



GARFIELD COUNTY



4-H CLOVER CONNECTION

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October 2026

4-H'ers Invited to Health and Wellness Discovery Day

Oklahoma 4-H'ers in sixth through 12th grade will have the opportunity to learn about health, wellness and career pathways during the [Oklahoma 4-H Health and Wellness Discovery Day](#), scheduled for Nov. 7 at the [Oklahoma State University](#) Center for Health Sciences in Tulsa.

The one-day event is designed to help youth explore a variety of health-related careers while learning more about personal wellness through hands-on educational experiences. Participants will tour OSU-CHS facilities, interact with health professionals and discover opportunities in the growing health and wellness field.

"We know Oklahoma has many health challenges, and I believe 4-H can be part of making a difference because our members live in communities all across the state and 4-H members are doers," said Cathy Allen, Oklahoma 4-H healthy living specialist. "They learn, they lead, and they take what they've learned back home to help others."

Throughout the day, 4-H'ers will engage in interactive workshops and activities designed to bring health and wellness concepts to life. They will practice CPR and chest compressions, build take-home wellness kits and learn more

about human anatomy.

One workshop will focus on nutrition and gardening through a farm-to-fork activity, while other sessions will allow participants to try medical equipment and personal protective equipment. 4-H'ers can also explore health-related career pathways through virtual reality experiences.

The event will be held at Tulsa's OSU-CHS campus, where future physicians, scientists, physician assistants, athletic trainers and other health professionals receive their education. OSU-CHS's commitment to improving health care in rural and underserved Oklahoma aligns closely with Oklahoma 4-H's mission of serving communities across the state.

"There are so many careers in health and wellness that young people may not even know exist," Allen said. "We want 4-H members to have a chance to try new things, meet people working in different health careers and maybe discover something that makes them think, 'I could see myself doing that someday.'"

Health and Wellness Discovery Day is open to Oklahoma 4-H'ers in grades 6-12. Registration opens in ZSuite on Oct. 1, and the \$20 cost includes morning refresh-

ments, lunch, workshop supplies and a T-shirt. For more information, contact a local [OSU Extension office](#).



DATES TO REMEMBER

Expressive Arts	Oct 1
Tulsa State Fair	Oct 1-11
Achievement Reception	Oct 4
Junky to Funky	Oct 5
Sewing Club	Oct 6
Countywide Science Night	Oct 8
Horse Club	Oct 12
Dist. Leadership Conf.	Oct 14-16
PLO	Oct 19
Lego Club	Oct 20
Cooking Club	Oct 22
Horse Play Day	Oct 24
Cloverbuds	Oct 28
FCS Day	Oct 29

Tuesday Tool Time	Nov 3
Dog Adventure Day	Nov 7
Discovery Day	Nov 7
Stem for Y'all	Nov 21
Horsemanship & Rach Clinic	Nov 21

PLO
October 19
5:30

2026-27 COUNTY OFFICERS

- ♦ President— Joe Sharp
- ♦ V. President— Bailey Nickels
- ♦ Secretary— Bentley Wickersham
- ♦ Reporter— Lindy Pitts
- ♦ Recreation Leader—Sydney Prince

CLOVERBUDS

October 28 @ 4:30 pm.
Must sign up by October 21.



COOKING CLUB

October 22 @ 4:30 pm. *Must sign up by October 15.*
Remember we are cooking and practicing food safety.
Please have your child come with their hair pulled back!



SEWING CLUB

October 6 @ 4:00 pm. *Must sign up by September 29.*

Also, you ALWAYS need your sewing kit.



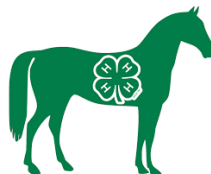
JUNKY TO FUNKY CRAFT CLUB

October 5 @ 4:30 pm. *Must sign up by September 28.*
Please bring an empty water bottle



HORSE CLUB

October 12 @ 4:00 at the Extension office.
You don't have to own a horse to be in horse club.
Come learn something new!



LEGO CLUB

October 20 @ 4:00 pm.
Bring your favorite Lego creation.
Must sign up by October 13.



EXPRESSIVE ARTS CLUB

October 1 @ 4:30.
Must sign up by September 28.
We will be making a fall wood sign.
There is a \$3 fee that can be paid at the meeting.

ACHIEVEMENT RECEPTION

Covington Fire Station

October 4 @ 2:30



Anyone that turned in a Record Book, Standard of Achievement form, or competed in the FCS Skill-a-thon, Livestock Skill-a-thon, or Consumer Judging will be recognized.

Oklahoma 4-H Dog Adventure Day

Totusek Arena, Stillwater, OK

Saturday, November 7

Bring your dog and join the fun at Oklahoma 4-H Dog Adventure Day on Nov. 7 at Totusek Arena in Stillwater.

Participants can explore a variety of dog sports and activities, including agility, Fast CAT, rally, scent work, barn hunt and Canine Good Citizen.

Whether you are new to dog projects or looking to build your skills, there is an activity for every experience level.

The cost is \$15 and includes three activities. Additional activities may be added for \$5 each.

Vaccination forms are due by 5 p.m. on Oct. 30.

Register through your Zsuite account



Oklahoma 4-H Health and Wellness Discovery Day

OSU Center for Health Sciences, Tulsa OK

Saturday, November 7

Healthy Living Summit: Discover. Explore. Get Inspired!

Spend the day exploring a real medical school, participating in hands-on activities and workshops, meeting people involved in health and wellness, and discovering careers you may not even know exist.

You'll also have the opportunity to showcase your own 4-H health projects and see what other 4-H members are doing across Oklahoma.

You never know what experience might spark a service-learning project, a new interest, or even a future career!

Saturday, November 7, 2026

9:30 a.m.– 3:00 p.m.

OSU Center for Health Sciences | Tulsa

Who: 4-H members in grades 6–12, parents, and volunteers

Cost: \$20 per participant includes morning refreshments, lunch, workshop supplies, and a T-shirt

Registration: Opens **October 1** in ZSuites

Join us for a day of discovery!



4-H HORSE PLAY DAY Chisholm Trail Expo Center October 24, 2026

Sign up by Oct 17 \$4 per contestant

Gear up for the Garfield County 4-H Horse Play Day, this October 24th!

This event offers exhibitors a competitive environment to test their speed and agility across multiple timed arena events.

Points accumulate throughout the day for the crowning of our Grand Champion exhibitor.

Come prepared to showcase your skills and clock your fastest times!

Review the event schedule and entry forms to secure your spot in the arena.



4-H Horsemanship & Ranch Clinic Chisholm Trail Expo Center November 21, 2026

Sign up by Nov 14

Join us for a fun day full of learning!

We will be offering two classes, both by clinician Erin Rogers.

It will be \$25 per class plus \$2 for the day.



4-H TUESDAY TOOL TIME



2026 Quarterly Webinars

6:30 – 7:30

Registration Necessary

[November 3](#) — STEM in Your Club and Project Areas

[December 1](#) — Next Steps of Leadership



[Registration Link](#)

Nature Navigators: Wellness in the Wild - Fall Season

Are you ready to step outside, breathe in the crisp fall air and make memories in nature?

Join us for Nature Navigators: Wellness in the Wild, - Fall Season 4-H adventure that combines the outdoors, healthy living, and fun.

Register through **ZSuite** to receive all of the educational resources, activity guides, and challenges designed to help youth explore Oklahoma's great outdoors.

This season's activities include taking a hike or other outdoor challenge; educational exploration; nature craft; healthy recipes; mindful minutes; and nature journaling or reflection.

Whether your family enjoys hiking, camping, bird watching, fishing, or simply spending time outside, Nature Navigators offers fun and meaningful ways to connect with nature while building confidence and outdoor skills.

Stay curious, stay active and enjoy your wild wellness adventure!

**NATURE
NAVIGATORS**
WELLNESS IN THE WILD



STEM for Y'all Returns on Nov. 21

STEM for Y'all will be held Nov. 21 and is open to 4-H members in grades three through eight, certified volunteers and Extension educators.

Participants will explore science, technology, engineering and math through a variety of hands-on workshops that connect to 4-H project areas, from wildlife and fisheries to achievement projects and beyond.

Attendees will also participate in a service-learning project and take STEM activities and ideas back to their counties.

Registration will be available through ZSuite from Oct. 1 through Oct. 30, or until the event reaches capacity.



Say YES to FCS Day – October 29!

Do you know a high school junior or senior who might be interested in a career in Family and Consumer Sciences? Encourage them to Say YES to FCS!

Join us October 29 from 8:30 a.m.–12:00 p.m. at Oklahoma State University in Stillwater.

Students will tour the College of Education and Human Sciences, learn about the college application process and funding opportunities, and explore careers as FCS classroom teachers and county Extension educators.

Space is limited, and registration is required.

Register today: https://oklahomafccla.org/say-yes-to-fcs-day?utm_source=chatgpt.com

4-H families and volunteers: Please share this opportunity with juniors and seniors who have an interest in FCS, education, Extension, or helping others through a future career!



Countywide Science Night

Join us October 8 @ 5:30.

Come have fun and meet members from around the county!

Bring a friend!

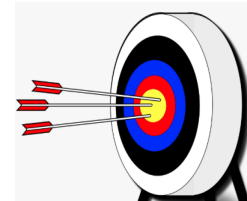


ARCHERY COACH NEEDED

Our County is currently without an archery coach.

If you are interested in being an archery coach, please let the office know ASAP.

There are limited coach trainings throughout the year.



SHOOTING SPORTS SAFETY COURSE

ALL new and returning shooting sports members and coaches will need to complete a shooting sports safety course **EACH** year.

This can be completed through your family ZSuite account under the "Clover Academy".

This must be completed before practicing.

The OK Hunter's education is no longer required to participate but is **STRONGLY** encouraged to complete as an additional safety measure.

If you have any questions, please let us know.





Garfield County OSU Extension Center
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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) at least two weeks prior to the event."

