

February 2020



Healthy Living Ambassadors ready for new adventure

Living a healthy lifestyle is important. A group of newly selected Oklahoma 4-H'ers are on a mission to help fellow club members, peers and the general public live a healthy lifestyle, as well as meet the Healthy Living Mission Mandate.

A healthy lifestyle is not just about eating right and getting enough exercise, said Cathy Allen, 4-H curriculum coordinator at the State 4-H Office at Oklahoma State University.

"The 4-H Youth Development Program has become a national leader in health-related education, and our new ambassadors are excited to help with this mission," Allen said. "Healthy living includes not only good nutrition and physical activity, but also social and emotional health, as well as the prevention of tobacco, alcohol and other drug use."

Currently in its fourth year, the Oklahoma 4-H Healthy Living Ambassadors are using their leadership, public speaking and other life skills to help others lead healthier lifestyles. The new Healthy Living Ambassadors are Ellise Barcum and Casey Cruzan, Cleveland County; Cortney Evans and Hunter Kelsey, Grady County; Hunter Haxton, McClain County; Emma Lewis, Washington County; Madison Nickels, Garfield County; Ethan Shoemake, Muskogee County; Rose Smith, Pontotoc County; and Emily Ward, Mayes County.

The newly selected ambassadors represent all three districts in the state and soon will be available to present programs around the state. They will use hands-on teaching strategies to share their research-based information on healthy living in order to help others lead healthier lifestyles.

Allen said three of the ambassadors have been selected to travel to Washington, D.C., in February to attend the National Healthy Living Summit. The trio also will teach a workshop at the national conference.

"They'll receive training on all aspects of healthy living, then return to Oklahoma to start sharing the information they learned," she said. "The great thing about this program is that it can be used with all project areas in 4-H. For those involved in the beef project, the Healthy Living Ambassadors can present a program on the importance of protein in a healthy diet. If you're doing an workshop on childcare, a lesson on healthy snacks and fun outdoor activities would fit right in. For counties that have a special interest in helping youth learn the dangers of vaping and smoking, our ambassadors can provide a program for you. Bullying continues to be an issue faced by today's youth and the ambassadors have information to address that issue. What these youth do truly is about physical, social and emotional health."

The Healthy Living Ambassadors are available to come to a county to present at a 4-H club meeting, a summer day camp, the local library reading program and much more. They also will work closely with each other to provide support and programming not only within their own counties, but also at the district and state levels.

"Oklahoma 4-H has long been focused on health, nutrition and overall well-being," Allen said. "This is just one more way in which 4-H continues to make the best better."



Dates to Remember

Feb. 14-15	4-H Night at Science Museum OK
Feb. 26-29	County Livestock Show
March 1st	State Ambassador Applications Due
March 2nd-7th	Regional Livestock Show
March 26th	State Record Book Workshop
April 3rd	4-H Zoo Snooze
April 2nd	Approp. Dress & Fashion Revue-Warner
April 16th	County Speech Competition-Oktaha
April 1st	State Record Books due to Extension Office for Review
April 3-4th	Discovery Unlimited
April 27th	State Record Books due by noon at the state office
April 30th	County Record Book Workshop
May 12th	County Record Books Due to E.O.
June 5th	4- H ZZZZs Under the Sea

4-H Culinary Camp



APRIL 24 & 25 • OSU CAMPUS • STILLWATER, OK

Mark your calendars

When: April 24th & 25th, 2020

Where: Oklahoma State University campus

The camp will be open to 4-H members in 8th -12th grade who active in 4HOnline. Be watching for additional information and registration materials.

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Muskogee County Spring Livestock Show Livestock

SCHEDULE OF EVENTS

TUESDAY, FEBRUARY 25 OFFICIAL HOG WEIGH IN 4:00pm

Weigh in order by school: Ft Gibson, Haskell, Midway, Muskogee, Oktaha, Porum, Warner, Webbers Falls

WEDNESDAY, FEBRUARY 26

HOG SHOW 9:00AM

THURSDAY, FEBRUARY 27 Sheep check-in 9-10 AM

Sheep Show 11:00 AM

Goats check-in 11 AM-12:00 PM

Goat Show Following Sheep Show

Cattle Check-in 4-6pm

FRIDAY, FEBRUARY 28

Heifers Show 10:00 AM

Steer Show Following Heifer Show

SATURDAY, FEBRUARY 29

Buyers Dinner 5:00 PM

Premium Auction 6:00 PM

This catalog may be viewed online at <http://oces.okstate.edu/muskogee>

Muskogee Junior Livestock Show

MONDAY, MARCH 2

HOG CARDS FOR MINOR BREEDS: BERKS, CHESTER, SPOT, POLANDS & HEREFORDS DUE BY 3:00PM

ALL OTHER BREEDS: DUROCS, HAMPSHIRE, YORKS AND CROSSES DUE BY 3:00PM
MINOR BREEDS SHOW AT 5:00PM

TUESDAY, MARCH 3

ALL OTHER SWINE BREEDS SHOW AT 8:00AM

WEDNESDAY, MARCH 4

DOE KIDS WEIGH 9-10:30AM SUPT WILL WEIGH

DOE KIDS SHOW 11:00AM

MARKET GOATS WEIGH 9:00AM TO NOON

MARKET GOAT SHOW: 30 MINUTES AFTER DOE KID SHOW

THURSDAY, MARCH 5

SHEEP WEIGH 10:00AM TO NOON SUPERINTENDENTS WILL WEIGH

SHEEP SHOW 2:00PM

CATTLE CHECK IN 10:00AM TO 1:00PM

Registered Heifers - A-M 10:00am to 11:30am and N-Z 11:30am to 12:30pm

Commercial Heifers - 10:00am to 11:30am

Steers - 11:30am to 12:30pm

FRIDAY, MARCH 6

HEIFER SHOW 8:30AM

STEER SHOW 7:00PM

SATURDAY, MARCH 7

ALL SALE ANIMALS IN PLACE

4:30PM

CHUCK WAGON FEED

5:00PM

BUYERS DINNER SPONSORED BY KILHAREN'S LODGE

5:00PM

PREMIUM AUCTION SALE

6:00PM

Link for Rules <http://www.muskogeeregional.org/scheduleofevents.html>

Oklahoma State 4-H Roundup



Save the date, tell your friends and begin making plans to attend the 99th State 4-H Roundup, July 22-24 on the campus of Oklahoma State University. County night out is optional and will be held Tuesday, July 21st. The cost for 2020 Roundup will remain the same at \$135. Each county will again receive two paid chaperones. Registration materials will be released no later than May 1st, 2020 and will be due to Ag Conferences on June 5th, 2020.

Call for Roundup Workshops

We are looking for persons to present educational workshops to youth ages 13-18. The workshops should be hands-on, motivational, upbeat and age-appropriate. The workshop form can be found below. Workshop applications are due March 15th.

<http://4h.okstate.edu/events-and-activities/state-events-activities/roundup-notebook>

2020 4-H Zoo Snooze

When: Friday, April 3rd, 2020

Cost: \$35.00 for Youth

Cost: \$20.00 for Adults

Join Oklahoma 4-H for an overnight sleepover at the OKC Zoo! Can you build the highest ant hill? Jump as far as a wallaby?

Due at the Extension Office March 18th by 1:30. **Must arrange your own transportation.**

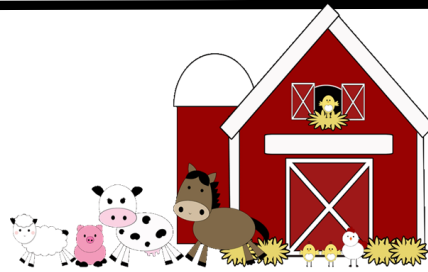
2020 4-H ZZZs Under the Sea

When: Friday, June 5th, 2020

Cost: \$45.00 per person (Youth & Adults)

Ever dreamed of dreaming with the sharks or sea turtles? Come join us at the Aquarium for our ZZZs in the Seas overnight event!

Due at the Extension Office May 21st by 1:30



Special Clovers Camp 2020

Special Clovers Camp proves to be a great experience for everyone involved and we are once again excited about the opportunity to reach 4-H members who might not have attended camp in the past or could not fully participate. Special Clovers Camp will be held Saturday, March 21 and Sunday, March 22 at Saints Grove Campground, near Glencoe. Please share the Special Clovers Camp Registration materials with families in your county who have a child who could benefit from this camp experience.

Registration deadline is February 28 and the camp is open to the first 15 campers with paid registrations.

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2020 State 4-H Ambassador Application

The 2020 State 4-H Ambassador application is posted on the State 4-H website under the Leadership link. There are two important documents to review: Ambassador Application Informational Packet and 2020 Ambassador Application. These documents are also attached.

Please share this opportunity with members who meet the age requirements: Any youth currently involved and active in 4HOnline, who is 13 years of age or older by March 15th, 2020 and still has at least one year of high school remaining is eligible to apply.

<http://4h.okstate.edu/leadership/4-h-ambassadors/becoming-an-ambassador/becoming-an-ambassador>

State Parent-Volunteer Conference - WANTED Workshops

Call for workshop proposals – due March 1.

The primary purpose of the 2020 Conference is to strengthen the local club or project group experience for youth, families, parents, and volunteers. We want parents and volunteers to gain greater confidence in developing and implementing a local experience that will retain youth, gain youth and use an increasing number of volunteers as project and activity leaders.

<http://4h.okstate.edu/parents-volunteers/conferences>

Check out Ag Youth Website for dates and information on livestock shows!! WWW.AGYOUTH.COM

Facebook: Muskogee County 4-H
Oces.okstate.edu/muskogee



Muskogee County Newsletter

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Ag/4-H Youth Development

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MUSKOGEE COUNTY 4-H NEWSLETTER