



OSU EXTENSION
OKFUSKEE COUNTY
4-H YOUTH DEVELOPMENT

4-H NEWSLETTER

May/June 2021

Tri-County 4-H Camp

Camp is being planned for this year. We are working on a tentative schedule for our tri county camp this summer. As soon as everything has been finalized and approved more information on 4-H camp will be mailed out.



We are trying our best to have camp in person and as normal as possible while still following COVID Safety protocols.

Address:

P.O. Box 107
 1201 E. Columbia
 Okemah, OK 74859

Phone: 918-623-0641

Fax: 918-623-0103

Website:

[oces.okstate.edu/
Okfuskee](https://oces.okstate.edu/Okfuskee)

Facebook &

Instagram:

Okfuskee County 4-H

Camp Counselors

4-H Camp is just around the corner. If you are in 8th –12th grade and want to take a leadership role with younger 4-H members, you need to pick up a Camp Counselor Application Form from the Extension office. We are looking for Teens just like you that are willing to help make this year's 4-H Camp experience the best ever. **Counselor Applications are due in the Extension Office by May 10th**. Applications are available here at the Extension Office, or the application can be found in the back of your county year-book

It's Summer Time!!

With schools letting out for summer-means 4-H summer workshops and activities will be in full swing. Keep an eye out on newsletters, our county Facebook page, and your emails for more information on all of our summer activities. We hope to see you this summer at our upcoming 4-H events.

This year we will be having several in person workshops this summer. Registration will be coming out soon for each of these workshops.

- ◆ **Cooking 101**
- ◆ **STEM Workshop**
- ◆ **Woodworking Workshop**
- ◆ **Leadership/Teamwork Workshop**
- ◆ **Cloverbud Day Camp**



District Horse Show

When: June 17-19

Where: River Bend Arena, Inola, OK

Thursday June 17 - open with halter and showmanship classes, English classes and ending with trail. Saturday, May 6th– Trail and Western Classes, Ranch Trail & Ranch Riding

Friday June 18- will begin with Western Classes and ending with ranch riding and ranch trail.

Saturday June 19 - will feature the cattle classes, timed roping and speed events.

You can pick up a entry packet in the Extension Office.

Registration and Fee's are due to the Okfuskee County Extension Office by May 10th. Please make sure to turn in a copy of current negative Coggins tests when you turn in your registration.



County Point Sheets

Point Sheets are Due May 28th to the Extension Office

The purpose of the Point Sheet is to select 4-H Senior delegates to attend State 4-H Roundup held at the OSU campus in Stillwater and Denver Western Roundup.

All Junior members that turn in a point sheet will be eligible to attend Junior Roundup.

The Okfuskee County Senior with the highest number of points and is at least 15 years old by the day of the trip will be selected as the Okfuskee County Delegate to Denver National Roundup.

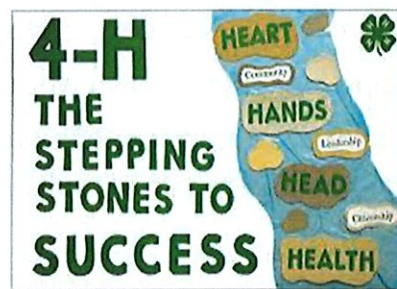
4-H Fun Day

When: June 11th

Time: 10:00am– 3:00pm

Cost: \$2.00 (to get into the pool)

We will be starting the morning out with some great workshops, followed by swimming at the Okemah pool after lunch. We just ask that you RSVP in order to have an enough materials we need for our workshops. Youth will need to bring their own lunches. Any youth not enrolled in 4-H may attend this event.

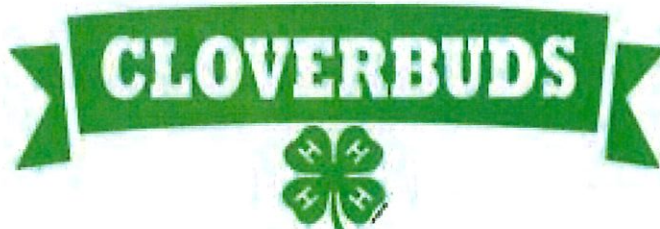


Cloverbud Activity Sheet

Due: May 28th to the Extension Office.

The Cloverbud activity record sheets are designed to allow the Cloverbud member to report their participation and activities in the Cloverbud Program. The Cloverbud activities are designed to be an enjoyable experience for the 5 to 8-year-old youth. Through club and county events and activities we want to provide these Cloverbuds with the opportunity to become familiar with the 4-H Program. To stay with the general idea of the non-competitive Cloverbud Program, these activity record sheets will not be ranked in order.

**For each project or activity, a Cloverbud activity record sheet will need to be filled out by the member. You may add extra pages if needed to record your activity/activities and mount your pictures. We would like to encourage the member to fill out the activity sheet in his/her own hand writing. however, for the 5 and 6-year-old the parent may fill out the form using the child's wording in response to the questions.

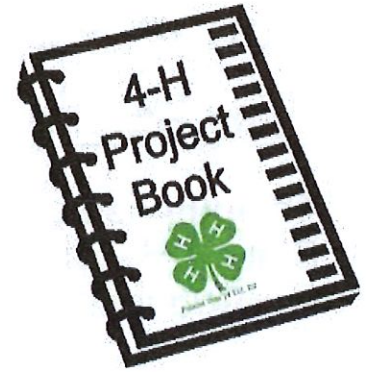


Youth will be recognized at the Achievement Banquet in August

County Medal Folders

County Record Books are due May 28th to the Extension Office.

Okfuskee County OHCE will be giving out 10 scholarships again this year for 4-H enrollment fees for next year to all current members, one of the requirements is that you must turn in a county record book to be eligible to apply.



Why Complete a 4-H Record Book?

- ◆ By turning in a county record book you will be recognized at the county achievement banquet and receive a project pin for all the hard work you have done on your projects.
- ◆ Keeping a 4-H record book will help you:
 - ◆ Learn how to organize yourself
 - ◆ Learn how to use project objectives to set goals and plan your project work for the year
 - ◆ Learn how to set reasonable goals for yourself
 - ◆ Appreciate and explain what you've learned this year in your project work
 - ◆ Gather information needed to apply for awards
 - ◆ Meet requirements to participate in some county and state 4-H events

Requirements to receive a medal (may receive up to two different medals each year):

- * Be enrolled, on the 4-H Enrollment Form, in the project you are reporting on.
- * Complete all pages of the Record Book.
- * Participate in at least 8 club, county, district or state events during the year.
- * Prepare at least 3 or more items for exhibit including the county fair exhibits.
- * Present at least one speech or demonstration in any project area.
- * Provide at least one form of leadership in any project area.
- * Participate in at least one citizenship activity in any project area.
- * Write your 4-H Story.
- * Complete a page of pictures.

To receive a Participation Certificate in a project area (may receive up to two participation certificates each year):

- * Be enrolled in 4-H.
- * Include information on the record book but does not meet the minimum requirements for medal.
- * Write your 4-H Story.

Permanent Record Books

Permanent Record Books are due May 28th to the Extension Office.

To apply for the following upper level county awards, youth must complete all pages of the Permanent Record Book (Oklahoma Report Form, 4-H Story Min of at least 3 pages Max of 6, and three photo pages). Youth will also interview over their book. Interview information will be mailed out once all books have been turned in to the Extension Office on the 26th.

***Submitting just a County Medal Folder will not count for upper level awards.

Requirements to receive Okfuskee County Hall of Fame:

- ◆ Write your 4-H Story. (Max of 6 pages)
- ◆ Complete 3 page of pictures.
- ◆ May only receive Hall of Fame once as a Junior(3-7 grade) and once as a Senior (8-12grade)
- ◆ Must be second year 4-H member

Requirements to receive Okfuskee County Outstanding Achievement Award:

- ◆ Write your 4-H Story (Max of 6 pages)
- ◆ Complete 3 page of pictures
- ◆ May receive this award once a year
- ◆ May receive this award with other outstanding awards
- ◆ Must have outstanding project work in multiple projects
- ◆ One Junior (3-7 grade) award and one Senior (8-12 grade)

Requirements to receive Okfuskee County Outstanding Agriculture Awards:

- ◆ Write your 4-H Story. (Max of 6 pages)
- ◆ Complete 3 page of pictures.
- ◆ May receive this award once a year.
- ◆ May receive this award with other outstanding awards.
- ◆ Must have outstanding project work in any agriculture projects
- ◆ One Junior (3-7 grade) award and one Senior (8-12 grade)

Requirements to receive Okfuskee County Outstanding Jr. and Sr. Record Book:

- ◆ Write your 4-H Story. (Max of 6 pages)
- ◆ Complete 3 page of pictures.
- ◆ May receive this award with other outstanding awards.
- ◆ Must have outstanding project work in any projects
- ◆ One Junior (8-12 grade) award and one Senior (3-7 grade)

**All Youth applying for higher up awards must attended the end of year banquet in August.

Get Fit Challenge

This program is for youth and adults participation.. Each participant will track their steps each day by using a fitbit, apple watch or a step meter. Starting on June 1st members will begin logging their steps. Step counts will be reported to Amanda every Friday. Please register for the challenge by May 24th.

Challenge Start Date: June 1st

Challenge End Date: July 30th

Each week we will have different challenges to participate in to help add to your daily step count.

****Steps can be turned in to Amanda by email, phone or in person**

email: atressl@okstate.edu

phone: 918-623-0641



4-H HEALTHY LIVING

4-H TUESDAY TOOL TIME



For Volunteers, Parents and Extension Professionals

2021 Quarterly Schedule

April 20 – Staying Connected with Club Members

June 22 – Recruiting Members Register

September 28 – Shifting 4-H Stereotypes

December 7 – Appreciation – Developing and sharing the life skill through 4-H

Certified Volunteers by attending Tuesday Tool Time these will count toward your continuing education trainings.

If you have also not completed you Title 7&9 and Working with Minors Trainings those will need to be completed by the end of May. These trainings can be found on 4-Online.

County Ambassador Program

This program will allow youth to help promote and make the Okfuskee County 4-H program more visible throughout the county. Youth will also work closely with donors within the county.

County 4-H Ambassador Responsibilities:

- Speak with third, fourth, and fifth graders about joining 4-H.
- Promote 4-H at school fairs in the county
- Assist in getting sponsorship for county events (like the Achievement Banquet, BB Gun Turkey Shoot, etc.).
- Write Thank You Cards to donors
- Will deliver National 4-H Week Gifts to all current donors

Expectations and Responsibilities:

- Attend all Ambassador Meetings.
- Commit to the time involved to reach all objectives set for the year as an Ambassador.
- Missing a meeting or event for which you have pre-committed may put an Ambassador on inactive status as an ambassador.
- Help secure one or more financial donors for Okfuskee County events
- Must keep enrollment current each year once they are an Ambassador.

Applications are due July 6th. If you are a current team member, your form to stay an ambassador is due July 6th as well.

County Officer Applications

Its almost that time of year again to start thinking about running for a County Officer position.

To apply for a county officer position youth must be 13 years old at the time applications are due. Youth can mark more than one position they are trying for, but they will only get to hold one officer position.

Selection Process:

- **Applicants will first turn in a completed application to the Extension office by July 6th**
- Go through an interview
- Give a speech at August teen leader meeting
- Voting will occur at August meeting after speeches

Officers are a key component to the success of any club, group or organization, and are an important part of that organization's leadership team. Officers represent their group both during a meeting as well as outside of meeting when interfacing with the general public. Representing the organization and its membership is one of an officer's most important responsibilities. Serving as an officer is a great way for individuals to build leadership skills. An individual interested in being an officer must also be willing to develop skills necessary to help the club, group or organization be successful.

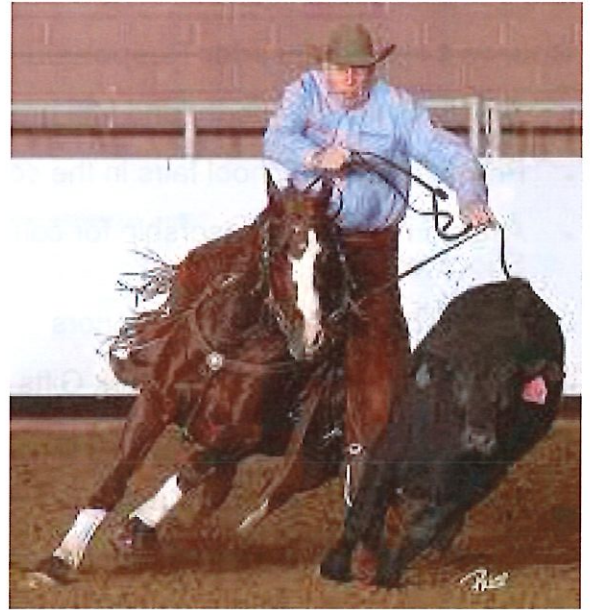


Boxing and Ranch Roping Clinic

When: May 1, 2021

Time: 8 am -5 pm

Where: Totusek Arena and Charles and Linda Cline Equine Teaching Center



OSU Extension is pleased to bring a cooperative event with the National Reined Cowhorse Association to the youth of

Oklahoma. Nationally renown clinicians Todd Crawford and Russel Dilday will present a day long clinic on working cowhorse/boxing and ranch roping. Clinic participation will be limited to 40 riders, but unlimited auditing will be allowed. Riders will participate in dry work, boxing, ranch roping and working their horse on a flag. The clinic is open to *enrolled* 4-H members. There will be a \$20 cattle fee per rider

Registration: To purchase and enroll in this course, go to: <http://osuhorse.okstate.edu/4-h-and-youth-activities/boxing-and-ranch-roping-clinic>

Make up 2020 County Fair

There will be a make up county fair for 2020 on May 20-22nd. There will be a pre-registration form due by May 14th.

Indoor Projects will be brought in on May 20th from 8:00am-8:00pm

Indoor Project will be judge on May 21st project can be picked up at 3:00pm on May 21st

Livestock, Horses and Small Animals will show on May 22nd. The horse show will be halter classes only during the make up county fair.

Rule books and registration is available at the Extension Office.

Hybrid 4-H State Parent-Volunteer Conference

The last year has been a challenging one for everyone. One thing we've learned is that **4-H** is needed **Now More than Ever**. 4-H is important to our communities because it is a means to safely meet the social, emotional, and physical needs of families through programs delivered by local clubs. 4-H clubs and volunteers are essential in providing a welcoming environment of belonging, independence, generosity and mastery.

The State 4-H Volunteer Board remains committed to helping volunteers stay engaged with club members and families through State 4-H Parent-Volunteer Conference June 26 on the OSU campus. Registration can be found on the State 4-H website or you can contact Amanda for a copy of the registration.

This year we are offering a hybrid option. The state volunteer board would love to have everyone in person, but we understand some may still be uncomfortable with in-person events so there will be a limited virtual registration option. There will be fourteen workshops, with designated workshops available via Zoom as part of the virtual package.

Registration Options:

- Early-bird - \$40 April 1-May 1, includes the Salute to Excellence luncheon.
- Registration - \$50 May 2-May 26, includes the Salute to Excellence luncheon.
- Virtual - \$20 April 1 – May 26, see schedule for workshops being presented virtually.

A highlight of conference is the announcement of the county, district, and state Salute to Excellence Awards. The 2021 nominees have dedicated a total of 162 years serving as a 4-H volunteer.

We hope you can join us on campus June 26th.





Okfuskee County Cooperative Extension Service

P.O. Box 107

Okemah, OK 74859

*****I'd love to hear from you all and your clubs on what you have been up to through out the 4-H year. In each newsletter I will post an article about an event or program your club is doing. Help me out by sending in a small article and some pictures and it will go in the newsletter.**

Sincerely,

Amanda Sestak

Ext. Educator, 4-H/Youth Development