



# Logan County 4-H Newsletter

## Begin new year with a physical activity plan to improve health



The start of a new year is a time when many people decide to make positive changes in their lives. For those interested in living a healthier lifestyle, they make a goal for themselves to become more physically active.

Jenni Klufa, Oklahoma State University Extension associate state specialist for youth programs, said physical activity is good for all ages.

“Being physically active is one of the best things you can do to improve your overall health both immediately and long-term,” Klufa said. “Some of the immediate benefits of physical activity for adults include improved sleep quality, reduced feelings of anxiety and reduced blood pressure.”

There are numerous long-term benefits of regular physical activity, too, including reducing the risk of dementia, improving bone health, reducing the risk of weight gain and lowering the risk of certain types of cancer. Physical activity can also lower a person’s risk of heart disease, stroke and type 2 diabetes.

Klufa said Oklahoma residents have high rates of many of these chronic diseases. According to the Centers for Disease Control and Prevention, Oklahomans lead the nation with heart disease being the number one cause of preventable death.

“Sometimes people think they have to spend hours a day exercising to reap the benefits, but that’s not true. For adults, moderate-intensity exercise as little as 30 minutes five times per week is all it takes,” she said. “You don’t have to join a gym or even have any fancy equipment at home to start down your path to better health.”

Where should you start? Walking for 30 minutes is beneficial. Any activity that increases your heart rate will count toward this goal. Do you like to dance? Put on some music and dance around the house.

One obstacle many people say they face is simply being too tired to be physically active. One way to overcome this roadblock is to schedule your exercise around the time of day when you feel energetic. Try getting up 30 minutes earlier to squeeze in a quick walk or workout. If time is limited in the morning, consider a walk during your lunch break at work. If it helps,

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## Logan County Extension Office

### Address

215 Fairgrounds Rd, Suite B  
Guthrie, OK 73044

### Phone

405-282-3331

### Fax

405-282-3332

### Email

[dawn.andrew@okstate.edu](mailto:dawn.andrew@okstate.edu)

### Website

<https://extension.okstate.edu/county/logan/index.html>

### Social Media

Facebook: Logan County 4-H



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break the 30 minutes into two or three shorter sessions. Another option to help you stay motivated is to join a class or find an accountability partner.

“Understandably, parents of young children are busy with their families, but remember, kids benefit from exercise, too. Children who are physically active regularly tend to sleep better, do better in school, get sick less often and have stronger bones and muscles,” Klufa said. “Another positive aspect of physical activity is it can reduce the risk of depression. Getting your kids involved in your physical activity is a great way to spend time together. Plus, being physically active early in life leads to a greater chance of it becoming a life-long habit, which will be helpful throughout the aging process.”

Children ages 3 through 5 years need to be regularly active throughout the entire day. Children and adolescents ages 6 through 17 need to be active for at least 60 minutes every day of the week.

## CHANGE FOR CHANGE

Whether you collect loose change at club meetings, work with local schools and businesses to raise money or ask family and friends for donations, every penny helps! Change for Change benefits the Children’s Hospital Foundation of Oklahoma City. The Children’s Hospital serves youth in each county of the state.



A handful change can make a difference in the lives of **Oklahoma youth.**



### 4-H Golden Service

*Support the Ronald McDonald House Charities*

### Help Oklahoma Families!

In order to better partner with the Ronald McDonald House, Pull for Kids has been expanded to also include new stuffed animals and non-perishable canned foods.

### How to Participate:

- ◆ We will continue to collect pop tabs

Pop Tabs can be dropped off at the Extension Office during Office Hours (8am-4:30pm).

Goal is 50 pounds per county!



# WHAT MAKES A GOOD LEADER?

Leaders will be remembered and known forever as **responsible** men and women of tremendous **character** who demonstrated **sportsmanship** in victory and in defeat, and **truth and honor** in every endeavor. Each was a master of **teambuilding** and knew how to develop **unity** and **influence peers** by gaining their **participation and involvement**. Instead of mere **goal setting**, they **followed through** to achieve remarkable results. Yet, none of them would have been nearly as successful if they had not possessed the **faith** to take the **risks** and **overcome adversity**, and the **creativity** to **resolve conflict** and **manage stress** when things around them turned chaotic.

As you embark on your own mission to lead, you also will be tested. There will be times when you will feel overwhelmed and under-appreciated, and you'll be forced to make sacrifices. In the end, your ability to make a L.P.D. (lasting positive difference) within your school, club, or organization will be in direct proportion to your resolve in these 16 critical areas of leadership.

What do these characteristics mean to you? How do they resonate with those you think are great leaders? Which ones do you struggle with? Which ones are you good in? Discuss this in your clubs or someone who is a good leader?

(adapted from *Lead Now or Step Aside! The Ultimate Handbook for Student Leaders* Compiled by Eric Chester)

Interested in 4-H? . . . .

Contact the Logan County  
Extension Office



## What is 4-H?

Logan County 4-H Youth Development Programs actively provide positive opportunities for informal learning experiences that build character and develop life skills.

## Logan County Teen Leaders

*President—Bobby Ferguson*

*Vice President of Programs—Audrey Allen*

*Secretary—Bridger Arrington*

*Reporter—Jada Cleek*

*Recreation Leaders—Jace Taylor & Jimmy Ferguson*

## LOGAN COUNTY CLUB INFORMATION

### Coyle 4-H

*Katrina Oldham 580-748-0732*

### Crescent 4-H

*Melissa Spurlock 405-401-0877*

### Guthrie 4-H

*Brandie Ferguson 405-620-5966*

### Mulhall-Orlando 4-H

*Kayce Arrington 580-307-2103*

### South Logan Co 4-H

*Susan Allen 405-623-3261*

### Cloverbuds Mulhall-Orlando

*Cynthia Taylor 405-649-2503*

### Shooting Sports

*Kayce Arrington 580-307-2103*

### Robotics (new club starting 2023)

*Jennifer DeJonge 405-249-2380*

# 4-H Enrollment Information

2022-2023 Enrollment Open

## 4-H Year:

August 1st – July 31st is the program year.  
The enrollment site opened on August 1st.

## Enrollment:

The Oklahoma 4-H enrollment site is  
<https://4h.zsuite.org/>

There is an annual \$20 enrollment fee for each 4-H member. This fee can be paid by credit card on the 4-H enrollment site or by check/cash at the OSU Extension Office.

## Who Should Enroll:

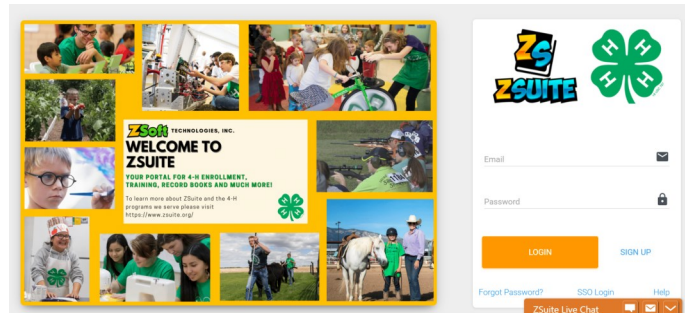
- Cloverbuds: K-2nd Grade
- 4-H Members: 3rd-12th Grade
- 4-H Volunteers & Club Leaders

## Important Deadlines:

Enrollment MUST be completed, submitted, and approved 30 days before 4-H members can participate in contest/events such as: the county fair, Oklahoma State Fair, the spring livestock show, and county contests.

Questions and help with enrolling:

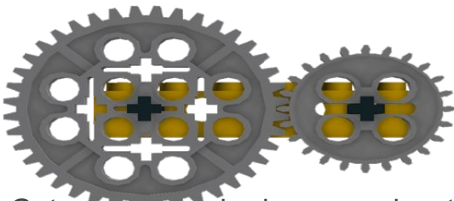
Call the OSU Extension Office at 405-282-3331.



## Logan County Robotics Club

### Meet & Greet

4PM Friday, January 6, 2023  
Logan County Fairgrounds Bldg



Get ready to embark on an adventure in LEGO® Robotics! Robots are all around us in today's society. From the food we eat to the cars we drive, robots help make our lives easier, more efficient and simply more fun. Robotics has been a fast-growing program in the Oklahoma 4-H Program and Logan County 4-H is so excited to bring this project to the youth of this county.

The LEGO® robotics program will inspire 4-H members to learn how to build basic robots that move using motor and sensors. They will also be exposed to simple computer coding, learn teamwork and leadership skills.



**February 17-20, Logan County Livestock Show**

**February 21, Logan County Premium Sale**

**March 25, Contest Days #1**

**April 15, Bake Show/Food Showdown**

**May 13, Contest Days #2**

**June 6-8, NED Contest Days**

**July 26-28, Round Up**

# UPCOMING EVENTS

## January 2023

**January 1:** Happy New Year!

**January 2:** Logan County OSU offices closed

**January 6:** Robotics **Meet & Greet**, 4pm, Education Building

**January 9:** 4-H Illustrated Presentation Contests, 4pm, Crescent Schools

**January 16:** Logan County Extension Office closed for Martin Luther King Day

**January 16:** Teen Meeting, 6pm; Volunteer Leader Meeting, 6:30pm



## February 2023

**February 17-20:** County Livestock Show, Logan County Fairgrounds

**February 20:** Logan County Extension Office closed for President's Day

**February 21:** Logan County Premium Sale (help decorate on Monday), Logan County Fairgrounds

**February 28-March 6:** NW District Junior Livestock Show

## March 2023

**March 8-17:** Oklahoma Youth Expo, Oklahoma State Fairgrounds

**March 25:** Contest Days #1—Impressive Dress; Design and Construction; Job Readiness

## April 2023

**April 14:** State 4-H Record Books Due to Dawn

**April 15:** Bake Show/Food Showdown

## May 2023

**May 13:** Contest Days #2—Livestock Quiz Bowl; Skillathons



### 4-H Illustrated Presentations Contest

January 9, 2023  
Crescent Schools  
Registration at 4pm  
Contest at 4:30pm

All 4-Hers start preparing your presentations or powerpoint for the upcoming Logan County Illustrated Presentation Contest!

Pre-registration due **Thursday, January 5, 2023** to the Logan County OSU Extension office (215 Fairgrounds Rd, Suite B, Guthrie, OK 73044) or email to Dawn Andrew, [dawn.andrew@okstate.edu](mailto:dawn.andrew@okstate.edu).

Remember only one entry per category!



OKLAHOMA COOPERATIVE  
EXTENSION SERVICE

Logan County Cooperative Extension Service  
Oklahoma State University  
215 Fairgrounds Rd, Ste. B  
Guthrie, OK 73044



**“Like (Follow, or Share)” our Logan County  
4-H Facebook page!  
Logan County 4-H**

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Editor: Dawn Andrew, Extension Educator, Family and Consumer Sciences/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 Dawn Andrew at 405-282-3331 or dawn.andrew@okstate.edu at least two weeks prior to the event.

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