



## Ottawa County 4-H

<b>Ottawa County Extension Office</b> <b>Address</b> 123 E Central Ste 101 Miami, OK, 74354	<b>Phone</b> 918-542-1688 <b>Website</b> <a href="http://extension.okstate.edu/ottawa">extension.okstate.edu/ottawa</a>	<b>Email</b> <a href="mailto:kathy.enyart@okstate.edu">kathy.enyart@okstate.edu</a> <a href="mailto:spirit.cox@okstate.edu">spirit.cox@okstate.edu</a> <a href="mailto:donna.richard@okstate.edu">donna.richard@okstate.edu</a> <a href="mailto:rmmccar@okstate.edu">rmmccar@okstate.edu</a>	<b>Facebook</b> OSU Ottawa County Extension <b>YouTube</b> Ottawa County OSU Extension
--	--	--	---

**This Month's Events:**

- |   |  |
|---|--|
| <p><b>Sept. 28-Oct. 8</b>—Tulsa State Fair</p> <p><b>Oct. 2</b>—<u>Reg Due for Say YES to FCS</u></p> <p><b>Oct. 4-15</b>—TSC Clover Campaign</p> <p><b>Oct. 9</b>—Office Closed/Columbus Day</p> <p><b>Oct. 10</b>—Fairland 4-H Meeting</p> <p><b>Oct. 11</b>—Wyandotte 4-H Meeting</p> <p><b>Oct. 11-13</b>—Youth In Action</p> <p><b>Oct. 13</b>—TSC Clover Campaign Booth</p> <p><b>Oct. 18</b>—Afton 4-H Meeting</p> | <p><b>Oct. 21</b>—OK 4-H Horse Heritage Day</p> <p><b>Oct. 22-24</b>—Giving Tree Decorating</p> <p><b>Oct. 24</b>—Miami 4-H Meeting</p> <p><b>Oct. 24</b>—Say YES to FCS</p> <p><b>Oct. 25</b>—<u>Reg. Due for ZZZ's under the seas</u></p> <p><b>Oct. 28</b>—OCHC Shodeo</p> <p><b>Oct. 28</b>—NE District Science Fair &amp; Cloverbud Living Wax Museum Contest</p> <p><b>Oct. 31</b>—Sweet Streets</p> |
|---|--|

### Congratulations to our Tulsa State Fair Exhibitors!

These individuals who placed in the top 5 at TSF with their indoor exhibits!

- Jensen Dorey, Miami 4-H—3 Top Five Exhibits
- Josiah Dorey, Miami 4-H—2 Top Five Exhibits
- Dillon Foster, Miami 4-H—7 Top Five Exhibits
- Berkeley Ulrey, Miami 4-H—1 Top Five Exhibit
- Kaylyn Wise, Fairland 4-H—2 Top Five Exhibits

These individuals will be showing at TSF this week!

- Jarin Cox, Miami 4-H—Horse Show
- Acen & Taryn Earp, Quapaw 4-H—Swine Show
- Kailyn Woods, Fairland 4-H—Ewe Show

## Say YES to FCS Education Day

Junior and Seniors looking to explore Family and Consumer Science classes and careers through OSU are offered the opportunity to tour the facilities, learn about the application process, learn about funding options for college and so much more! You must be registered to attend and the deadline is **October 2**. The event will be **October 24** from 8:30am-12pm. Contact the office for information and the registration link.

---

## Tractor Supply Co. Paper Clover Campaign

**October 4-15** is the TSC Clover Campaign week. TSC prompts 4-H and donating to 4-H to their shoppers. 100% of funds raised through the Clover fundraiser directly benefits 4-H and the kids and teens they work with - 90% of donations directly support 4-H youth in the state and the remaining 10% supports national 4-H programming. **October 13th**, we would like for volunteers to come and help work a booth prompting the event and educating people on opportunities through 4-H.

---

## Oklahoma 4-H Horse Heritage Experience

Oklahoma 4-H is hosting a day at the Western Heritage Museum and Remington Park in Oklahoma City on **October 21**. Explore the museum and visit the Traditional Cowboy Arts Exhibition featuring saddle making, bits and spurs, and rawhide braiding. A leather tooling workshop will also be held at the museum. Then travel to Remington Park for the backside tour to learn about the behind the scenes of the racehorse industry. 4-H'ers will also get the opportunity to watch the first race of the evening from the winner's circle and take a picture with the race winner! **October 1** is the deadline.

---

## The Giving Tree Exhibit

Ottawa County 4-H has been asked to decorate a Christmas tree promoting 4-H and showcasing things we do in the community. Please come and decorate with us **October 22-24**. Bring pictures to make ornaments out of and be ready to use your crafting skills!



## Future 4-H Events



- Nov. 3-4—ZZZ's Under the Seas
- Nov. 4—Park of Lights Set-up
- Nov. 4—OCHC Shodeo
- Nov. 8—Wyandotte 4-H Meeting
- Nov. 10—LifeSmarts Scholarship App. Due**
- Nov. 11—Horse Science Academy (**limited space**)
- Nov. 14—Fairland 4-H Meeting
- Nov. 15—Afton 4-H Meeting
- Nov. 17—New Mexico 4-H Sr Leadership Retreat Reg. Due**
- Nov. 18—4-H Achievement Celebration
- Nov. 19—OCHC Shodeo
- Nov. 20—Parade Float Decorating
- Nov. 21—Miami 4-H Meeting
- Nov. 23-24—Office Closed/Thanksgiving
- Dec. 2—Miami, Quapaw, and Commerce Christmas Parades
- Dec. 2—4-H Horse Volunteer Conference
- Dec. 9—OCHC Shodeo
- Dec. 9—Fairland Christmas Parade
- Dec. 12—Fairland 4-H Meeting
- Dec. 13—Afton 4-H Meeting
- Dec. 13—Wyandotte 4-H Meeting
- Dec. 19—Miami 4-H Meeting
- Dec. 25-26—Office Closed/Christmas

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

## **2023 ZZZ's Under the Seas**

- ZZZ's Under the Seas is an unique experience that allows 4-H'ers to sleep under and next to the exhibits at Jenks Aquarium. The night is packed full with fun events. There are thousands of different species salt and freshwater creatures and get the opportunity to feed and touch stingrays and small sharks! Registration is due **OCTOBER 24**.

## **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!
- Archery
- We have new archery coaches! We are in the process of planning practice dates and times!
- If you know someone who may be interested in leading any 4-H shooting sports activity please let office know! There is a training coming up in March 2024.

### Horse Club:

- September 17<sup>th</sup>
- October 28<sup>th</sup>
- November 4<sup>th</sup>
- November 19<sup>th</sup>
- December 9<sup>th</sup>
- If you would like to volunteer to help with the series please contact Spirit.
- Contact [spirit.cox@okstate.edu](mailto:spirit.cox@okstate.edu) and/or watch Facebook for more info.



If there is a club that you would like to participate in, please let the office know so we can try to get one organized!

---

## 4-H Meetings

Fairland: 2<sup>nd</sup> Tues. each month, after school-5:30, 1st Christian Church

Wyandotte: 2<sup>nd</sup> Wed. each month, after school-5:30, Commons Area

Miami: Sept. 21<sup>st</sup>, Oct. 24<sup>th</sup>, 3<sup>rd</sup> Tues each month Nov.-May, 5:00-6:00, Extension Office Conference Room

Afton: 3<sup>rd</sup> Wed. each month except Dec. 13<sup>th</sup> and Mar. 13<sup>th</sup>, after school, Mrs. Marino's class



## Food, Fun, 4-H at School

Some students in Muskogee County are learning more than reading, writing and arithmetic – they’re also learning to cook and where their food comes from. The Food, Fun, 4-H program has been around for a few years and was originally designed to be implemented at home. This year’s program was piloted in 10 schools in the spring 2023 and focused on Oklahoma-grown commodities. New lessons are set to roll out in November 2023.

Leigh Cooper, a 4-H leader in Muskogee County and a teacher, said Food, Fun, 4-H at School has proven to be very popular with grade school students who participated in the after-school activity.

“The students not only learned some basic cooking skills, but they also gained a lot of information about where their food comes from,” Cooper said. “We had a theme each month that included beef, pork, chicken, wheat and corn, which are the top commodities produced in Oklahoma.”

The lessons are easily adaptable to be used in the classroom, in an after-school program or to meet the needs of the participants. Cooper enhanced the lessons by incorporating field trips that corresponded with each particular lesson.

When learning about beef, the students made beef stroganoff; pork included pigs in a blanket and hot ham and cheese sandwiches; store-bought rotisserie chickens were dissected into dark and light meat and made into quesadillas; students made butter out of cream in the dairy lesson; making tortillas was the high point of the wheat lesson; and picking and eating fresh corn from the field was a fun activity for the corn lesson, along with making fresh corn salsa.

“It wasn’t all about cooking,” Cooper said. “We did field trips to learn more about where our food comes from.”

For the corn lesson, the students traveled to Shelby and Ross Producers in Webbers Falls where they learned corn grows on a stalk. The group also toured a dairy farm. They poured fresh cream into mason jars and shook, and shook and shook them to make butter, which they spread on toast.

“One of the coolest field trips was touring a meat processing plant where we got to see the whole process,” she said. “We watched a beef carcass being processed and learned how hamburger is made.”

Cooper said the purpose of Food, Fun, 4-H at School is to provide the students with opportunities to learn something new about the foods they are eating and preparing.

“They learned how to use a can opener and when we were making the hot ham and cheese sandwiches, they learned how to open a can of crescent rolls,” she said. “They’re learning basic life skills they’ll use from now on. The students were also taught about job opportunities while we were on the field trips to the dairy, corn field and processing plant.”

Cathy Allen, 4-H curriculum coordinator at the state 4-H office at OSU, said Food, Fun, 4-H at School includes not only the fun recipes for the students to try, but it also features a physical activity, mindful minute and educational information about each month's theme.

"Food, Fun, 4-H at School can be delivered in a multitude of ways, including the OSU Extension county educator going into the school, a 4-H volunteer or a teacher and county educator working together to present the program," Allen said. "The recipes are easy and can be prepared using a microwave, electric skillet or a toaster oven. We also include a recipe that doesn't require a heat source. These recipes are great for the students to take home and prepare with their families. It's all about bringing the family together at the dinner table."

The Food, Fun, 4-H at School program is funded by a Walmart Foundation Grant.

To learn how to bring Food, Fun, 4-H at School to your area, contact the county OSU Extension office, or contact Allen at 405-744-8892 or [cathy.allen@okstate.edu](mailto:cathy.allen@okstate.edu).

###

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, age, 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>.