



GARFIELD COUNTY



4-H YOUTH
DEVELOPMENT

4-H CLOVER CONNECTION

<http://oces.okstate.edu/garfield>
<http://extension.okstate.edu/county/west-district/>
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June 2026

Food, Fun, 4-H Takes Flight With Global Flavors

Oklahoma 4-H Youth Development invites families to explore new flavors and cultures this summer with the return of Food, Fun, 4-H Takes Flight. The free, at-home cooking program will be offered in June, July and August, with registration opening June 1.

This year's program focuses on building kitchen confidence and strengthening family connections through hands-on learning experiences inspired by international cuisines.

"Food, Fun, 4-H is about more than cooking. Through exploring foods from different cultures, youth and families can learn new kitchen skills, try foods in balance and create positive memories," said Cathy Allen, 4-H curriculum coordinator with Oklahoma 4-H. "I hope families gain quality time together while building confidence in the kitchen and trying new ingredients or recipes they may not have experienced before."

Each month highlights a different country, beginning with France in June, followed by Vietnam in July and Cuba in August. Families will

receive monthly program packets by email that include recipes for a complete meal, along with nutrition information, food safety guidance, conversation starters and ideas for family physical activity.

The June menu features French-inspired dishes such as one-pan chicken fricassee, smashed mini potatoes, asparagus with hollandaise sauce and a dessert crepe with Chantilly cream.

"The 'Takes Flight' theme gives youth and families the opportunity to explore different cultures and traditions through food," Allen said. "It adds adventure and curiosity to the program while helping participants learn how food can connect people around the world."

The program accommodates a range of ages and skill levels. Younger 4-H'ers can cook alongside an adult, while more experienced members may choose to work more independently as they build their culinary skills.

"Food, Fun, 4-H is designed for everyone, no matter their cooking experi-

ence," Allen said. "The goal is to learn together, have fun and try something new. Some of the best memories come from simply spending time together in the kitchen as a family."

Food, Fun, 4-H Takes Flight can be completed as a household activity, with extended family members or as a 4-H club project. Families are responsible for purchasing their own ingredients.

Participants work through each month's materials at their own pace, preparing recipes, sharing photos of their experience and reflecting on what they learned.

4-H'ers can register for Food, Fun, 4-H in ZSuite starting June 1. For more information, contact a local [OSU Extension office](#).



DATES TO REMEMBER

Camp Registration Due	Jun 1
Beginner Sewing	Jun 2 - 3
Horse Club	Jun 8
Mosaic Coasters Workshop	Jun 10
Canine Sports Clinid	Jun 16
Cross Stitch Workshop	Jun 17
Suncatcher Workshop	Jun 23
Healthy Living Ambassador Applications Due	Jun 30
Discovery Day	Jul 1
4-H Summer Camp	Jul 8-10
Lego Challenge	Jul 13
Paper Quilling Workshop	Jul 14
State Roundup	Jul 22-24
Cooking Workshop	Jul 29
County Cloverbud Workshop	Jul 30
County Fair	Sep 9-12



Congratulations to 2026-2027 County Officers

President— Joe Sharp

V. President— Bailey Nickels

Secretary— Bentley Wickersham

Reporter— Lindy Pitts

Recreation Leader— Sydnee Prince



HORSE CLUB June 8 @ 2:00

Horse club will be meeting at the Extension Office.

Please join the new Horse Club GroupMe



2026-27 COUNTY OFFICERS

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

CANINE SPORTS FUNDAMENTALS CLINIC June 16, Tolusek Arena, Stillwater

This half-day workshop gives 4-H'ers the opportunity to build foundational dog training skills, explore dog behavior and strengthen teamwork with their dog.

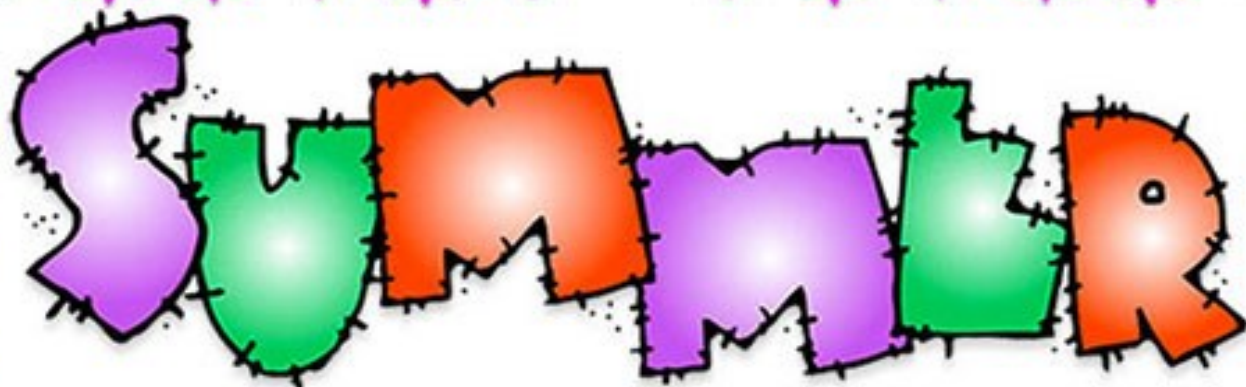
Sessions are offered for junior members in grades 3-7 from 9 a.m. to noon and senior members in grades 8-12 from 1 to 4 p.m.

Applications are limited and will be selected based on a short essay submission. Participants must submit a 250-word essay outlining their interest in dog sports and goals for the clinic.

Accepted applicants will be notified by June 5. The cost is \$25 and is due upon acceptance.

Participants must bring their dog and required equipment.

Parents must attend with junior participants.



WORKSHOPS

Mosaic Coasters Workshop: June 10, 2-4: Learn how to make a mosaic coaster for the fair. *Must sign-up by May 29.*

Cross Stich Workshop: June 17, 2-4: Come learn how to cross stich and make something for the fair. *Must sign up by June 5.*

Chicken Wire Suncatcher Workshop: June 23, 2:00-4:00: Use your creative side to make a suncatcher using chicken wire. *Must sign-up by June 10.*

Lego Challenge Workshop: July 13, 1-3: Do you like building with Legos? Come participate in different engineering challenges with Legos. *Must sign-up by July 3.*

Paper Quilling Workshop: July 14, 2-4: Come learn about paper quilling and make a card using the technique. *Must sign-up by July 3.*

Cooking Workshop: July 29, 2:00 – 4:00: Learn new cooking techniques. *Must sign-up by July 22. Space is limited.*

County Cloverbud Workshop: July 30, 2:00-4:00: All Cloverbuds welcome to craft and learn. *Must sign-up by July 17.*

4-H TUESDAY TOOL TIME



2026 Quarterly Webinars

6:30 – 7:30

Registration Necessary

August 4 — Volunteer & Leadership Development—TBD

November 3 — STEM in Your Club and Project Areas

December 1 — Next Steps of Leadership



Registration Link

Opportunities from Garfield County Farm Bureau

Oklahoma Farm Bureau Capitol Camp

September 2-3 in Oklahoma City - *Deadline is July 31, 2026.*

Cost is \$50 per student, sometimes covered by Garfield Co Farm Bureau.

Must Register Online: <https://www.okfarmbureau.org/news/applications-are-open-for-okfbs-2026-capitol-camp/>



WEST DISTRICT 4-H DISCOVERY DAY AND VOLUNTEER CONFERENCE JULY 1, 9 - 3

Join the West District 4-H for Discovery Day and Volunteer Conference, July 1st from 9:00am-3:00pm.

Come see exciting opportunities 4-H has to offer.

Youth will be exposed to activities ranging from livestock branding to making homemade salsa with LOTS of other exciting hands-on opportunities.

Parents and Volunteers are encouraged to participate in the Adult Track for the Volunteer Conference. It is a great opportunity to grow, connect, and bring fresh energy back to their clubs. Participants will leave with practical materials they can use right away.

Discovery Day registration and fee:

Registration is open in ZSuite and ready for sign up.

Information can be found under 2026 West District 4-H Discovery Day, by using the QR Code in the flyer posted on Facebook or by using: <https://4h.zsuite.org/event-registrations/49100>

*All registrations must be submitted through ZSuite by **Friday, June 15, 2026.***

Registration is \$10 per participant. Online payment has been enabled, and families can pay for Discovery Day through ZSuite.

Volunteer Conference

Parents and volunteers can sign up for the Volunteer Conference using the QR Code in the flyer posted on Facebook or by using: <https://bit.ly/4tbUV8s>

There is no cost to parents or volunteers to participate in the volunteer conference.

OKLAHOMA 4-H HEALTHY LIVING AMBASSADORS APPLICATION DUE JUNE 30, 2026

Oklahoma 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.

Oklahoma 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.

Ambassador Time Required: 4-5 hours per month minimum requirement

Length of Term: 1 year (August 1, 2026 - July 31, 2027).

Ambassadors must reapply each year

Age of applicants: 4-H members who will be High School Freshmen, Sophomores, Juniors or Seniors during the 2026 - 2027 school year

Ambassadors Provided: shirt and name badge

Ambassadors will have the opportunity to attend Leadership Team Retreat, Healthy Living Ambassador Retreat and possible out of state travel

Ambassadors will:

- Help set and achieve goals in the 4-H Healthy Living framework.
- Support the work of 4-H Healthy Living.
- Participate in 4-H Healthy Living Summit and conference calls.

Ambassadors work closely with Healthy Living Ambassador Advisors at the Oklahoma State 4-H office and other team members.

Application available at: <https://4h.okstate.edu/members/4h-healthy-living-ambassadors>





Garfield County OSU Extension Center
Oklahoma State University
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Extension Educator 4-H & Youth Development



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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."

