



OSU EXTENSION

January 2023

# OTTAWA COUNTY 4-H YOUTH DEVELOPMENT

## Ottawa County 4-H

### Ottawa County Extension Office

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#### Facebook

OSU Ottawa County Extension

#### YouTube

Ottawa County OSU Extension

#### Future Dates

Jan. 8– OCHC Shodeo

Jan. 8– SS Shotgun Practice  
opens back up

Jan. 14– Open Horse Show

Judge Seminar. Sign up online.

Jan. 20– Night at the Museum  
Register deadline. Sign up on  
zsuites!

Jan. 21– 4-H Day at OSU

Jan. 23– State 4-H Horse  
Communication Contest  
Deadline

Jan. 27-28– Night at the  
Museum

## HAPPY NEW YEAR

We are all excited to start another year full of great times and wonderful memories! We have many fun and educational events in line for this year. Everything from project club activities and leadership building activities to competing in county, district, and state events. Be sure to participate in all that you can and write a record book to earn points that count towards trips.

Watch Facebook and your monthly newsletter for upcoming events and deadlines!



## Active Project Clubs:

### Shooting Sports—Shotgun:

- Meets Sundays @ 2 pm  
@ Shawnee Skies

**\*\*Postponed until Jan. 8th**

Contact office for more info!

If you know someone who may be interested in leading please let office know!



### OC Horse Club:

- Next shodeo is January 8th
- February 19th
- Currently working on more dates!

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

### State 4-H Horse Events:

- January 14– Open Horse Show Judges Seminar, \$40, Stillwater, OK
- February 4– Horse Communication Contest, pre-register Jan. 23, Stillwater, OK

Contact [spirit.cox@okstate.edu](mailto:spirit.cox@okstate.edu) or the Office for more info!

## 2022-2023 Ottawa County 4-H Officer Team:

President— Cooper Ellison

Vice President— Lane Young

Secretary— Berkeley Ulrey

Recreation Leader— Taylor Fry

Int. VP— Gracie Smith and Dillon Foster

Jr. VP— Case Ellison

## State 4-H Projects:

### Pull for Kids

The Ronald McDonald House Charities provide a home away from home for families of seriously ill or injured children who are receiving medical treatment in the Oklahoma City or Tulsa areas.

**The state goal is 50 pounds per county!**

Keep your pop tabs and turn them in during club meetings, county events, or the extension office. The deadline is also March 31, 2023 with a pizza party reward!



### **CHANGE FOR CHANGE**

Change for Change benefits the Children's Health Foundation which serves youth from all 77 counties in Oklahoma. Children's Health Foundation improves the health of children through its support of research, education and care in Oklahoma.

**The state goal this year is \$12,000!**

**Be sure to turn your collected change in during club meetings, county events, or anytime you enter the office!**

**Our county deadline is March 31, 2023. The winning club gets a pizza party at their April meeting!**



# National Soup Month!

## Creamy Chicken Tortilla Soup

**Ingredients:** 2tbsp butter, 1 small yellow onion (diced), 1 jalapeno pepper (diced), 3 cloves garlic (diced), 1 tbsp tomato paste, 1 15oz can corn (drained), 1 10oz can Rotel diced tomatoes with green chilies, 1 15oz can black beans (drained and rinsed), 5cups chicken broth, 2 small chicken breasts (boneless & skinless), 1/2tsp cayenne pepper, 1tsp cumin, 1-2tsp hot sauce, 1oz taco seasoning packet, 1 1/2cups shredded cheddar cheese, 1/3cup cream cheese (softened)

**Instructions:** Heat butter over medium heat and add the onions and peppers. Sauté for 4 minutes, then add garlic and cook for another minute. Add remaining ingredients EXCEPT cheese and cream cheese. Let soup come to a slow boil. Remove chicken after 20-25 minutes, once cooked through. Shred chicken, then return to soup. Reduce to low heat and gradually add in cheeses. Stir until smooth and creamy. Remove from heat after approximately 10 minutes. Serve!

**Nutrition:** Calories 204kcal, Carbohydrates 17g, Protein 13g, Fat 10g, Saturated Fat 5g, Trans Fat 1g, Cholesterol 41mg, Sodium 785mg, Potassium 390mg, Fiber 4g, Sugar 3g, Vitamin A 627IU, Vitamin C 15mg, Calcium 133mg, Iron 2mg.

### "Did you know?" soup facts...

1. The earliest archaeological evidence for the consumption of soup dates back to 6000 BC, and it was hippopotamus soup.
2. Soups are classified into two groups: clear soups and thick soups.
3. Soups can be consumed hot or cold, depending on the climate of the region where it's being served, and flavors can be sweet or savory.
4. Americans eat more than 10 billion bowls of soup each year.
5. The most popular soup variety in the U.S. is chicken noodle.

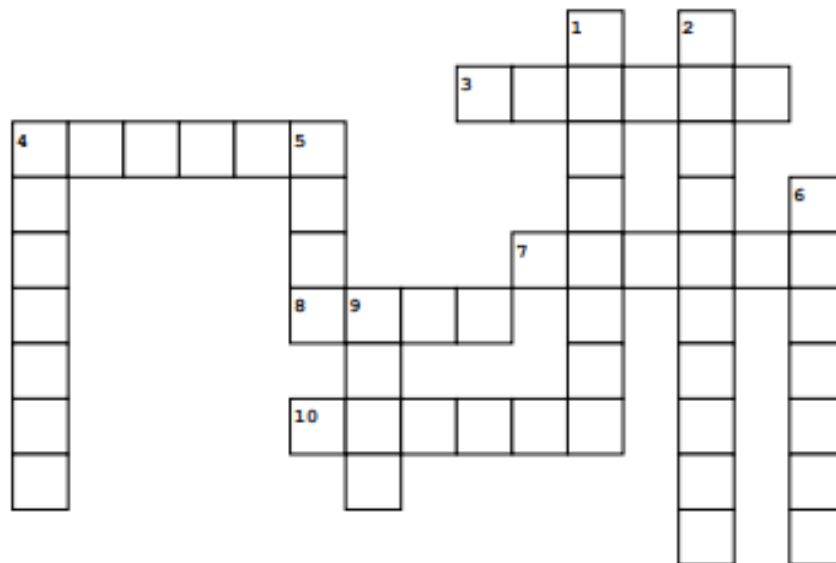


\*\*"10 Fun Facts in Honor of National Soup Month." Crown Brand-Building Packaging

# 4-H Fun!!



1. What year did 4-H begin in Oklahoma?
2. Who is a famous country music singer and former Pittsburg County 4-H member?
3. How many counties have Cooperative Extension Offices in Oklahoma?
4. In 1974, 4-H reached an all-time high enrollment. Approximately how many members were enrolled then?
5. What are the three recognized Oklahoma 4-H districts today?



### Across

3. first name of activist honored on third Monday of January
4. event that horse club puts on monthly
7. county name
8. food of the month
10. collected for state 4-H project

### Down

1. shooting sport event that opens back up this month
2. 2 words, reward for top county state project collector
4. type of museum 4-H visits in January
5. county 4-H shooting sports acronym
6. first month of the year
9. county 4-H horse club acronym

\*ANSWERS GIVEN IN NEXT MONTH'S EDITION\*



## Junior Master Gardener program

While historically known to focus on traditional agricultural projects, the Oklahoma 4-H Youth Development program has something for everyone. Something that many young people will find fun and exciting is the Junior Master Gardener Program.

This curriculum covers all aspects of horticulture and landscape architecture, said [Shelley Mitchell, Oklahoma State University Extension 4-H Youth Development](#) horticulture specialist.

“It’s not just about growing pretty flowers or tasty fruits and vegetables. The Junior Master Gardeners program incorporates soil and water conservation, ecology, plant growth and development, insects and diseases, and even nutrition. 4-H has a big emphasis on STEM activities and the JMG fits right in with that,” Mitchell said. “There are two levels of the curriculum, including Level 1 for 3rd through 5th grade and Level 2 for grades 6th through 8th.”

Level 1 covers plants and landscape architecture along with career exploration and life skills. There are supplemental curricula including literature activities to go with several popular children’s books. Level 1 also covers basic gardening, nutrition and physical activity.

Level 2 covers plant growth and development along with water and soil conservation. It also expands on the lessons learned in Level 1.

Mitchell said the lessons can stand alone as needed or be used in conjunction with other programming and activities such as summer camps or after-school programs.

“There is plenty of material available if someone wanted to start a JMG club,” she said. “The materials for the activities are inexpensive and readily available. It takes just five youth and one adult to start an official JMG group. It’s easy to get a group registered at [jmgkids.us](http://jmgkids.us).”

The lessons can also be incorporated into the classroom. Each activity has background information for the teacher or volunteer leader.

4-H strives to provide opportunities for club members to develop citizenship, leadership and other life skills through hands-on activities. The JMG program inspires youth to be of service in their communities through service-learning projects. Clubs could start a school or community garden. As part of a 4-H citizenship project, 4-H’ers can donate excess produce from their own gardens to a local food bank.

“4-H’ers can get involved in exploring their world through meaningful activities that encourage leadership development, personal pride and responsibility,” Mitchell said. “Through these activities, they’ll develop critical thinking skills and the ability to identify community concerns and take action to address them through individual and group projects.”

For more information about the Junior Master Gardener program, email Mitchell at [shelley.mitchell@okstate.edu](mailto:shelley.mitchell@okstate.edu). More information about the [county 4-H program](#) is available online.

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