



GARFIELD COUNTY



4-H CLOVER CONNECTION

<http://oces.okstate.edu/garfield>
<http://extension.okstate.edu/county/west-district/>
www.oklahoma4h.okstate.edu/
www.facebook.com/4H.garfieldcounty

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April 2025

4 H CURRICULUM ENCOURAGES OUTDOOR ACTIVITY FOR BETTER HEALTH

Head. Heart. Hands. Health. These four components are the foundation of the Oklahoma 4-H Youth Development program. A new program that kicks off in May will focus on health and getting youth outside into nature.

Nature Navigators – Wellness in the Wild is a new curriculum designed to get club members outdoors and learning more about natural resources, said [Cathy Allen](#), 4-H curriculum coordinator at the state 4-H office at Oklahoma State University.

The new curriculum is a joint effort between [Oklahoma 4-H Youth Development](#) and OSU's Department of Natural Resource Ecology Management, and is co-authored by Cathy Allen and [Kevin Allen](#), [OSU Extension](#) youth natural resource education specialist and professor in the [Department of Natural Resource Ecology and Management](#).

"Research shows that hiking and spending time in nature offers numerous health benefits for children, supporting not only their physical well-being but also their mental well-being," Allen said. "Some key areas we hope to enhance through this new program are cognitive development, problem-solving skills, and a connection to nature and environmental stewardship."

Nature Navigators is divided into four seasonal lessons, with each

segment focusing on exploring, e-learning lessons, skill development, physical activity, a mindful moment and a healthy snack.

The spring segment can be used through May and will focus on birds of Oklahoma. Participants will learn about the wonderful world of birding, using binoculars and the responsible use of electronic bird calls. They'll also learn about photographing the birds they see.

The summer segment takes place from June through August. Pollinators are a vital part of the ecosystem and club members will learn more about bees and the role they play in pollinating plants. Safety is always a priority in the 4-H program and participants will discover what needs to be included in a first aid kit. Because everyone needs to be prepared when in the great outdoors, they'll also learn more about things they should pack for all types of weather.

The fall segment of the Nature Navigators curriculum focuses on outdoor skills, including using a compass and pacing. Learning how to navigate when out in nature is important.

"4-H'ers may be in areas where they don't have cellphone reception, so knowing how to orient themselves using a compass is important," Kevin Allen said.

The winter segment is designed to help club members appreciate the natural world. They'll learn about the Leave No Trace philosophy, as well as making a minimal impact when outdoors.

"The flexibility of this new curriculum is great for the 4-H program," Cathy Allen said. "It's designed in a manner that youth can work on their own at their own pace, it can be a club or family activity, or it could be a special interest club."

Kevin Allen said participants don't have to live near a state or national park or be close to a nature reserve to participate in Nature Navigators.

"Youth can explore in their backyard or at the local park," said Kevin Allen. "Or, the family can take a road trip to one of Oklahoma's 38 state parks, five national wildlife refuges or two state wildlife management areas. The point is to get outside, discover what nature has to offer, learn new skills and reap the health benefits of outdoor activity."

For more information, contact Cathy Allen at 405-744-8892 or cathy.allen@okstate.edu. The first lesson will be released after in-service training in May.



DATES TO REMEMBER

Horse Club	Apr	1
Impressive Dress/Fashion Revue	Apr	2
Robotics	Apr	3
Fishing Workshop	Apr	7
Junky to Funky Craft Club	Apr	9
Outdoor Adventure Reg.	Apr	10
Sewing Club	Apr	14
Lego Club	Apr	15
WD Ranch Horse Clinic	Apr	19
PLO	Apr	21
Cloverbuds	Apr	23
Cooking Club	Apr	24
Shakedown Training	Apr	25-27
Tuesday Tool Time	Apr	29
Microbits	Apr	30

Healthy Living Ambassador Applications due	May	1
Public Speaking Entries Due	May	2
Public Speaking Contest	May	17
Tractor & Machinery Operators Certification	May	19-21



**PLO meeting
April 21st
5:30**

2024 25 COUNTY OFFICERS

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

CLOVERBUDS

April 23rd at 4:30 pm.

Please sign up by April 16th.



COOKING CLUB

April 24th at 4:30 pm.

Must sign-up by April 17th.

Remember we are cooking and practicing food safety.

Please have your child come with their hair pulled back!



LEGO CLUB

April 15th at 4:15 pm at the Extension office.

Must sign up by April 8th.



SEWING CLUB

April 14th at 4:00 pm.

Must sign-up by April 7th..

We will continue to work on our quilt.

Also, you ALWAYS need your sewing kit.



HORSE CLUB

April 1st, at 5:30 at the Extension office.

You don't have to own a horse to be in horse club.

Come learn something new!

Join the GroupMe!



ROBOTICS CLUB

Interested in coding and robotics?

Come to the next robotics club meeting April 3rd, at 4:00 pm, at the Extension office.

Join the GroupMe!



JUNKY TO FUNKY CRAFT CLUB

April 9th @ 4:30 pm.

Must sign up by April 2nd.

Please bring an old DVD or CD that you can turn into a cute animal suncatcher.

WEST DISTRICT RANCH HORSE CLINIC
APRIL 19TH, 10AM-2PM
ALFALFA COUNTY FAIRGROUNDS
Featuring Clinician Amy Hoffman

\$25 Registration Fee

Register via code by April 10th.

Mail registration fee to: Alfalfa County Extension Office
602 W. 5th Street, Suite 2
Cherokee, OK 73728

Mounted Clinic! Bring your Horse! *Must be accompanied by an adult*

For questions, call Alfalfa County Extension Office (520) 596-3131



4-H HEALTHY LIVING AMBASSADOR APPLICATION

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.

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

Applications are due May 1, 2025.

Age of applicants: 4-H members who will be High School Freshmen, Sophomores, Juniors, or Seniors during the 2025-26 school year.

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

For more information, contact the office.

4-H TUESDAY TOOL TIME



2025 Quarterly Webinars
6:30 – 7:30

Registration Necessary

April 29 -Curriculum Smorgasbord: Recreation & Leisure
Education; Aerospace & Rocketry; Meteorology

July 22 – Club Management; Strengthening Your Club Officers
and/or Leadership Team

October 28 – Project Leaders and Project Groups Spark
Interest



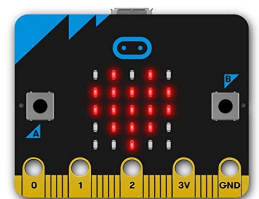
Registration Link

MICROBITS - APRIL 30 @ 4:30

If you like technology come to Microbits.

In this workshop, Jayton Zimmerman will teach you how to program and use a microbit.

Sign-up by April 23.



FISHING WORKSHOP

Come join Joe Sharp and learn about fishing **April 7th at 5PM.**

We will be fishing at Government Springs. Meet at the large pavilion on the north side.

Bring your fishing pole, a chair, and sunscreen. We will also be having hot dogs.

Everyone planning to attend **MUST sign up by April 4** so we have enough food.



2025 BE THE BEST IN OKLAHOMA 4-H PUBLIC SPEAKING PRE-RECORDED & IN-PERSON CONTESTS

We're celebrating 10 YEARS of Talk in 2025!

Record your presentations at upcoming county and district contests and then enter Be The BEST! Quality videos are appreciated for judging.

Pre-Recorded Video Entries and \$5 due May 2.

Video Upload Link <https://form.jotform.com/210336187529155>

Send \$5 with the name of the participant to:

Pontotoc County 4-H, 1700 N Broadway, Ada, OK 74820

In-Person Contest Entries and \$5 Due May 2. Contest May 17 @ Ada.

Send a completed copy of the entry form/scoresheet and \$5 to:

Pontotoc County 4-H, 1700 N Broadway, Ada, OK 74820.

Entry form available at the extension office.



4-H Outdoor Adventures July 7-13, 2025

Interested in a challenge?

One that requires outdoor skills in backpacking, camping, compass/map reading, outdoor cookery, safety, and working with other people?

A challenge demanding physical conditioning to take on mountain hikes of 4-5 miles a day?

The 2025 4-H Outdoor Adventure Program can offer you those challenges.

Crews made up of 4-H youth and adult volunteers from across the state will have the opportunity to experience this unique and challenging program.

***Required: Two and one-half days shakedown training will be held
April 25-27, 2025 for participants.***

The trip will take place July 7-13, 2025 going to southwest Colorado (Durango area) completing a whitewater rafting trip and day hikes in the beautiful San Juan Mountains.

Youth must be 14 years of age before January 1, 2025.

Registration Deadline is April 10th.

More information can be found at <https://4h.okstate.edu/events/outdoor->



TRACTOR & MACHINERY OPERATORS CERTIFICATION PROGRAM

DESIGNED TO MEET LABOR REQUIREMENTS FOR 14 AND 15 YEAR OLD YOUTH

****INDIVIDUALS OF ALL AGES MAY ATTEND****

**MAY 19TH, 2025 9AM-4PM
MAY 20TH, 2025 9AM-4PM
MAY 21ST, 2025 9AM-12PM**

**AT THE ALFALFA COUNTY FAIRGROUNDS
602 WEST 5TH STREET
CHEROKEE, OK 73728**

**COST \$40.00 PAYABLE TO THE ALFALFA COUNTY EXTENSION OFFICE
PRE-REGISTRATION BY MAY 14TH, 2025 IS REQUIRED**

BE SAFE - BE CERTIFIED

For more information contact
Erin Metcalf at the Alfalfa County Extension office (580)596-3131
or Rick Nelson at the Garfield County Extension office (580)237-1228



PERSONS WITH DISABILITIES WHO REQUIRE ALTERNATIVE MEANS FOR COMMUNICATIONS, PROGRAM INFORMATION OR REASONABLE ACCOMMODATIONS, NEED TO CONTACT ERIN METCALF AT (580)596-3131 AT LEAST TWO WEEKS PRIOR TO THE EVENT.
OSU IS AN AFFIRMATIVE ACTION, EQUAL OPPORTUNITY, E-VERIFY EMPLOYER.



Garfield County OSU Extension Center
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Jessica Nickels
Extension Educator 4-H & Youth Development

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