



Ottawa County 4-H

Ottawa County Extension Office

Address

123 E Central Ste 101
Miami, OK 74354

Phone

918-542-1688

Email

kathy.enyart@okstate.edu
haleigh.barnes@okstate.edu
spirit.cox@okstate.edu

Website

extension.okstate.edu/ottawa

Facebook

OSU Ottawa County Extension

YouTube

Ottawa County OSU Extension

Future Dates

Feb. 3rd—4-H Day at the
Capitol Registration Due

Feb. 13th—Ottawa County
Fairboard Meeting

Feb. 17th—OYE Online
Registration Due

Feb. 19th—OCHC Shodeo

Feb. 24th—OYE Late Entry
Due

Feb. 25th—Tulsa County
Horsemanship Spring Clin-
ic

Camps & Contests

⇒ Ottawa County Contest Days

- Registration due on March 3rd
- Contest on March 25th
- Guidelines can be found on zsuites or at office!

⇒ Discovery Unlimited

- March 31st– April 1st
- Sky Ranch Cave Springs, Quapaw, OK
- 5th & 6th grades only
- \$75/Delegate, \$75/Adult, \$75/Teen Leader

⇒ NE District Contest Days

- June 6th—June 7th
- More details to come

⇒ Multi-County Camp

- June 19th—June 21st
- Fin n' Feather, Gore, OK
- \$110 Registration
- Counselor Training— June 12th

Contact office to sign up and for more info!

Upcoming 4-H Events

- Feb. 25th from 9am to 3:30pm—Tulsa County 4-H Spring Horsemanship Contest
- Mar. 6th-17th—Oklahoma Youth Expo
- Mar. 25th—Ottawa County Contest Days
- Mar. 31st—Apr. 1st—Discovery Unlimited (5th & 6th graders)
- Apr. 5th—4-H Day at the Capitol (13 & up)
- May 6th—4-H Safety Day: farm & home safety demos for 4-H'ers
- June 6th-7th—NE District Contest Days
- June 15th-24th—Citizenship Washington Focus 2023 (15 & up)
- June 19th-21st—Multi-County Camp
- July 26th-28th—State 4-H Round Up

For more info on any of these please contact the office!

State 4-H Projects:

Change for Change

- State Goal = \$12,000
- *which is \$155.84 per county

Pull for Kids

- State Goal = 50lbs per county

County Deadline for projects is March 30th, 2023. Winning club(s) gets a pizza party at their April meeting!



Active Project Clubs:

Shooting Sports—Shotgun:

- Meets Sundays @ 2 pm
@ Shawnee Skies

Contact office for more info!

If you know someone who may be interested in leading Air Rifle/ Pistol and/or Archery or any other 4-H shooting sports event please let office know!



OC Horse Club:

- Next shodeo is February 19th
- Planning banquet and next year's dates!

Open to all 4-Hers with active enrollment status at their local club!

Contact spirit.cox@okstate.edu or the Office for more info.



Coming Soon:

- Dog Club, May 2023, every Tuesday after school is out for summer until County Fair
- Animal Science
- Livestock Quiz Bowl/ Judging
- Horse Judging
- Teen Leaders



Extension Staff are working on training/ gathering curriculum for these project clubs! If you are interested in any of them please let us know. Also, if you have a project that interests you please inform the office so we can work on finding material!

Black History Month!

1st week: African Heritage & Health Week

Moroccan Chicken Tagine

Ingredients: 1tsp paprika, 1tsp ground cumin, 1/4tsp cayenne pepper, 1/2tsp ground ginger, 1/2 tsp ground coriander, 1/4tsp ground cinnamon, 1 lemon, 5 cloves garlic (minced), 8 chicken thighs (bone-in, skin-on. ~4lbs, trim excess skin), salt, ground black pepper, 1tbsp olive oil, 1 large yellow onion (halved & cut into 1/4" thick slices), 2tbsp all purpose flour, 1 3/4cups chicken broth, 2tbsp honey, 2 large carrots (peeled & cut into 1/2" thick "coins"), 1/2cup Greek cracked green olives (pitted & halved, can use any green olive), 2tbsp chopped fresh cilantro leaves.

Instructions: Combine spice in a small bowl and set aside. Zest lemon. Combine 1tsp of lemon zest with 1 minced garlic clove, set aside. Season both side of chicken thighs with 2tsp of salt and 1/2tsp pepper. Heat the oil in a large heavy-bottomed Dutch oven or pan over medium-high heat until beginning to smoke. Brown the chicken on both sides. Transfer chicken to plate and peel of skin when cooled. Discard skin and contents of pan, aside from 1tbsp of fat. Reduce heat to medium. Add onion, stir occasionally, cook till edges are browned. Add remaining minced garlic and stir till fragrant. Add spices and flour, stirring constantly, Stir in broth, honey, remaining lemon zest, and 1/4tsp salt. Add chicken and reduce heat to medium-low, cover and simmer for 10 minutes. Add carrots, cover and simmer till chicken is thoroughly cooked. Stir in olives, lemon zest and garlic mixture, cilantro and 1tbsp of lemon juice. Add salt, pepper and more lemon juice to taste. Serve with couscous

Nutrition: Serving Size: 1 chicken thigh, Calories: 367, Fat: 13g, Saturated fat: 3g, Carbohydrates: 14g, Sugar: 7g, Fiber: 2g, Protein: 47g, Sodium: 764mg, Cholesterol: 215mg.



"Did you know?" facts...

When 4-H became a nationwide program in 1914, programs for black and white youth were segregated. In fact, in many states 4-H programs for black youth started years, sometimes even as much as decade, after programs for white youth.

4-H Fun!!



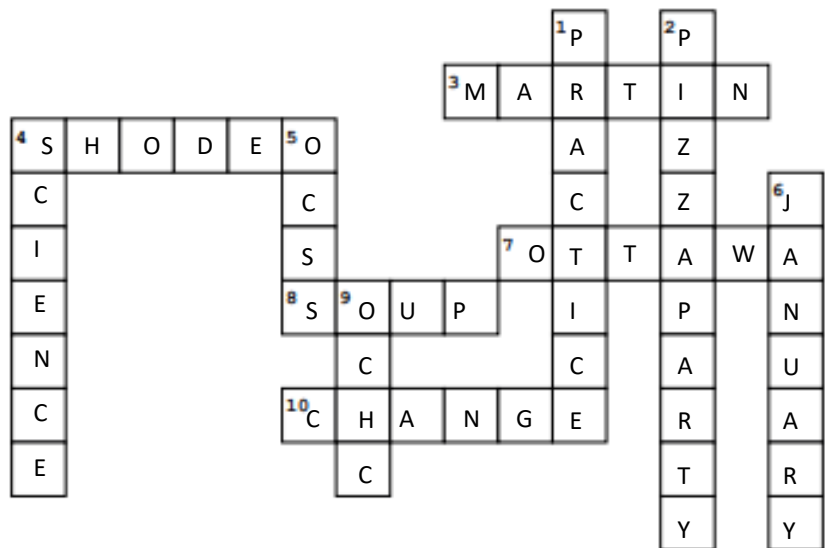
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- CAPITOL
- CELEBRATE
- CHICKEN
- CONTEST
- COUSCOUS
- DISCOVERY
- FEBRUARY
- GOVERNMENT
- HERITAGE
- HISTORY
- HONEY
- JUDGING
- LEADERS
- MATERIAL
- PARTY
- PROJECT
- SAFETY
- SPORTS
- TAGINE
- VALENTINES

ANSWERS GIVEN IN NEXT MONTH'S EDITION

January Answers

1. 1939
2. Reba McEntire
3. 77
4. 7.1 million
5. Northeast, Southeast, & West





State 4-H Ambassadors continue to make the best better

Oklahoma 4-H'ers looking to further develop the life skills they have learned in 4-H should consider applying to become a State 4-H Ambassador. For more than a quarter of a century, club members have been serving as ambassadors to the [Oklahoma 4-H Youth Development](#) program, and continuing to make the best better.

Cathy Allen, 4-H curriculum coordinator at the State 4-H Office at Oklahoma State University said [applications](#) to be part of this select group are due March 15. Applicants must be 13 years of age or older by the application deadline and have at least one year of high school remaining.

"Ambassadors have a unique role within 4-H as they serve dual roles in working with club members, as well as adult partners. They make 4-H more visible in their counties and across the state, maintain relationships with 4-H alumni and supporters and help club members tell the 4-H story," Allen said. "Our ambassadors this last year were involved in a variety of activities that not only enhanced the 4-H program overall, but also helped them build upon the life skills they had already started developing."

Clarissa Smith, a State 4-H Ambassador from Okfuskee County, said her ambassador experiences have truly enriched her overall 4-H experience.

"The State 4-H Ambassador program has allowed me to network, learn valuable life skills and create memories that will last a lifetime," Smith said. "Since becoming an ambassador, I've been able to participate in and learn more about 4-H than I ever had."

Smith was instrumental in helping with the Ambassador Alumni Tailgate event that took place last fall at an OSU football game and said she used many of the life skills she had developed during her years in 4-H.

"My favorite part of working on this event was seeing the ideas come to life, from talking about buying football game tickets to working with the ticket office to secure them," she said. "I also enjoyed working with local donors while planning the tailgate. I was able to use skills such as time management, responsibility, communication and organization."

Smith said she would eagerly encourage other club members to become ambassadors because of the amazing opportunities the program provides.

"This is a great way to make new friends. As ambassadors we're taught important skills such as writing thank-you cards, speaking at banquets and donor relations, all of which will be useful in the future," she said. "I feel that the State 4-H Ambassador program is an amazing opportunity to create personal growth and to become part of an amazing community."

Seminole County 4-H'er Ella Allen also said deciding to apply and being selected to serve as a State 4-H Ambassador has had a positive impact on her 4-H experiences.

“This has introduced me to so many amazing people and opened doors to countless opportunities,” Ella Allen said.

The skills Ella Allen has learned as an ambassador helped her when she was part of the planning team for the Clover Classic Golf Tournament. She used her public speaking skills as she addressed the group to express her appreciation to the 4-H donors. She was also part of the awards presentation following the tournament.

“Becoming an ambassador has been one of the greatest decisions I’ve made in terms of bettering my 4-H career,” she said. “Just submitting your application and going through the interview process allows club members to grow and better themselves.”

Cathy Allen said the three-part interview process includes an extemporaneous speech, a face-to-face interview and a writing assignment.

“We’re looking for 4-H’ers who are self-motivated, enthusiastic about the program and youth who are looking to enhance their leadership skills and accept responsibility,” Cathy Allen said. “As an ambassador, youth will also develop their public speaking skills to promote the 4-H organization across the state.”

For more information about the State 4-H Ambassador program or the application process, contact Cathy Allen at 405-744-8892 or cathy.allen@okstate.edu.

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