery Days in Woodward: July 6 & 7:** More information to come but this will be a 2 day fun-filled event that will focus on several project areas. If you are interested in attending but need a ride, let the office know and we will try to help arrange transportation.

**Leather making workshop: July 10, 1:00-3:00:** Come learn to create an item with Covington leader, Sasha McReynolds. Must sign-up by July 3.

**Beginner Sewing: July 17 & 18: 9:00-3:00:** This 2 day class is for those that DO NOT know how to sew. Learn the basics and create several items. MUST ATTEND BOTH DAYS. Space is limited. Youth will need to bring a lunch each day. Cost is \$20 for supplies. Must sign-up by July 10.

**County Cloverbud workshop: August 2, 2:00-4:00:** All Cloverbuds welcome to craft and learn with the teen leaders! Must sign-up by July 26.



## Jammin' in the Jungle

4-H Camp – Camp is in person this year at Vici Baptist Camp. Our theme is Jammin' in the Jungle. We will be learning how agriculture makes a difference in our lives. Camp is June 28-30. Please complete the registration in the newsletter. Remember, if you completed the county fundraiser, you receive \$10 off your registration fee. If you are interested in being a counselor, you must have completed 8th grade of 2022/2023 school year to be a Teen counselor and if going into the 8th grade 2023/2024 school year can be a Jr. Camp counselor. You need to provide a workshop for campers as part of your duties. Mandatory counselor training will be June 12, in Enid.



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"Persons with disabilities who require alternative means for communication or program information or reasonable accommodation need to contact (Jessica Nickels, Extension Educator, 4-H) at (580-237-1228 or [jessica.nickels@okstate.edu](mailto:jessica.nickels@okstate.edu)) at least two weeks prior to the event."

