



## 4-H CLOVER CONNECTION

<http://oces.okstate.edu/garfield>  
<http://extension.okstate.edu/county/west-district/>  
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**JUNE 2024**

### Healthy Living Ambassadors Planning State Summit

When saying the 4-H pledge, club members pledge their head to clearer thinking, their heart to greater loyalty, their hands to larger service and their health to better living. These are words all 4-H'ers live by, and the Oklahoma Healthy Living Ambassadors take special interest in the health aspect of 4-H.

4-H Healthy Living programs provide youth with a better understanding of how their choices can help themselves, their families and their communities, said Cathy Allen, 4-H curriculum coordinator at the State 4-H Office at Oklahoma State University.

“Eight Oklahoma 4-H Healthy Living Ambassadors traveled to Washington, D.C., earlier this spring and are planning a statewide Healthy Living Summit on Oct. 26 using the informative and valuable information they learned,” Allen said. “At the Ignite by 4-H conference, the ambassadors took part in the healthy living track and attended workshops geared toward all areas of health, including physical, social and mental health. They were challenged to return home and develop a Lead to Change project.”

This fall's summit theme is HOPE (Helping Our People Excel) and geared toward 4-H'ers in 6th

through 12th grades.

“The ambassadors are still in the planning process, but they’re developing workshops and learning opportunities based on health statistics in Oklahoma, and their goal is to educate youth across the state about health issues and empower others to spread healthy living,” Allen said. “Oklahoma ranks 36th in childhood obesity and sixth in food insecurity. In addition, suicide is the second leading cause of death among youth ages 10 to 24. One in five children struggle to cope with the challenges of mental and behavioral issues. Workshop topics will be based on addressing these needs.”

Potential workshop topics include food waste, sun safety, internet safety, stress management, breathing exercises and more. The summit will also include a service-learning activity because civic engagement is a cornerstone of the 4-H philosophy.

Lydia Daniel, Healthy Living Ambassador from Washington County, said the Ignite by 4-H conference featured informative workshops and is looking forward to presenting a successful summit this fall.

“I’m so excited to bring healthy living workshops and activities to

our statewide HOPE Healthy Living Summit,” Daniel said. “I think we’ll be able to help people excel by providing workshop ideas, training and resources to 4-H’ers for them to take back and teach in their counties,” Daniel said. “I can’t wait to see everyone there.”

More information about the Healthy Living Summit will be available this summer.

Be sure to ‘like’ and follow Garfield County 4-H to keep up on reminders and the latest in 4-H.



## DATES TO REMEMBER

4-H Design Institute	June 10-11
Culinary Contest Day	June 13
Record Book & Fair	
Workshop	June 17
4-H Summer Cam	June 12-14
Discovery Day	June 25
Beginner Sewing	June 27-28
Spheros Workshop	July 11
PLO	July 15
Weaving Workshop	July 16
Rocket Workshop	July 19
State 4-H Roundup	July 23-26
CSI Workshop	July 30
Cloverbud Workshop	Aug. 1



## West District North Region 4-H Discovery Day Woodward County Fairgrounds June 25, 2024

Registration forms are available in this newsletter.

Cost is \$35 per person

Forms and money are due June 10.

This is a fun filled day to learn about different projects like:

Photography

Simple Sewing

Livestock

Spherobots

Ricochet Leadership Training

Healthy Living Horse

Project

Shooting Sport

Camping & Compasses

Cupcake Wars



## 2023 24 COUNTY OFFICERS

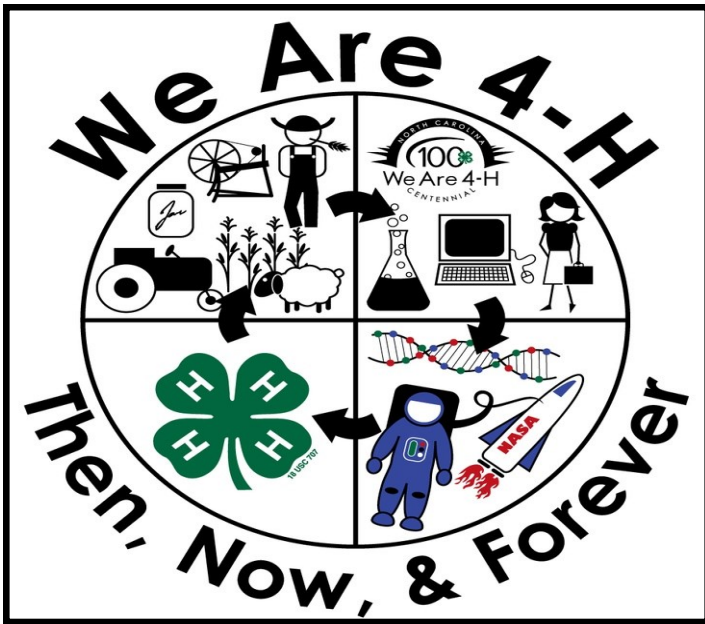
- ♦ President Bailey Nickels
- ♦ V. President Shelbi Prince
- ♦ Secretary Joe Sharp
- ♦ Reporter Brett Gainer
- ♦ Recreation Leader Josiah Benson
- ♦ Executive Jayton Zimmerman

## County Record Book and Fair Workshop June 17, 5:30 - 6:30

This workshop is for adults and youth with questions about how to enter 4-H entries in the county fair AND questions on how to complete the county record book.

Must sign-up by June 10





Do you have Legos collecting dust in the closet?

Garfield County 4-H is starting a **LEGO CLUB** and is looking for Lego donations.

If you have any Legos you would like to get rid of, please drop them off at the office.



4-H TUESDAY  
**TOOL TIME**



For Volunteers, Parents and Extension Professionals

Below is information for 2024 continuing education for volunteers, parents, and Extension professionals' courtesy of the Oklahoma 4-H Volunteer Board. All sessions are on the fourth Tuesday of the month from 6:30 – 7:30 pm. Each session has its own registration link. These are on zoom.

**2024 Quarterly Schedule and Registration Links:**

**June 25** – Registration for “Project” Success: A Curriculum Smorgasbord #2  
4-H Cooking 101-401, Hobbies/Textiles Design and Construction, and Electric Excitement  
<https://okstate-edu.zoom.us/meeting/register/tJMqceisqjkiH9RV0pPFcvthr-ZPxQdRhHvK#/registration>

**October 22** – Register for Set the Record Straight  
4-H Record Books bring lots of questions. Most are answered with planning quality project work.  
[https://okstate-edu.zoom.us/meeting/register/tJ0of-6urDspEtN7GQKZIWBX\\_xwVB5F6v4Ai#/registration](https://okstate-edu.zoom.us/meeting/register/tJ0of-6urDspEtN7GQKZIWBX_xwVB5F6v4Ai#/registration)



## WORKSHOPS

**BEGINNER SEWING: June 27-28, 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 lunch each day. Cost is \$25 for supplies. Must sign-up by May 29.

**SPHEROS WORKSHOP: July 11, 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 July 3.

**WEAVING WORKSHOP: July 16, 2:00-4:00:** Learn to weave a coaster or bookmark out of yarn. Must sign-up by July 10th. Space is limited.

**ROCKET WORKSHOP: July 19, 2:00-4:00:** Come learn how to make a hydro rocket and other fun facts about rockets. Must sign-up by July 12.

**CSI WORKSHOP: JULY 30, 2:00-4:00:** Do you enjoy solving mysteries? Come learn how science is used to solve crimes every day. Must sign-up by July 23.

**COUNTY CLOVERBUD WORKSHOP: August 1, 2:00-4:00:** All Cloverbuds welcome to craft and learn with the teen leaders! Must sign-up by July 24.



OSU EXTENSION  
**WEST DISTRICT  
 4-H YOUTH DEVELOPMENT**

**North Region 4-H Discovery Days**

**June 25<sup>th</sup>, 2024 --- Registration 9:15–9:30 a.m.**

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

Registration is \$35.00 per person and is payable to your County Extension Office.

**The County Extension office will send all registrations and a check payable to the West District office no later than 5:00 p.m. on June 14, 2024.**

Your County:

Your Name:

Your Email:

Your Age:

Lunch will be served.

*Please list any food allergies or special dietary needs:*

Rank in order for Workshop #1

- Photography
- Simple Sewing
- Livestock
- Spherobots

Rank in order for Workshop #2

- Healthy Living
- Horse Project
- Shooting Sports
- Spherobots

Rank in order for Workshop #3

- Camping and Compasses
- Cupcake Wars
- Ricochet Leadership Training
- Spherobots

I will have a 3-man team and bring a completed robot to compete in the **Lego (EV3 or NXT) Legobot competition** which begins at 4pm  
 Yes                      No

If you marked YES, your county/team name is:

\*Workshops are subject to change.\*

\*\*All participants will attend a spherobot workshop\*\*

**Photography:** Have you ever looked at the photography entries at the county and state fair and wondered how they got blue ribbons? If you have, then this workshop is for you! This workshop will cover the basics of photography from framing an object and exposure then show you how to get your entry fair ready. If you have a camera then bring it, if not then clear storage on your phone and be ready to go out and put all of these tips and tricks to use as we take a different approach to photographing everyday objects.

**Simple Sewing:** Combine sewing and community service by creating a fleece dog crate pad to share with an animal shelter.

**Livestock 101:** Learn the basics of livestock judging including giving oral reasons in this intro to livestock judging.

**Healthy Living:** Come check out the 4-H Blender Bike. Burn some calories while making a healthy and delicious smoothie as well as exploring other healthy & delicious snacks with the blender bike. We will explore the many types of physical activity including biking, yoga, light weightlifting, walking, running and dancing for fun and exercise to get those 60 minutes every day.

**Opportunities in the Horse Project:** Learn about the basics of horse ownership including grooming, tack and daily care.

**Shooting Sports:** Opportunities abound in shooting sports and this session will expose you to all of it. Come and listen to State Shooting Sports Ambassadors tell about their experiences and the overall shooting sports program and then try your hand at a few of the shooting sports disciplines.

**Camping and Compasses:** During this workshop, participants will be introduced to compass basics and pacing skills. These skills are needed to determine the direction you are headed relative to magnetic north and provide a simple means of measuring linear distance by walking. Combining the use of a compass with pacing will help you as you travel across country or traversing property boundaries.

**Cupcake Wars:** Have you read this title in the county 4-H newsletter but never really understood anything about it? This workshop will tell you about the cupcake wars contest and then give you hands on instruction and experience in different decorating techniques. This will be the “sweetest” workshop of the day!

**Ricochet Training:** Are you a leader? Do you think you want to be a leader? Come and learn some skills that will help you to live up to your leadership potential through fun games and activities. You won't sit around in this workshop at all! Ricochet will help you learn your leadership attitude, communication style, decision making skills, stress management strategies, and help you get active in your community. You will be Ricocheted into positive leadership.

# Adult Tracks for Discovery Days

Please sign up for what you think you will attend.

*WWM is optional, please indicate if you need it and will attend the training.*

Preliminary Picks:

## Morning

Jim – Title and WWM training and updates – 9:45 – 11:00 a.m.

**Parent and Volunteer Round Table Discussion available at noon.**

## Afternoon

**Session 1 (12:30 – 1:30 p.m.) options:**

- Engineering/ Science Club Ideas – Kylie Nicholson
- Food, Fun, 4-H as a club – Jessica Nickels & Cathy Allen

**Session 2 (1:30 – 2:30 p.m.) options:**

- Community Service to a T! - Sheila Bellew

*T-Shirts become community service projects AND fair exhibits! Go home with at least two projects to donate/take AND discuss where they can be entered in the Fair!*

- Lego Club – Earla Haggard

## Adult Track Registration

Your County:

Your Name:

Your Email:

Food allergies:

Working With Minors: Yes

No

Session 1 selection:

Session 2 selection:



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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."

