



# 4-H Clover Connection

## Oklahoma 4-Hers Learn Gratitude Through Membership

When 2025 came to a close, many Oklahoma 4-H'ers and their families reflected on the year, cherished the moments and focused on one of the most important life skills – gratitude.

Gratitude is a mindset that encompasses more than saying “thank you.” Gratitude enables club members to not only be grateful for what they have, but also inspires them to give back to their communities.

Gratitude fits right in with the philosophy of head, heart, hands and health. When members recite the 4-H pledge, they aren't just saying the words – they live the words through everything they do in 4-H. Gratitude is woven into the fabric that is 4-H. Showing gratitude and giving back is something we do well in Oklahoma.

By practicing gratitude, research shows youth build resilience, lower stress levels and develop positive coping skills. Gratitude also shows others that you're loyal and understanding. Club members express gratitude to their club and project leaders for sharing their time and helping them develop into productive and caring leaders themselves.

Project work encourages youth to be involved in their communities. As they work alongside other 4-H'ers, caring adult mentors and members of the community, they get a sense of belonging and appreciation for everyone's involvement. They also get a sense of pride in seeing how their efforts benefit the community.

Gratitude also shows up in small ways, such as writing a thank-you note to a scholarship donor or a contest judge, older 4-H'ers mentoring younger ones or stepping up to help at the last minute. There are many ways in which gratitude is expressed in 4-H.

The Oklahoma 4-H Youth Development program relies on caring adults to mentor and share their knowledge with club members. Club members should continue to be grateful to these leaders, along with county Extension educators, for the things they learn and the knowledge they gain.

In turn, club members carry this forward by sharing what they've learned through their project work and community involvement. It's a win-win for everyone.

Gratitude is something people tend to think about more during the holiday season. But Oklahoma 4-H'ers know the importance of showing gratitude every day of the year.

The 4-H program will continue to nurture thankful and thoughtful young people as they share their time and talents within their communities and beyond. Let's continue in 2026 to be grateful for and look forward to the things this year we can be grateful for.

## Major County OSU Cooperative Extension Service

### Address

500 E. Broadway, Courthouse Suite 3  
Fairview, Oklahoma 73737

### Phone

580-227-3786

### Educators Email

Dana Baldwin, FCS/4-H & CED  
dana.baldwin@okstate.edu  
Andrea Perkins, Ag/4-H  
andrea.perkins10@okstate.edu

### Website

<https://extension.okstate.edu/county/major>

### Facebook

Major County OSU Extension

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## COUNTYWIDE 4-H MEETING

The next County-Wide Meeting of 4-H Parents, Members and Volunteers will be held on **Tuesday, January 27** immediately following the County Public Speaking Contest that begins at **5:00 p.m.** at the Ringwood School Cafeteria. We will discuss upcoming events; including the 4-H concession stand at the County Jr. Livestock Show.



## COUNTY PUBLIC SPEAKING CONTEST

The County Public Speaking Contest will be held on Tuesday, January 27 beginning at 5:00pm in the Ringwood School Cafeteria. Entries are due January 20. Entry forms and guidelines can be found on the Major County OSU Extension Facebook page or at the OSU Extension office.

## COUNTY FOOD SHOW

See the insert in this newsletter for the County Food Show to be held on Thursday, January 29 at the fairgrounds. Classes and rules are included. Entries are accepted from 5-6pm; judging begins at 6pm.

## SEWING WORKSHOPS

See the insert in this newsletter for upcoming Sewing Workshop opportunities. There are dates and projects for those with beginner, intermediate, and advanced sewing skills.



## 4-H SHOTGUN OPPORTUNITIES

We have a newly certified 4-H Shotgun coach who is ready to start trainings 4-H members for trap shooting competitions! Enrolled members must be at least 10 years old and have completed a hunter safety course to participate.

To begin, classroom work will be done on a weekday evening, then practices will be held on Saturday afternoons at the trap range at the Major County Historical Society. Call the OSU Extension office at 580-227-3786 if interested.

## Check FACEBOOK for Updates!

Be sure to check our Facebook page for regular updates: Major County OSU Extension. Information is shared on this page that may miss our newsletters as well as reminders for entry deadlines, etc.



## COUNTY JR. LIVESTOCK SHOW & BONUS AUCTION

See the complete schedule for this event on page 6 of this newsletter. Major County 4-H will have the snacks and drinks concession stand at the show on Saturday, January 31 and Sunday, February 1 (we will set the work schedule on January 27).

## OKLAHOMA 4-H

### RISING LEADERS CONFERENCE



Are you a rising leader in 4-H? Attend the Oklahoma 4-H Rising Leaders Conference—an exciting event for 4-H members in grades 3-7 who want to explore the many opportunities that 4-H has to offer. Participants will engage in hands-on experiences across a variety of projects, develop essential leadership skills, and make lasting friendships with fellow 4-H members. Whether you're looking to grow as a leader or discover new passions, this conference is a perfect opportunity to connect, learn, and lead in the 4-H community.

The 4-H Rising Leaders Conference will be held on March 7 at Oklahoma State University in Ag Hall. The cost is \$20. Parents/volunteers may attend lunch for an additional \$20 per adult. Register on ZSuite at by February 6

## STATE 4-H RECORDBOOKS

For 4-H members in the 8th grade and above and in active state in ZSuite, State 4-H Recordbooks will be due by noon on Monday, April 27. These recordbooks are submitted through an online process and are different than our county recordbooks.



If you submit a state recordbook and are selected for an interview in your project area, those will be conducted on Tuesday, June 9 in Stillwater. If selected in the top 3 in your project area, you will be recognized at State 4-H Roundup on Thursday, July 23 in Stillwater.

Why do a state recordbook? To learn recordkeeping skills, for a chance to receive scholarships and in order to be selected as a Major County 4-H Hall of Fame winner you must submit a state recordbook.

Contact us for more information.

## ARCHERY CONTESTS



We are hosting a series of Statewide 4-H Invitational Archery Contests on February 7, March 7, and April 25 at the county fairgrounds.

If you're interested in learning more about archery discipline, come observe on one of these days. We will begin competition at 9:30am.

## OTHER UPCOMING DISTRICT AND STATE

### 4-H EVENTS



- Wednesday, February 4: **NW District Livestock Judging Contest**
- February 14 to 24: **Woodward District Livestock Show**
- February 19 to 24: **Enid District Livestock Show**
- March 28 & 29: **4-H Shooting Sports Coaches Training**
- March 31: **District 4-H Speech Contest and Contest Day**
- April 1 to June 1: **Oklahoma 4-H Virtual Fishing Tournament**
- April 22: **Oklahoma 4-H Day at the Capitol**
- May 2: **West District 4-H Trap Shoot**
- May 27: **District 4-H Food Showdown and Cupcake Wars Contests**
- May 29 & 30: **District 4-H Horse Show**
- July 9, 10 & 11: **State 4-H Horse Show**
- July 14, 15 & 16: **Big 3 Field Days**
- July 22, 23 & 24: **State 4-H Roundup**

More information is or will be available for these events at the OSU Extension office.



## STATE SERVICE PROJECTS

### *“Change for Change”*

Change collected benefits the Oklahoma Children's Hospital Foundation for supporting specialties such as cancer, genetics, autism, and infectious diseases. Collect change at your 4-H meetings or other events and turn it in to the OSU Extension Center where it will then be sent to the State 4-H Office.

### *“Pull for Kids”*

Collect pop tabs to support the Oklahoma City Ronald McDonald House. Turn tabs into the OSU Extension Center. You are encouraged to collect the entire can and use the money to support your 4-H club, but we only want the tabs turned in to us. The tabs will be sold and the money sent to the State 4-H Office for distribution to the Ronald McDonald House.

## 4-H MEATS JUDGING

Are you interested in learning about and participating in county 4-H Meats Judging activities? **An informational meeting for this will be held on Tuesday, February 3 beginning at 6pm at the fairgrounds in Fairview.**

What is involved in 4-H Meats Judging? 4-H members will identify cuts and evaluate meat quality (beef, pork, lamb) traits like marbling, color, firmness, and trimness, then defend those rankings orally using specific terminology. The concept of meats judging is to train individuals to distinguish differences in relative value of various meat cuts. However, the beneficial value of involvement goes much further than determining the compositional and quality differences of carcasses. Members involved with meats judging develop life skills that they utilize throughout life. Judging team members must make rapid, logical decisions and defend their decisions via written reasons. Therefore, members improve their ability for critical thinking and accurate communication.



## OTHER UPCOMING COUNTY 4-H EVENTS

- Thursday, April 23: **County 4-H Food Showdown and Cupcake Wars** contests at the county fairgrounds.
- Monday, April 27: **Countywide 4-H Meeting** at the county fairgrounds.
- Monday, April 27: **County 4-H Fashion Revue, Impressive Dress and Consumer Judging** contests at the county fairgrounds.
- Monday, May 18: **Babysitting Workshop with CPR & First Aid Training** at NW Technology Center in Fairview.
- June 24m, 25 & 26: **Multi-County 4-H Camp** at NW Baptist Campgrounds near Vici.

More details will be available on these events as they get closer.

## MONTHLY 4-H PROJECT WORKSHOPS

Check out the page in this newsletter with dates and details about Monthly 4-H Project Workshops. There is something for everyone- with topics on family & consumer sciences and agriculture related projects as well as specific workshops for Cloverbuds!



## MAJOR COUNTY FOOD SHOW RULES

1. Contest is open to **ALL MAJOR COUNTY SCHOOL STUDENTS, AGES 5-19** in public, private, or home schools.
2. Exhibits must be labeled with contestant name, age, school, and grade classification.
3. **All exhibits must include recipes** (with the exception of Edible Creature) and be the work of the exhibitor.

### 4. NO MIXES allowed (except class 8).

### 5. Only one (1) entry per class, per person.

### 6. ENTRIES SHOULD BE REMOVED FROM THE BAKING PAN AND DISPLAYED ON A PAPER PLATE, PLASTIC BAG OR PIECE OF CARDBOARD – something disposable.

### 7. Exhibits will be evaluated beginning at 6:00 p.m. Thursday, January 29<sup>th</sup>. Exhibits will be placed in blue and red ribbon groups with outstanding exhibits named as the judge chooses. (Entries will be accepted from 5:00 p.m. to 6:00 p.m.)

### 8. All exhibitors are encouraged to be present for the judging. Exhibits must be picked up following the judging of the entire show. Anything not picked up will be discarded.

### 9. All exhibitors' names will be entered in a drawing to be held during the judging. Exhibitors' names drawn may receive cash or prizes. Must be present to win!

### 10. TABLE SETTING CONTEST GUIDELINES: Participants will set up a formal place setting (on a card table – bring your own) including a table cover (cloth or placemat), appropriate flatware, dishes, glass or cup for beverage (whatever is needed) for the exhibit. Plan the menu and place a written menu on the table. (Put the exhibitor's name and age on the back of the menu.) Be creative! **Exhibitor must set up table in front of the judge and may be asked questions by the judge about their setting.**

The Major County Food Show is sponsored yearly by the  
Major County Association of Oklahoma Home and Community Education (OHCE).



For information contact: OSU Extension Center at 580-227-3786



**MAJOR COUNTY  
EXTENSION**

OSU is an Affirmative Action, Equal Employment Opportunity, E-Verify Employer.

Persons with disabilities who require alternative means for communication or program information or reasonable accommodation, please contact Dana Baldwin at 580-227-3786 at least one week prior to the event.

## MAJOR COUNTY FOOD SHOW

THURSDAY, JANUARY 29, 2026

Entry Time: 5:00 p.m. to 6:00 p.m.      Judging Begins 6:00 p.m.

Exhibit Building at the Major County Fairgrounds in Fairview, Oklahoma

### CLASSES:

#### 5-8 YEARS OLD

1. No Bake Cookies\*\* (3, any kind, with recipe)
2. Edible Creature\* (see note below)

#### 9-11 YEARS OLD

3. Muffins\*\* (3 muffins, with recipe)
4. Edible Creature\* (see note below)

#### 12-14 YEARS OLD

5. Battered Coffee Cake\*\* (no yeast, entire cake, with recipe)
6. Rolled Sugar Cookie\*\* (no icing, 3, with recipe)

#### 15-19 YEARS OLD (not a H.S. graduate)

7. Yeast Dinner Rolls\*\* (3 rolls, with recipe)
8. Enhanced Cake\*\* (using cake mix & other ingredients, with recipe, entire cake, no icing, any shape)
9. Brownies\*\* (3 – 3x3 inch squares, with recipe)
10. Snack (Using ingredients from each food group)
11. Decorated Cut-Up Cake\*\* (cut to create shape, animal, etc. Evaluated on design and neatness.)
12. Quick Bread\*\* (1 standard loaf of pumpkin, banana, etc. with recipe)
13. Bread Machine Bread\*\* (any kind – 1 standard loaf, with recipe)
14. Yeast Cinnamon Rolls\*\* (3 rolls, no icing, with recipe)

\*Edible Creature is evaluated on uniqueness of design and variety of foods used, and is a "creature" of some type made up of chosen food and food items. Include a description of your "creature" on a 3x5 notecard.

\*\* All foods must include a recipe written on a 3x5 notecard.

### TABLE SETTING CONTEST – Must be Formal, Use a Theme

TS1      Ages 5-8

TS2      Ages 9-11

TS3      Ages 12-14

TS4      Ages 15-19 (not a H.S. graduate)



## 2026 MAJOR COUNTY JR. LIVESTOCK SHOW SCHEDULE

### WEDNESDAY, JANUARY 28, 2026

**Ag Mechanics Projects** due Wednesday, January 28 between 9:30am and Friday, January 30 at 12:00pm

### THURSDAY, JANUARY 29, 2026

**County Food Show:** entries taken 5:00pm to 6:00pm; judging begins at 6:00pm

### FRIDAY, JANUARY 30, 2026

**Barns Open to All Animals**

**Swine** weigh-in 5:00pm to 6:00pm

**Heifer** breeding papers due to office 5:00pm to 6:00pm

### SATURDAY, JANUARY 31, 2026

**Cattle** weigh-in 7:00am to 7:30am

**Ag Mechanics** judging 10:00am

#### SHOW SCHEDULE:

**Beef Showmanship 9:00am**

Senior Showmanship, followed by Intermediate Showmanship then Junior Showmanship

**Cattle Show:** Heifers followed by Steers

**Swine Show** 1 hour after the conclusion of the Cattle Show

Senior Showmanship, followed by Intermediate Showmanship then Junior Showmanship

**Swine;** Gilts followed by Barrows

**Goats** Weigh-ins 4:00pm to 5:00pm

### SUNDAY, FEBRUARY 1, 2026

#### SHOW SCHEDULE:

**Goat Showmanship 9:00am**

Senior Showmanship, followed by Intermediate Showmanship then Junior Showmanship

**Goat Show:** Does, followed by Wethers

**Sheep** Weigh-ins 12:30pm to 1:00pm

**Sheep Showmanship 2:00pm**

Senior Showmanship, followed by Intermediate Showmanship then Junior Showmanship

**Sheep Show:** Ewes, followed by Wethers

### WEDNESDAY FEBRUARY 4, 2026

**Michelle Nichols Awards** Interviews 4:00pm to 6:00pm

### TUESDAY, FEBRUARY 10, 2026

**Major County Bonus Auction** 5:30pm



## 2026 Sewing Workshops

**Full details to come!**

### BEGINNER SERIES (for those with beginning level sewing skills)

**-Tuesday, March 3- *10-Minute Table Runner***

5:30 to 8:00 p.m.

Major County Fairgrounds in Fairview



**-Tuesday, March 10- *Set of 2 Square Potholders***

5:30 to 8:00 p.m.

Major County Fairgrounds in Fairview

**-Tuesday, March 24- *Set of 2 Decorative Tea Towels***

5:30 to 8:00 p.m.

Major County Fairgrounds in Fairview

### INTERMEDIATE SERIES (for those with intermediate level sewing skills)

**-Tuesday, June 2- *Set of 2 Round Potholders***

5:30 to 8:00 p.m.

Major County Fairgrounds in Fairview



**-Thursday, June 11- *Embellished 10-Minute Table Runner***

5:30 to 8:00 p.m.

Location TBD

**-Tuesday, June 16- *Grocery Bag Holder***

5:30 to 8:00 p.m.

Major County Fairgrounds in Fairview

### ADVANCED SERIES (for those with advanced level sewing skills)

**-Saturday, September 19- *Holiday Patchwork Table Runner***

10:00 a.m. to 3:00 p.m.

Major County Fairgrounds in Fairview



**-Saturday, October 10- *Set of 2 Quilt-As-You-Go Placemats***

10:00 a.m. to 3:00 p.m.

Major County Fairgrounds in Fairview

**-Saturday, November 14- *Jelly Roll Lap Quilt***

10:00 a.m. to 3:00 p.m.

Major County Fairgrounds in Fairview

Persons with disabilities who require alternative means of communication or program information or reasonable accommodations, please contact Dana Baldwin at 580-227-3786 at least one week prior to the program.

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# Monthly 4-H Project Workshops -2026-



*Explore 4-H and learn skills through these once a month workshops!  
at the Major County Fairgrounds in Fairview*

**Dates, times, and projects\*:**

- **Saturday, January 31:** *Personal Development*  
2:30-4:00 p.m.: Self-esteem and goal setting.
- **Wednesday, February 11:** *Environmental Education*  
6:00-8:00 p.m.: Weather topics.
- **Wednesday, March 25:** *for Cloverbuds*  
5:30-7:00 p.m.: Fun and interactive nutrition activities.
- **Tuesday, April 7:** *Consumer Education*  
6:00-8:00 p.m.: Money matters and consumer judging.
- **Tuesday, May 19:** *Gardening & Horticulture*  
6:00-8:00 p.m.: Hands-on gardening activities.
- **Thursday, June 4:** *for Cloverbuds*  
11:00 a.m.-1:00 p.m.: A dairy yummy treat.
- **Wednesday, July 8:** *Food Science*  
2:00-5:00 p.m.: The science of baking.
- **Wednesday, August 19:** *Science & Technology*  
6:00-8:00 p.m.: Hands-on STEM activities.
- **Thursday, September 2:** *for Cloverbuds*  
5:30-7:00 p.m.: Fair time fun.
- **Thursday, October 8:** *Food Preservation*  
6:00-8:00 p.m.: Making homemade jelly or jam.
- **Wednesday, November 18:** *Entomology*  
6:00-8:00 p.m.: Insect information.
- **Wednesday, December 9:** *for Cloverbuds*  
5:30-7:00 p.m.: Gingerbread time.



\$5 fee per person per session to cover the cost of supplies.

**Register by calling the Major County OSU Extension Center at 580-227-3786  
at least 3 days prior to the session you plan to attend.**

*\*Dates and topics are subject to change and there will be a minimum and maximum number of participants for each session.*

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**Dana Baldwin and Andrea Perkins**

*Extension Educators*

500 E. Broadway, Courthouse Suite 3  
Fairview, Oklahoma 73737

[dana.baldwin@okstate.edu](mailto:dana.baldwin@okstate.edu)  
[andrea.perkins10@okstate.edu](mailto:andrea.perkins10@okstate.edu)



OSU EXTENSION  
**MAJOR COUNTY**  
**4-H YOUTH DEVELOPMENT**

# Are you into it?

"4-H Clover Connection" is published on a regular basis at the Major County OSU Cooperative Extension Center. This newsletter is just one way of communicating educational information to the citizens of Major County. Major County OSU Cooperative Extension Service educational program and information are provided to you, in part, through the Major County sales tax. Oklahoma State University, U.S. Department of Agriculture, State and Local Governments Cooperative Extension Service: Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>

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## Editors:

### **Dana Baldwin**

Extension Educator

Family & Consumer Sciences/4-H Youth Development  
and County Extension Director  
e-mail: [dana.baldwin@okstate.edu](mailto:dana.baldwin@okstate.edu)

### **Andrea Perkins**

Extension Educator

Agriculture/4-H Youth Development  
e-mail: [andrea.perkins10@okstate.edu](mailto:andrea.perkins10@okstate.edu)

Major County OSU Extension Center  
500 E. Broadway, Courthouse Suite 3  
Fairview, Oklahoma 73737  
Phone: (580)227-3786



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**500 E Broadway, Courthouse Suite 3**  
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