



OSU EXTENSION  
4-H YOUTH DEVELOPMENT

OCTOBER — DECEMBER 2022

# 4-H Clover Connection

## Healthy Living Ambassadors Make a Big Impact

Head. Heart. Hands. Health. These are what the four H's stand for in the 4-H. The Oklahoma 4-H Youth Development program has always been focused on the health and well-being of its club members, but there's one group who take a special interest in the fourth H.

The Oklahoma 4-H Healthy Living Ambassadors work as a team, bringing wellness initiatives to communities across Oklahoma. Applications are now open for current club members to join this group and help expand healthy living programming across the state. Selected participants will be immersed in a community health and wellness learning experience addressing issues such as hunger and food insecurity, nutrition and physical health, and mental well-being.

Ambassadors will work with all age groups, including their peers, 4-H volunteers, 4-H educators and others interested in healthy living opportunities and resources. Club members interested in applying to be a Healthy Living Ambassador have until Nov. 15 to apply. Applications will be reviewed and applicants advancing to Zoom interviews will be notified via email Nov. 20.

Organizers are ready to get this new group of Ambassadors busy with new activities. With everything shut down over the last couple of years, it's time to get out and resume the group's face-to-face programming.

When the pandemic hit in early 2020, this could have hindered the goals of the Healthy Living Ambassadors. Instead, the group rallied and made the most of the situation by creating an email campaign that could still help them meet their goals.

The ambassadors played a critical role during the pandemic and continued to spread the word about good health. The email campaign, Everyday Healthy Habits, was sent out weekly.

The campaign included Mindful Monday, Tasty Tuesday, Wellness Wednesday, Thankful Thursday, Family Friday, Safety Saturday and Self-Care Sunday. They brainstormed and came up with activities club members and their families could participate in while social distancing.

Ambassadors also developed videos that were used with the school version of Food, Fun, 4-H.

While the 4-H Healthy Living Ambassadors are developing skills that will help them lead healthier lives, they're also developing other critical life skills such as public speaking, leadership and team work.

Applications are currently being taken for new ambassadors and applications are due by November 15. Contact the OSU Extension office at 580-227-3786 if interested.



## Major County OSU Cooperative Extension Service

### Address

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[www.extension.okstate.edu/county/major](http://www.extension.okstate.edu/county/major)

### Facebook

Major County 4-H

## In this issue:

### Page 2:

County-Wide Fundraiser  
County-Wide Meeting  
Public Speaking Contest  
4-H Has Talent Contest  
2023 Spring Livestock Show Dates  
OYE Nominations  
Ag in the Classroom Contests

### Page 3:

AFR/OFU Speech Contest  
State Service Projects  
District and Invitational Archery, Air Rifle & Air Pistol Contest  
Shooting Sports  
Shooting Sports Coach Certification Trainings  
ATV Riders Safety Course  
Calendar of Events



## COUNTY-WIDE FUNDRAISER

Thanks to everyone that is participating in the County-Wide 4-H Fundraiser. Sales ended on October 19th. Please remember that the items will be at the county fairgrounds on Wednesday, November 2nd.

We need at least one adult per club present at 1:30 p.m. to help unload the truck. Individual member orders can begin being picked up around 2:30 p.m. There will be extra items that may be purchased on a cash-only basis that day. All items must be picked up by 4:30 p.m.!



## COUNTY-WIDE 4-H MEETING

The next County-Wide Meeting of 4-H Parents, Members and Volunteers will be held on Monday, October 24 at 6:00 p.m., at the county fairgrounds. Trainings for certified volunteers will take place in addition to discussions of upcoming events.

## PUBLIC SPEAKING CONTEST

This contest will be held on Monday, November 14 in conjunction with the 4-H Has Talent Contest held at the Fairview Schools Arts & Education Center. These contests will begin at 6:00 p.m. Entries are due by November 8th.

The contest is divided into:

- \* *Regular Talks* — no props (5 - 7 minutes)
- \* *Illustrative Presentations* — using pictures or posters, models, charts, and animals. Includes presentations showing final completed products. (5—7 minutes)
- \* *Power Point Presentations* (5—7 minutes)



The deadline to enter this contest entry will be Tuesday, November 9. Entry forms are available at the OSU Extension Center.

## Ag in the Classroom Contests

Theme: Oklahoma Agriculture: Our Roots Run Deep  
Entries are due January 6, 2023.

The annual contest has four categories: PreK-2nd Grade – Coloring Contest

3rd-12th Grade – Poster Contest

9th-12th Grade – Photography Contest

This is a great activity for fall 4-H meetings/activities. In addition, teens can gain leadership experience by working with elementary classrooms or Cloverbuds to prepare Coloring Contest entries. Contact us for more information.

## 4-H HAS TALENT CONTEST

This contest will be Monday, November 14 beginning at 6:00 p.m. at the Fairview Schools Arts and Education Center in conjunction with the Public Speaking Contest. Entries are due no later than Tuesday, November 8th.

Entry forms are available at the OSU Extension Center.



What can you do in 4-H Has Talent? Lots of things! Acts can be musical (vocal, instrumental or a combination of both), dramatic plays or readings, novelty (stunts, skits, aerobic or rhythmic acts, folk dances, twirling, pantomiming, or a combination of these.

The length of the act cannot exceed 6 minutes from the time the curtain opens until it closes. No more than ten minutes total time is allowed for any one act, which includes set up and take down.

Divisions will be: -Large Group (5 or more participants), Small Group (2-4 participants), and Individual 4-H members can be in one individual act and two group acts.

Judges will award either blue, red or white awards to all acts. A champion and reserve champion will be named in each division and judges will select acts for participation at district competition as well. All grades will compete together. Cloverbuds can *participate* as well.

## 2023 Spring Dates of Interest for Livestock Exhibitors

Major County Jr. Livestock Show and Bonus Auction  
February 12, 13 & 14

Woodward District Jr. Livestock Show  
February 17 to March 28

Enid District Jr. Livestock Show  
February 28 to March 5

Oklahoma Youth Expo  
March 6 to 17

## OYE Nominations

The Oklahoma Youth Expo nomination procedure will be the same as last year. In Major County you must request your nomination kit through your local Ag Ed Instructor. Make sure you communicate with them how many kits you need.

Kits are \$20.00 each per all species.

Nomination deadlines are:

Steers, Sheep, & Goats:

November 10, 2022 (post marked by this date)

Swine:

December 1, 2022 (post marked by this date)



## 2022 AFR 76th Annual Speech Contest

The Northwest District Contest will be held on Thursday, November 17 at Autry Tech Center in Enid.

State Finals will be held on Saturday, December 3, 2022, at OSU-Stillwater.

Age Divisions are:

Novice -- grades 4, 5 and 6. Time Limit: 2-4 minutes.

Junior -- grades 7 and 8. Time Limit: 4-6 minutes.

Intermediate -- grades 9 and 10. Time Limit: 6-8 minutes.

Senior -- grades 11 and 12. Time Limit: 6-8 minutes.

Full details with rules and entry forms can be found at the following website:

<https://www.afrcoop.org/youth-development-2/>



## District and Invitational Archery, Air Rifle & Air Pistol Contest

We will be hosting the District Contest and an Invitational Archery, Air Rifle & Air Pistol contest on Saturday, December 10 at the Major County Fairgrounds.

Registration begins at 9:00 a.m. and contests begin at 9:30 a.m.

If you are interested in any of these shooting sports disciplines, coming and watching on this day would be a great way to see what they are all about.

We could use a few volunteers that day as well, so if you are available please let us know!

## Keep Working On 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 then be taken to the Ronald McDonald House.



## SHOOTING SPORTS

If you are interested in participating in 4-H shotgun, archery, air rifle or air pistol for the fall, winter and spring seasons, practices are now going on. Call the OSU Extension Center if you plan to or would like more details.

### Shooting Sports Coach Certification Training

An Oklahoma 4-H Shooting Sports Coach Certification class will be held on December 3-4 at the Chisholm Trail Technology Center between Kingfisher and Watonga. This is for archery, shotgun, rifle and pistol. The registration deadline is November 4. Contact us to get signed up!

### ATV Riders Safety Course

Are you interested in participating in an ATV Riders Safety Course at the Oklahoma Farm Bureau/Oklahoma 4-H training facility in Guthrie with your club? Groups can be a maximum of 8 riders at a time. Call the OSU Extension Center for more details.

## Major County 4-H Activity Calendar



### October 2022

19- County 4-H Fundraiser ends

24- Countywide 4-H Meeting

### November 2022

2- Countywide 4-H Fundraiser items in

5- State Outdoor Archery Contest

14- County 4-H Has Talent and Public Speaking Contests

### December 2022

10- District and State 4-H Invitational Archery, Air Rifle and Air Pistol Contests

### January 2023

21- State Air Rifle and Pistol Contest

28- District 4-H Has Talent Contest

### February 2023

11- District 4-H Speech Contest

12 to 14- County Jr. Livestock Show and Bonus Auction

13- County Food Show, Consumer Judging and Photography Contests

17 to 28- Woodward District Livestock Show

28 to March 5- Enid District Livestock Show

### March 2023

6 to 17- Oklahoma Youth Expo

### April 2023

1- District 4-H Duds to Dazzle Contest

# 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 Cooperating. *Oklahoma 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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