



Ottawa County 4-H

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This Month:

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| Apr. 26-May 7—Spring Tractor Supply Clover Campaign | May 20—Oklahoma 4-H Cowhorse Clinic |
| May 6—2023 Capitol Camp Applications due | May 23-24—Vet Science Short Course |
| May 8—NE District Contest Days Registration Due | May 26—OCHC 2022-2023 Award Banquet |
| May 9—State 4-H Record Book & Scholarship Judging | May 28—Riverview Park Community Cleanup |
| May 13-14—Okie Showdown Jackpot | May 31—4-H Day Camp/Pecan Show Cooking Day |

NE District Contest Days



Registration Due: May 8th



Individual:

- Consumer Judging
- Skill-a-thons
- Job Readiness
- Tractor Driving
- Speech Contest
- Fabrics and Fashion

Team:

- Food Showdown
- Dutch Oven Cooking
- Cupcake War
- Livestock Quiz Bowl
- 4-H Has Talent
- Sidewalk Chalk Contest

Available Contests:

Contact the office for info if interested in any contest!

Contest: June 6-8 @ Payne County Fairgrounds

Okie Showdown



May 13 & 14, 2023

Miami Fairgrounds
1129 E St. SW, Miami OK

8:00am Weigh Cards Due
9:00am Showmanship

May 13 Judge: Galen McCune
May 14 Judge: Christian Hammons

All EKSSS Rules Apply. You Must Be A Member To Show. www.eksss.net

Open to all youth who are 21 years of age and under as of 1/1/23.

Seniors, Intermediates Junior & Novice Showmanship Divisions

Pee Wee Showmanship Class for 5 & Under

Hogs are shown by breed • Barrows & gilts shown together

Entry Fee \$25.00

Limited Pens are \$5.00 per day

Limited RV Hookups Available \$40.00 per night

FOR MORE INFORMATION

Marcus Ellison 918-541-8171 • Mark Merit 918-533-6542

Show hosted by the Ottawa County Fair Board

Submit Fees and Pre-entries by May 5, 2023 to: Ottawa County Fair Board, 123 E Central, Suite 101, Miami, OK 74354

Ottawa County 4-H Horse Club 2022-2023 Award Banquet

OCHC year-end award qualifiers will be recognized May 26th at the Peoria Ridge Golf Course for their accomplishments during the 22-23 Shodeo Series! There was a total of 74 participants throughout the series and 32 qualified for awards! Congratulations to those who qualified!

We would love to see more participants next year so if you or someone you know is interested in participating in or helping with the next series please get in contact with Spirit Cox, 918-542-1688 or spirit.cox@okstate.edu. If you know of an arena to have our next series at let us know!

Future 4-H Events

June 1—Reg. for Multi-County Camp Due - \$110 -We need more camp counselors and campers this year so tell your friends!

June 2—Pecan Food Show

June 6-8—NE District Contest Days

June 12—Multi-County Camp counselor training

June 13—State Record Book Interviews

June 14—4-H Day Camp

June 15-24—Citizenship Washington Focus 2023

June 16-17—Ottawa County Fair Tag-In

June 19-21—Multi-County Camp

June 28—4-H Day Camp

July 10—County Record Books Due

July 12—4-H Day Camp

July 18-19—Big 3 Field Days

July 26—4-H Day Camp

July 26-28—State 4-H Round Up

Aug. 5-12—Ottawa County Fair



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



Congratulations to Berkeley Ulrey for completing another State 4-H Record Book! He won the Natural Resources Conversation last year. He has helped organize and volunteer at the Riverview Park Community Cleanup Days. The next one is May 28th from 2:00-3:30 pm. He also participated in the county contest day in March, winning may categories. Berkeley, thank you for your participation in 4-H!

Be Sure to Collect Pop Tabs and Change Year Round



Active Project Clubs:



Shooting Sports—Shotgun:

- Meets Sundays @ 2 pm
@ Shawnee Skies
 - Coaches are Dale Smith and Mike Williams
- 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:

- Banquet- May 26th 6:00-9:00 pm.
 - Sign up to bring items for the taco bar on Facebook.
 - Remember to bring items for the live auction.
 - If you would like to volunteer to help with the next series please contact the email below!
- Contact spirit.cox@okstate.edu or the office and/or watch Facebook 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!

4-H Fun!!



- 4-H Day Camps!

Every year our county 4-H leaders schedule a few days over the summer for 4-H'ers to get together to make 4-H projects and do fun activities! The projects are all eligible to be entered in the fair. Occasionally, 4-H'ers get to go on day trips during camp as well! Day camps are great for all years of members but especially good for new members who want to get a taste of what 4-H is all about!

This years date are:

May 31st—Pecan Cooking Day, Ottawa County has participated in the State Pecan Food Show in past years. It is being held June 2nd this year. Kathy Enyart will be taking our member's entries to the show the day before.

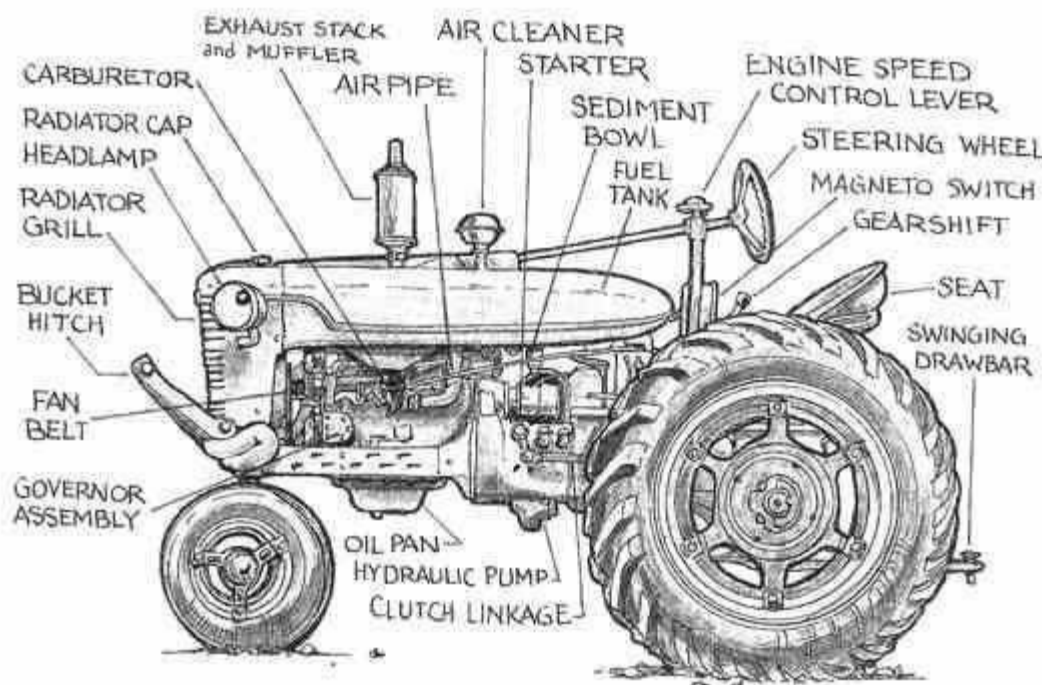
June 14th

June 28th

July 12th

July 26th

April Tractor Part Answers



Tractor Mac



Food, Fun, 4-H ready for exciting summer in the kitchen

Back for its fourth year, and better than ever, the Food, Fun, 4-H project kicks off in May. More than 700 families already are enrolled for the summer 2023 FF4-H activities.

This fun, family activity runs from May through August and is free to participants. Each month's theme will be a surprise based off of suggestions from past participants, said Cathy Allen, 4-H curriculum coordinator at the state 4-H office at Oklahoma State University.

"Food, Fun, 4-H was developed in 2020 as a way to help youth develop kitchen skills, as well as to help bring the family back to the table for meals," Allen said. "Families are understandably busy, but sitting down together as a family to eat a homecooked meal is important. That first year we hoped to have 50 families participate, and we far surpassed that goal. Summer 2023 is our biggest year yet."

All youth who register for the program receive monthly themed packets via email containing recipes for a complete meal, featuring colorful photos with step-by-step directions. Participants also receive nutritional facts, educational information, conversation starter topics for when the family is around the table and a family physical activity challenge. This program is funded through the Walmart Healthy Habits grant, with assistance from Murphy's Department Store in Stillwater, Oklahoma.

While the main focus of FF4-H is getting families back around the dining room table, it's also about mental and physical well-being, developing new and useful skills and encouraging youth to participate in community service or civic engagement activities.

"One of our goals is to get families to try new foods. They may have tried Brussels sprouts before, but the cooking method left them soggy or unappetizing," Allen said. "New cooking methods such as roasting and including a balsamic glaze can be a game changer for this healthy vegetable. FF4-H helps them expand their food horizons."

The family physical challenge can be taking a walk after dinner, planting flowers together or a bike ride at the park.

Another focus area within FF4-H is service learning or civic engagement activities, which ties back to all 4-H projects. Some ideas are interviewing a family member about a favorite family recipe, adopting someone at a local nursing home and visiting or collecting school supplies for next fall. The FF4-H packet will include lots of fun ideas.

"Service learning activities provide young people with opportunities to think about others," said Cathleen Taylor, state leadership and civic engagement specialist with the state 4-H office. "As families gather to prepare a Food, Fun, 4-H meal, they're encouraged to brainstorm ideas of how they can help in their community."

Allen noted that dealing with mental stress is a reality for many teens and their families and encourages them to take a mindful minute.

“A mindful minute example is taking the time to look around and focus on five things they see, four things they can touch, three things they can hear, two things they can smell and one thing they can taste,” she said. “It’s amazing how much less stressed a person can feel after this activity. A mindful minute helps us ground ourselves. Another option is to journal on a regular basis.”

Contact Allen at cathy.allen@okstate.edu for registration information.

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