



## Ottawa County 4-H Newsletter

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OSU Ottawa County Extension  
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 Ottawa County 4 H Shooting Sports  
 Oklahoma

**This Month's Events:**

**Mar. 1—Registration for Contest Day Due**

**Mar. 1—Read Across America**

**Mar. 8—Ottawa County Farm Bureau Scholarship due to Farm Bureau office.**

**Mar. 9—Contest Day & County Challenges Due**

**Mar. 10—Rachel Wright Memorial Horse Show @ 10**

**Mar. 11-22—Oklahoma Youth Expo**

**Mar. 11—4-H Leaders Meeting @ 5:15pm**

**Mar. 13—Afton 4-H Meeting**

**Mar. 17—St. Patrick's Day (wear 4-H green to avoid being pinched!)**

**Mar 21—OHCE Book Folding Workshop**

**Mar. 22-23—Discovery Unlimited**

**Mar. 23-24—Shooting Sports Coach Training**

**Mar. 27—Co-Parenting Class**

**Mar. 29—Office Closed/Good Friday**

**Mar. 31—Rachel Wright Memorial Scholarship Due to Extension office.**



*Happy St. Patrick's Day!*

### County Contest Day

**Entries are due today! March 1<sup>st</sup>!**

**March 9<sup>th</sup>, Registration @ 9:30am, Start @ 10am.**

The contest will be held at the Ottawa County Extension Office and Community Room. Awards will be announced in the Community Room after the contest. Any 4-Her who attends can do a skill-a-thon, they do not have to be entered in the contest.

Sign up through the Extension Office or by email! Check the ZSuites website for the guidelines packet!

We will be baking cookies in our free time during the contest!

**Change and Pop tabs are due at this event. The winning club will get a pizza party at their April Meeting!**

### Rachel Wright Memorial Horse Show

Join us in remembering former Wyandotte 4-H'er and OCHC member, Rachel Wright. Rachel was an inspiration to many of her horse club peers. She was very passionate about horses and family. Rachel was a spirited tomboy and a great horsewoman. She competed in many district and state 4-H horse events and won awards for her accomplishments.

There will be Showmanship at Halter, English, Western, Fun Stick Horse, and Timed Event Classes.

There will be an auction for the buckles from 2020 along with other donated items.

If you are a high school senior and live in Ottawa County or participate in OCHC you are eligible for the Rachel Wright Memorial Scholarship. Ask Spirit for information!

## **Future 4-H Events**

**Apr. 1—Oklahoma Farm Bureau Applications Due (see below)**

**Apr. 2-4—Master Sewing Volunteer State Workshop**

**Apr. 4—Cherokee Nation Seed Bank @ Afton City Hall**

**Apr. 8—4-H Leader's Meeting**

**Apr. 9—Fairland 4-H Meeting**

**Apr. 10—Wyandotte 4-H Meeting**

**Apr. 12—State Record Books due to Extension office**

**Apr. 13—Midwest Invitational Meat Judging Contest**

**Apr. 16—Miami 4-H Meeting**

**Apr. 17—4-H Day at the Capitol**

**Apr. 17—Afton 4-H Meeting**

**Apr. 19-24—National 4-H Conference**

**Apr. 27—State 4-H Land Judging**

**May 4—State 4-H Livestock & Meat Judging Contests**

**May 8—Wyandotte 4-H Meeting**

**May 11-12—Okie Showdown**

**May 13—4-H Leader's Meeting**

**May 14—State Record Book Judging**

**May 14—Fairland 4-H Meeting**

**May 15—Afton 4-H Meeting**

**May 21—Miami 4-H Meeting**

**May 27—Office Closed/Memorial Day**

**May 29—Co-Parenting Class**

**May 31-June 1—NED Horse Show, Locust Grove**

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



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## **Oklahoma Farm Bureau Applications**

**Capitol Camp** is a two-day event for incoming high school juniors and seniors to experience Oklahoma's legislative process on the floor of the OK House of Representatives. Camp is held June 12-13 and costs \$50.

**OK Youth Leading Agriculture (OYLA)** is a four-day leadership camp for incoming high school seniors. OYLA will be held May 28-31 in OKC, OK. All costs are covered by Oklahoma Farm Bureau.

**Young Farmers & Ranchers Scholarship** Application is for graduating high school seniors enrolled in an ag-related program in OK. Legal Guardian or parent must be a Farm Bureau member.

More information about these applications and programs can be found on the Oklahoma Farm Bureau website. <https://www.okfarmbureau.org/programs/application-center/>

## **Cherokee Nation Opportunities**

Cherokee Nation has a Volunteer Program with the mission to serve elderly and/or disabled Cherokee citizens in need by partnering with various organizations, like 4-H, to secure the labor, tools, equipment, and materials necessary to create safer living conditions. Cherokee youth can be paid for 20 hours of service. Youth must be older than 10 years old. Check out the "Cherokee Coffee Talk" Facebook page.

Cherokee Nation will also have a Seed Bank distribution for locals at the Afton City Hall on April 4th.

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## State 4-H Record Book Help

State Record Books are a very important part of a 4-Her's career. These books compile all of a 4-Her's work and years in 4-H into one book. They are hard work, but very rewarding. Each project area awards a **\$1,200 scholarship**. There are many other scholarship that 4-H'ers can apply for when turning in their books. **Scholarships range from \$1,200 to \$5,000.** Jamie Foster can help you set-up your state book; along with Reba Palmer and other extension staff. Get in touch with the office if you are interested in completing a state 4-H record book so that arrangements can be made to help you with your book. There will be 2-3 days during spring break when Jamie and Reba can help with books.

It is also time to think about your county record books. If you are not ready for a state record book, this is for you. There is also a Cloverbud version of this book. Those turning in a state book can use that to turn into county instead of filling out two books. County Record Books are not due until July 12th, but make sure you are compiling records now to make the process easier when it comes to that time. More information about county record books can be found on the county website.

## Natural Resources Online Modules

The Department of Natural Resource Ecology & Management has been developing interactive online modules for educators and youth. The project is designed to teach youth about conservation and management practices of our nation's natural resources. Available modules as of now are:

### **Wildlife**

- ⇒ Birds– The Wonderful World of Birding
- ⇒ Responsible Use of Electronic Bird Calls
- ⇒ Wildlife Food and Cover Card

### **Forests**

- ⇒ Oklahoma Forests and Forestry

### **Prairies**

- ⇒ K-4

### **Outdoor Skills**

- ⇒ Compass and Pacing
- ⇒ Binoculars

## New OSU Extension Employee!

Hi there! My name is Samantha Williams. I am beyond excited to be a part of the Oklahoma State University Cowboy Family! I was born and raised in Bluejacket, Oklahoma. Graduated from Bluejacket Public Schools in 2013, then my path led me to playing Women's Collegiate Basketball at Evangel University, in Springfield, Missouri. After graduating from Evangel University in 2017, I accepted a position with the Missouri Sports Hall of Fame/Price Cutter Charity Championship. I stayed in Springfield area before moving back to my hometown roots in 2020.

My new position here at the Oklahoma State University Ottawa County Extension Office, is a Nutrition Education Assistant (NEA). I am the first NEA here in Ottawa County. The mission of the Community Nutrition Education Programs (CNEP) is to educate and empower individuals, families, and youth to improve nutrition and physical activity habits. CNEP's vision is to improve the health of Oklahomans! Nutrition Education Assistants provide research-based, hands-on learning experiences for families and youth at no cost! Lessons topics include: stretching your food dollars, healthy eating, food safety, and exercise tips. We will be offering 2 different programs, the Adult and Family Program, and the Youth Program.

In the Adult and Family Programs, lessons are designed to meet the needs and wants of each participant. They are taught in a group setting, or on an individual basis. This flexible program provides 8 to 21 lessons! Graduates receive a cookbook!

Did you know that healthy habits lead to better academic success? In our youth program, CNEP offers lessons that are age appropriate to teach healthy habits to students from kindergarten through 12 grade. Our flexible programs are available during and after school, or in the summertime!

In the upcoming weeks, I will becoming more familiar with the curriculum before I will be available to schedule classes. However, if you are interested though, please reach out to the Ottawa County office, and ask to talk to me, Samantha Williams! I am very, very thrilled to get the chance to help, support, and built up the very same communities that helped raised me! Go Pokes!

## Active Project Clubs:



### Shooting Sports:

- **Shotgun** meets Sundays @ 2 pm @ Shawnee Skies, weather permitting  
-Coaches are Dale Smith and Mike Williams

- **Archery** meets Sundays @ 2pm @ Miami Fairgrounds Expo Building  
-Except March 17<sup>th</sup> and 31<sup>st</sup>. Until April 28<sup>th</sup>. Practices will resume in the fall!

Watch the Ottawa County 4 H Shooting Sports Oklahoma Facebook page for updates.

- **If you know someone who may be interested in leading any 4-H shooting sports activity please let office know!**

### Horse Club:

- Rachel Wright Memorial Horse Show: March 10<sup>th</sup> @ 10 am  
- Rachel Wright was a former Ottawa County 4-H'er who sadly passed away. She was very active in the horse club and was inspiring to many. Rachel had a lively, tomboy spirit. She is missed by many.



-RWMHS will have English, Western, Fun Classes and Timed Events! Come out for the silent auction!

- There will be a banquet meeting on March 16th at noon at the Extension office.
- We are planning another Trail Ride in April!
- **If you would like to volunteer to help with the series please contact Spirit.**

-Contact 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!**

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## 4-H/Cloverbud Meetings

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

4-H and Cloverbuds attend the same meetings. Meetings consist of a craft/project activity, a snack, and a business-like meeting discussion.



## Celebrate volunteers in April

The Oklahoma 4-H Youth Development program is well-known for teaching youth life skills. Through hands-on, experiential learning, club members learn how to manage their time, learn responsibility and develop communication skills. Something else they learn starting at the Cloverbud level is the value of volunteering.

From the beginning of anyone's 4-H career, learning the 4-H Pledge is paramount. In that pledge, they recite the line "I pledge my hands to larger service." Through their involvement, club members learn their hands are trained to be useful, helpful and skillful.

As we celebrate National Volunteer Month in April, take time to reflect on what volunteering means to Oklahoma 4-H, said Karla Knoepfli, Oklahoma State University Extension state volunteer specialist in the state 4-H office.

"First, we are thankful for the thousands of adults who believe in the Oklahoma 4-H program and share their personal time, as well as their talents and resources," Knoepfli said.

The 4-H Life-skills Model "Community Service/Volunteering" is defined as donating one's time and/or resources of one's own free will for the benefit of the group without guarantee.

"Both adult and teen volunteers generously serve as role models all across the state," she said. "These individuals lead by example by helping with club and project groups. Volunteering has great mental and physical benefits for the volunteer, a family, a 4-H club and the community."

A study conducted in 2023 by UTHealth Houston showed children and teens who volunteer tend to flourish mentally and physically. They're less likely to have anxiety, depression or behavioral problems when compared to their peers who did not volunteer.

One of the benefits of volunteering is that it connects 4-H'ers with their fellow club members, as well as with members of the community.

Knoepfli said this process fosters the development of valuable relationships and life skills are developed while the hands are trained to be useful, helpful and skillful. Each of these contributes to the development of self-esteem.

"Research shows the better you feel about yourself, the more likely you are to have a positive view of life and future goals," she said. "Compared to people who have never volunteered, the odds of being very happy rose 7% among those who currently volunteer monthly and 12% for those who volunteer every two to four weeks."

Through the volunteering process, youth and adults expand their network of contacts, which can result in improving a person's employment options and exposure to career opportunities while meeting a need and providing a service.

In a nutshell, volunteering can bring fun and fulfillment to a person's life.

"Volunteering provides a break from a person's routine and work, offering an occasion for creativity and innovation that you may not have otherwise. The 4-H program is very appreciative of the thousands of volunteers who find fulfillment and fun in sharing their time, talents and services with our wonderful youth program," Knoepfli said. "We thank you for being role models and living the 'need' to volunteer."

As Elizabeth Andrews said, "Volunteers don't necessarily have the time, but they have the heart." Maybe this is the real reason for volunteering.

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