



OSU EXTENSION
**OTTAWA COUNTY
4-H YOUTH DEVELOPMENT**

Ottawa County 4-H Handbook

Ottawa County Extension Office

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Enroll in Ottawa County 4-H today!

Use the QR Code to enroll! <https://4h.zsuite.org/>



Welcome to 4-H

The Vision

Oklahoma 4-H will be recognized as a national leader in developing youths' abilities to become productive citizens and catalysts for positive change to meet the needs of a diverse and changing society.

The Mission

4-H, the youth development program of the Oklahoma Cooperative Extension Service, provides opportunities for all youth to reach their fullest potential by developing and enhancing skills for living.

The 4-H Pledge

I pledge: My head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living for my club, my community, my country, and my world.

The 4-H Motto

"To make the best better."

The 4-H Emblem

A green four-leaf clover with the letter H on each leaflet representing the Head, Heart, Hands and Health.

The 4-H Colors

Green represents nature's most common color and represents youth, life, and growth. White represents purity and high ideals.

What is 4-H?

4-H is a program for youth and their families from all segments of society. It provides educational programs for diverse audiences of youth and adults based on practical skills of learning to learn, decision making, public speaking, goal setting, job skills and more. 4-H is the youth development phase of the Oklahoma Cooperative Extension Service, supported cooperatively by Oklahoma State University, USDA, and local County Government.

How is 4-H organized?

Locally- Most clubs have monthly meetings conducted by the local youth officers. Some clubs also have special project and activity meetings where members work in smaller groups to develop specific project skills. Each club has a designated Organizational Leader. Organizational leaders are the primary contact between the local club and County Extension Office. Organizational leaders depend on the assistance of parents as volunteers in a variety of roles at the local and county level.

County - The 4-H program is managed through the County Extension Office located in Miami, OK. The 4-H Youth Educators, Kathy Enyart and Reba Palmer provide primary leadership. The office is responsible for setting an educational tone and direction for 4-H and youth programs, providing instructional materials and resources, training parents and volunteers and keeping families and local leadership informed through newsletters and general correspondence. 4-H parents/volunteers are essential to the county program. All county 4-H activities and events are planned, implemented, and evaluated by a committee of 4-H parents/volunteers. 4-H parents/volunteers are encouraged to participate in the 4-H Leader's meeting which meets monthly on the second Monday of the month.

Welcome to 4-H

What is my role as a parent/guardian?

4-H is a family affair! Members require the involvement and support of the entire family. Your role will include supporting and helping members, without doing it for them; giving praise and encouragement; helping a member select appropriate projects and activities; staying informed about 4-H programs; asking questions; supporting your member in meeting deadlines and following through with responsibilities and commitments; attending meetings and functions with members; and helping members focus on what's really important, not just winning! Be a part of the 4-H team! The team is made up of volunteers, like yourself, helping to provide snacks, transportation, and a meeting place; serving as a project or activity volunteer; being a resource in your area of expertise; asking what you can do at the local and county level; and helping when called upon. 4-H members get more from their 4-H experience when the whole family gets involved.

What can 4-H teach my child?

4-H teaches members to set and accomplish goals for themselves through project work. A member's project manual will assist them in learning to set goals, keep records, and evaluate what they did or did not accomplish. 4-H encourages members to record their goals and how they completed the goals. This is called record keeping. There are several ways for members to keep up with what they do in 4-H.

They can:

1. Use a county record book or medal form to record what is done in the project.
2. Keep a record tracker (write in it every time you do work in your project).
3. Write on a calendar (write down each day what was done).

A key to successful record keeping is to wait no longer than one week to record project work. The important details and/or simple things are forgotten quickly.

The things that need to be written down include:

1. What you did (number of times, number of items made, number of animals, number of acres planted and harvested, hours spent working on project or project work done, etc.).
2. What you learned (what new knowledge and skills were learned, what funny or sad things happened, etc.).
3. Learning experiences participated in (demonstrations, speeches, tours, exhibits, judging, workshops attended, lessons at local club meetings, day camps, etc.).
4. Leadership experiences you participated in (volunteer leadership: teaching or assisting with teaching, committee work, officer, etc.).
5. Citizenship activities participated in (helping others, providing a service, etc.).
6. Awards and recognition received.

The result of keeping good records is that a member has learned to set goals and see how goals were accomplished.

Welcome to 4-H

What is a 4-H Project?

At the beginning of each year a member will complete enrollment. They will choose 4-H projects that they are interested in learning about. Some projects have a project manual (ask the office for one to be printed off) which will guide the family in learning fundamentals and opening doors to other opportunities. Each manual is developed with age-appropriate materials and projects. The activities and projects outlined in the manual can then be entered in the county fair and other activities throughout the year. Some projects are self-directed, meaning you can use creative ways to learn about a particular subject.

4-H project work can be accomplished very easily by developing a simple plan to accomplish one project/activity each month during the year.

How to know what's going on.

All county activities and events are posted on the county website and Facebook pages. Write them on your family calendar. Please note and comply with deadlines.

Monthly email newsletters are used to supplement Facebook and keep you updated as to times and locations.

How will my family get the most from this experience?

Attend local club meetings. Local club leaders will hand out and make announcements regarding updated information and remind you of upcoming deadlines.

Set goals and work at completing the goals in a timely manner.

Keep records of your project work. Do a talk or demonstration at the local club. Participate in local club citizenship projects. Participate in county activities and events. Ask questions at the meetings or call the Extension Office (918-542-1688).

All registration forms can be emailed to you or can be picked up at the Extension office.

Each family is responsible for meeting deadlines and turning in forms. Most registration is done online so make sure to look for the links in emails, social media, or the county website.

What things will my local club do?

Each 4-H Club covers various projects throughout the year. Ask your local club leader what projects your club will be covering. Projects covered fall under these 13 categories, which our county recognizes in our record book system.

- **Animal Science—Large Animal**
 - **Animal Science—Companion Animal**
 - **Family and Consumer Sciences**
 - **Health and Safety**
 - **Recreation and Leisure Education**
 - **Mechanical and Technical Science**
 - **Natural Resources**
 - **Outdoor Education**
 - **Plant Science**
 - **Achievement**
 - **Citizenship**
 - **Leadership**
 - **Public Speaking**
-

4-H Projects

What are the projects available in these categories?

Animal Science—Large Animal

- Beef
- Dairy
- Goats
- Horse
- Llama
- Meats
- Sheep
- Swine
- Vet Science

Animal Science—Companion Animal

- Birds
- Cats
- Dog
- Fish
- Pigeons
- Poultry
- Rabbits
- Reptiles

Family and Consumer Sciences

- Child Care, Child Development
- Design & Construction
- Consumer Education
- Foods & Nutrition
- Personal Development
- Entrepreneurship

Health and Safety

- Health & Fitness
- Safety-Home, Farm, Personal, School

Recreation and Leisure Education

- Communication Arts
- Expressive Arts
- Hobbies & Collectables
- International & Cultural Education
- Performing Arts
- Postmark
- Shooting Sports

Mechanical and Technical Science

- Bicycle
- Electricity & Electronics
- Industrial Arts
- Science Engineering
- Small Engines
- Farm Machinery & Tractor Safety
- Rocketry & Aerospace
- ATV
- Automotive
- Energy
- Robotics

Natural Resources

- Entomology & Bees
- Environmental Stewardship
- Rangeland Ecosystems
- Meteorology

Outdoor Education

- Camping
- Sport Fishing
- Forestry
- Geology

Plant Science

- Plant & Soil
- Ornamental Horticulture & Landscaping
- Flower Gardening & House Plants
- Gardens—Fruits & Vegetables

Achievement

Citizenship

Leadership

Public Speaking

**If there is a project not included in this list that you want to explore, tell the Extension office!
We will find the right materials for you!**

4-H Record Books

Ottawa County 4-H Record Book

We can provide a Record Tracker to write all of your accomplishments and activities down in. This will help you have all of the year's events in one spot when working on your record book. If you need a Record Tracker, don't hesitate to ask your local club leader or the Extension office.

Project Awards can be awarded in an overall project category such as: Animal Science – Large Animals or Leisure Education OR project awards can be awarded in a specific project area such as Horse or Photography. Project awards are certificates or small plates that you will receive identifying which level of success you have achieved in your project area. The small plates are to be added to your project award plaque. There is no limit to the number of projects awards a member can receive. Members may receive awards more than once in a project area throughout their 4-H years.

Special Awards will be awarded in the overall project categories listed below in bold print next to the roman numerals. A special award will be presented to a Junior Division (grades 3-5) Intermediate Division (grades 6-8) and a Senior Division (grades 9-12) member in each of the 13 categories listed above. In the event that no record books are submitted for a Junior Division or Senior Division special award in a particular category, then two awards may be presented in the same division. Members may win up to two county Special Awards each year. Members can only receive a special award in a particular category once in each age division: Junior, Intermediate, and Senior.

The following is a list of criteria used to determine the success level in your 4-H projects. Members should strive to complete the criteria for their desired award. Members may receive awards more than once in a project area. Project awards, based on the Record Book, are given to 4-H members each year at the 4-H Achievement Celebration. Additional "Special Awards" may be earned.

Gate Sign—Awarded to members who turn in record book for the first time. ****May Receive Only Once****

Participation Certificate—Awarded to members who did not meet the minimum requirements for Green, Bronze, Silver, or gold awards.

Green Project Award

- Be enrolled in 4-H and attend 3 club meetings.
- Turn in 4-H Record Book.
- Write a 4-H story- Double spaced ½ page.
- List 3 things learned in the project area.
- Participate in 2 county events during the year.
- Prepare at least 1 or more items for exhibit at the county fair.
- Participate in at least 1 citizenship activity.
- Picture page 3 per page 9 total.
- Pictures must include descriptive captions.

Bronze Project Award

- Be enrolled in 4-H and attend at least 4 club meetings.
 - Turn in 4-H Record Book.
 - Write a 4-H story -double spaced 1 page.
 - List 4 things learned in the project.
 - Participate in 3 county events during the year.
 - Give a speech or demonstration.
 - Prepare at least 2 or more items for exhibit at the county fair.
 - Participate in at least 1 citizenship or community service project.
 - Picture page 3 per page 9 total (Pictures must include descriptive captions.)
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4-H Record Books

Silver Project Award

- Be enrolled in 4-H and attend at least 5 club meetings.
- Turn in 4-H Record Book.
- Write a 4-H Story-Double spaced 2 pages.
- List 5 things learned in the project.
- Participate in 4 county events or activities during the year.
- Give at least 2 speeches or demonstrations, 1 must be presented at a 4-H event. (may be same speech different audience)
- Prepare at least 3 or more items for exhibit at the county fair.
- Participate in at least 2 leadership experiences. (1 must be in the project area reported.)
- Participate in at least 2 citizenship or community service projects.
- Picture page 3 per page 9 total (Pictures must include descriptive captions.)
- Be involved in promoting and recruiting for 4-H Indicate on-going growth in the project reported.

Gold Project Award

- Be enrolled in 4-H and attend at least 5 local club meetings.
- Turn in 4-H Record Book.
- Write a 4-H story- Double spaced 3 full pages.
- List 6 things learned in the project.
- Participate in 5 county events or activities during the year.
- Give at least 2 speeches or demonstrations. One must be presented at a 4-H event. (May be same speech different audience)
- Prepare at least 4 or more items for exhibit at the county fair.
- Provide at least 2 types of leadership to others. One activity must be in the project area reported.
- Participate in at least 2 citizenship or community service projects.
- Include pictures (Can have up to 3 pages of pictures per project area, no more than 3 pictures per page) Pictures must include captions.
- Be involved in promoting and recruiting for 4-H.
- Indicated on-going growth in the project reported.

****Note:** When recording speeches given: List name of speech or presentation, group given to/place, how many reached.

The Oklahoma 4-H State Record Book compiles all your years as a 4-H member into one book. Ottawa County's Record Book closely resembles the layout of the State Record Book and when our county members choose to compete at the state level, we highly encourage them to refer to their past books. The state level offers scholarships to the winners of each category. State Record Books have broader horizons and are more difficult to compete in but are extremely rewarding. You must be 14 years of age to compete with a State Record Book, but you can start keeping your records for it at any level in 4-H. Books are due in April and awards are given during the Oklahoma 4-H State Roundup in July. If you are interested in completing a state book, contact the Extension office!

County Record Book forms can be found on the county website. All forms for scholarships, points, officer applications, etc. can be found in the same link.

4-H Record Books

How to complete an Ottawa County 4-H Record Book.

Ottawa County Awards Entry Form— The page requires basic information about the 4-H members, signatures, a list of the projects included in the book, and checklist form for commodity awards. Attach a picture to this form with a paper clip.

Step 1. Section I-A—What project work have you done? List work, speeches, and demonstrations. Use your 4-H project manual, books, internet, and human sources as a guide to complete your goals and learn about your project. **Section I-B—What have I learned in this project?** List things you learned about a particular project. You will complete Step 1 for every project reported. ***NOTE:** You can enter more than one project area in your record book but both parts of Section I must be used for each project.

Step 2. Section II—Leadership/Public Speaking. List activities, level of activities (was it local, county, district, or state), and the estimated number of people reached.

Step 3. Section III—Citizenship/Community Service. List activities, number of hours spent on activities, and the estimated number of people reached.

Step 4. Section IV—4-H Awards. List the years, awards you received in your 4-H career and the level of the award (was it local, county, district, or state).

Step 5. Section V—Non-4-H Experiences. List activities you participate in outside of 4-H and the years you have been involved with said activity.

Step 6. Section VI—4-H Events & Activities. List all activities you participated in the past year. Camps, workshops, events, shows, meetings, etc.

Step 7. Story. Your story is where you can expand on what your 4-H experiences have meant to you; how it has developed/affected your confidence, your attitude, etc. The story adds warmth and depth to the information reported in the record book form. The story should be a maximum of 3 pages. Double-spaced.

Step 8. Photo Pages. Photos help the evaluator get to know the 4-H member better. They document work by showing growth. Photos should be high quality action shots (you actually doing your project work). Use specific captions to explain the pictures. A total of three pages of photos may be included for ALL project(s) reported. Only one side of the page may be used. Do not use photo collages. Limit to 3 photos per page. Photo pages should be added at the end, after the record book story.

Awards and Recognition All members completing and submitting a record book at the specified time will be invited to the Achievement Banquet.

How to complete an Ottawa County 4-H Cloverbud Record Book.

Step 1. The Entry Form. The page requires basic information about the 4-H Cloverbud, signatures, and a list of the projects included in the book. Attach a picture to this form with a paper clip.

Step 2. Section I—What have you learned this year. List things learned in the space provided.

Step 3. Section II—4-H Story. Use the space provided to write a story about your projects. **Step 4. Picture Page.** Add a page with 3 pictures showing work in the project with captions.

4-H Philosophy

The 4-H Philosophy

To “learn by doing” is fundamental in any sound educational program and characteristics of the 4-H program. Some other commonly accepted beliefs are:

4-H youth are more important than the 4-H project.

Learning how to do the project is more important than the project itself.

A blue ribbon 4-Her with a red ribbon project is more desirable than a red ribbon 4-Her with a blue-ribbon project.

Every 4-H member needs to be noticed, to feel important, to win, and to be praised. Our job is to teach 4-H members how to think, not what to think.

What is the 4-H Philosophy about Recognition?

Creating an environment that nurtures growth and development includes the careful, creative, and balanced use of recognition. Recognition is the acknowledgment and affirmation of an individual or group and any personal growth they have experienced. In 4-H, recognition is the encouragement and support for learning that is part of participation in the wide array of educational experiences the program provides. Recognition in 4-H may be public or private. It can be within the individual or provided by others. Whatever its form, recognition in 4-H is a strategy for helping young people become more capable and more competent. Through the acknowledgment, affirmation and positive reinforcement of each person's effort, feelings of competence and capability increase, and participation continues. The purpose of recognition is to encourage and support the efforts of young people in learning to improve their knowledge and develop their life skills. Using a comprehensive recognition process can create a broad array of experiential learning environments. These learning environments must respect individual differences as related to the form of recognition that is most effective in encouraging and supporting development.

4-H Recognition Model

The recognition model is part of a comprehensive plan that rewards positive learning behaviors in youth. In all aspects of the model, recognition should be based on the young person's involvement, participation, and/ or efforts and should be designed to meet the needs, interests, and aspirations of young people with different backgrounds and experiences. Recognition should be focused on individual learning and not influenced by factors such as monetary resources to purchase high-quality project materials, top grade animals, and use of equipment. The recognition model can be used to design a recognition system to meet the needs of all youth.

The five parts of the 4-H Recognition Model include recognition for:

- *Participation* - The first step toward building a positive self-concept in the participant is acknowledging his/her involvement.
- *Progress toward personal goals* - This enables youth to gain experience in goal setting and realistic self-assessment.
- *Standards of excellence* - These give young people an external predetermined set of criteria for their learning experiences against which they can assess their progress and gain insights into their own interests, efforts, and abilities.
- *Peer competition* - Peer competition subjectively identifies, in a concrete time and place, the best team or individual. It is not developmentally appropriate for younger children.
- *Cooperation* - Helps younger people learn and work cooperatively, preparing them for living in today's interdependent, global society.

4-H Philosophy

The 4-H Recognition Model *cont.*

Underlying principles of developmentally appropriate recognition.

- Recognition is a basic human need, along with security, new experiences, and responses. Recognition should be part of all 4-H learning experiences.
- Appropriate recognition takes place.
- Respect for individual differences is essential.
- Recognition must be structured to build positive self-esteem.
- Opportunities for self-assessment and reflection allow youth to learn.
- A range of opportunities and challenges provide choices to meet individual needs.
- Adult support is essential in youth learning and recognition.
- Everyone should be recognized at some level.
- A balance between all elements of the recognition model is essential.

Assumptions about recognition in 4-H

- Recognition can be a motivator for some young people to excel and take pro-social risk.
- Recognition can foster self-appraisal skills, providing a strong foundation for each young person to engage in self-reflection and self-praise without the need for external rewards.
- Recognition can encourage and support the efforts of young people as they engage in all forms of learning.
- Recognition, used in all its forms, can provide balance to the recognition young people receive as they move through educational programs to more increasingly difficult challenges.

Some key principles of recognizing youth for:

- **Participation**—Through participation young people can more clearly define self-concept and strengthen self-image. Support and encouragement of young people in significant roles fosters ongoing participation.
 - **Progress toward personal goals**—This form of recognition is appropriate for youth of all ages and fits many different interests. *Goals should be realistic and reachable in a set time period. Goals are set by the youth with interaction with experienced people.*
 - **Peer competition**—Competition involves a high-risk activity with possible stress, conflict, disagreement, and hurt feelings. Participation in competition should be optional.
 - **Standards of excellence**—Everyone can utilize standards in their life. When using standards developed by an expert, it is critical that those standards are available to all people involved.
 - **Cooperation**—Life skills develop when young people learn and work cooperatively. Through joint problem solving, young people can strengthen their own self-concepts as well as understand and appreciate individual differences.
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County Activities and Events

What do I need to remember about Ottawa County activities and events?

- Guidelines for county activities and events are posted in the “Shared Files” section of ZSuite and on our county website. Read the guidelines and develop your project or projects.
- Quality work takes time, preparation, and practice.
- Members, parents, and leaders will be notified of changes, corrections, special programs, updates of county activities and events, as well as livestock updates, through the county website, Facebook page and the monthly newsletter.
- Entry information for all county events and activities is available on the county website <https://extension.okstate.edu/county/ottawa/> and ZSuite.
- ***All deadlines are final. Entries or exhibits not received in the Extension Office by the deadline in the handbook will not be considered for awards. Incomplete entries will not be considered.***
- **Learning responsibility in meeting deadlines is an important life skill 4-H teaches.**
- Each event listed in this book will be briefly explained. Guidelines will be posted online prior to the event.
- Good 4-H work can be done anytime, but GREAT 4-H work requires you to make yearly goals and plans.
- Plan the work and work the plan! The handbook can help you do that.

“Plan the Work! Work the Plan!”

- 4-H project work is more than the county activities in this book. It is participation in your local club activities, community service and beyond. It is also the work that takes place at home.
- The lack of quality project work is evident but can be made fantastic with a little planning. Planning means not waiting on someone else to do it for you and following through with the plans you make.
- 4-H members who plan are more likely to learn important life skills, find what they are passionate about and maybe even win a scholarship someday.
- **The end goal of 4-H is to create well-rounded individuals who can be a contributing member of society.**
- **It’s not about what you’ve won, it’s about what you’ve done and learned through the process.**

Beginning in September, after fall enrollment, start outlining the plan month-by-month in general terms, of what you plan to do each month.

For Example:

September: Do one Community Service Project and 1 more project related to project area.

October: Leadership Project related to a 4-H promotional event. This is a simple thing to pencil in because National 4-H Week and Oklahoma 4-H Month are held in October. There are lots of opportunities to promote 4-H through displays, posters, flyers, speeches, etc.

November: Community Service Project (This should be very simple to accomplish because November and December provide many opportunities for community service.)

December: Present a speech or workshop at local club meeting, provided you planned ahead and asked to be on the agenda.

January/February: Begin researching and writing a speech related to your project area. Do one Leadership Project and 1 project related to project area.

March: Participate in Public Speaking Event with speech prepared in January and one more project related to project area.

April/May: Do one Community Service Project and 1 more project related to project area. Complete county or state Record Book.

June/July: Participate in a County Activity – Camp. Do 2 more projects that are crafts. Attend workshop (summer day camp, livestock judging camp, etc.) and 2 more projects related to project area.

August: Participate in County Event – County Fair exhibiting 12 items (projects) made over the past 11 months (1-2 projects at a time).

With an outline/plan, look at what can be accomplished without a lot of hassle and last-minute pressure. The key is planning your work and work your plan!

County Activities and Events

Ottawa County Events

*Community Service Project

Ottawa County Fair—OCF is a free fair for all Ottawa County residents. Livestock shows/exhibits and competitions are only open to youth to enter; however, indoor exhibits are open to the public to enter. Classes for the fair can be found in the Annual Ottawa County Fair Book. This book is available on the county website and in the Extension office. The OCF is held in August.

Youth in Action—YIA is a teen leadership conference held for the Northeast District. It is open to 7th-12th graders. YIA has tons of leadership building workshops and activities. There are motivational speakers at each session of the conference. YIA is a wonderful place to meet new friends during the day activities and the nightly dances. YIA is held in October.

***Tractor Supply Paper Clover Campaign**—The Clover Campaign is just over a week full of 4-H promotion. TSC hosts this event to raise funds for 4-H programs nationwide. During the week, our county puts up a display booth at TSC and offers our help to the customers. We also give out information to anyone interested in joining or volunteering with our county.

***Park of Lights**—POL is a Christmas light display set-up at the Twin Bridges State Park. Many businesses and non-profits from around the area set up displays recognizing the holidays and promoting their party. 4-H has been a part of this display for many years. From setting up the display to working the entry and exit gates, POL offers many ways to be involved with and service the community while promoting 4-H. Park of Lights set-up is in November and the gate openings are in December.

***Area Parades**—Ottawa County 4-H participates in many of the local parades. We have a float in, and our horse club rides in the Veteran's Day and Christmas parades. 4-H'ers help decorate the float and are encouraged to ride the float in as many of the parades as they want. This is a great opportunity to promote 4-H and participate in our local communities. Parades are held in November and December.

4-H Achievement Celebration and Fundraiser—Our annual achievement celebration is an event that celebrates the accomplishments of our members who completed a Record Book from the previous year. Ottawa County 4-H also takes the time to recognize the volunteers and leaders who worked hard for the 4-H cause during the past year. During the event, 4-H hosts a dinner and fundraiser for the sponsors of 4-H and the community. The achievement celebration is held in November.

***American Farmers and Ranchers Food Drive and Dinner**—The AFR Food Drive is held annually. Local FFA clubs and Ottawa County 4-H clubs collect donated items to go to an organization of their choice. AFR recognizes the top collections at their annual dinner. 4-H'ers help serve during this dinner and represent the club. The food drive lasts throughout November and is turned in at the annual dinner in December.

Bright Nights Science Museum Trip—This science trip is a state-wide event held in February. It is held at the science museum in Oklahoma City. Participants can spend the night at the museum and enjoy many science and space related activities. Activities vary yearly so watch Facebook for this update.

Discovery Unlimited—Discovery Unlimited is a STEM and leadership overnight camp open to 4th-6th graders from the Northeast District. Delegates participate in character building activities that enhance their STEM skills and knowledge. It is held in March or April. Watch Facebook for updates.

County Contests—Our county contests consist of the following: **Public Speaking**- speeches given to a group of peers and a judge. There are many different categories to participate in, including a Cloverbud category.

Photography- participants can submit photos they have taken since the beginning of the 4-H year, which is August 1st. **Graphic Design**- participants can submit a flyer, brochure, card, or invitation that they made since they have made since the beginning of the 4-H year. **Educational Poster**- youth can submit a poster they created since the beginning of the 4-H year. There are multiple different categories to choose from.

Impressive Dress- members are given the chance to show off an outfit they put together or bought. There are

County Activities and Events

five categories, Casual Wear, Active Sports Wear, Western Wear, Dress Wear, and Formal Wear. Participants explain what the outfit is made of and how to wash and dry it. Then, they can present their outfit to the outfit during a “Fashion Show”. **Design and Construction-** 4-H’ers can enter any garment, home accent, bedding, stuffed animal, or upcycled furniture they have made since the first of the 4-H year. The guideline packet is posted on the ZSuite website and county website. The guideline packet is derived from the Ottawa County Fair Book, all entries in the contest can also be entered in the fair. The entry form can also be found there or at the Extension office. The Danish system of awarding is used for this contest, which gives each entry a blue, red, or white ribbon depending on the quality of the project. A Champion and Reserve Champion ribbon are awarded within each category. Plaques are awarded to the top two entries in each age division. Our county contest is hosted in March. Watch Facebook for entry deadlines and contest updates.

4-H Food Contests—Our county hosts many of the Oklahoma 4-H cooking competitions. Oklahoma 4-H offers Dutch Oven Cooking, Food Showdown, and Cupcake Wars. The guideline packet is posted on the ZSuite website and county website. The entry form can also be found there or at the Extension office. This contest is treated as a workshop, however with enough participation, placings may be given. The food contests are held in teams of three or four. **Dutch Oven Cooking-** The Dutch Oven Cooking contest uses cast iron pots, Dutch Ovens, to cook a meal. All the cooking must be done inside of a Dutch Oven; no pre-cooked foods are permitted unless they are from a store-bought package. All prep must be done during the contest as well. Charcoal briquettes are used to heat the ovens. Depending on the oven's size, a certain number of briquettes are placed underneath the oven and on top of the lid. This method of cooking has been used for many years in the past, learning it through 4-H keeps the tradition alive. **Food Showdown-** The Food Showdown is like many of today’s TV cooking shows. Participants are given a clue to decipher for the type of cuisine (Italian, Mexican, Chinese, etc.) their dish must fall under and are given three ingredients that must be used in their dish. Contestants are to create a single serving dish for the judges. After the cooking, participants write out their recipes, the estimated nutritional value, and the cost of the dish. This contest increases nutritional knowledge and provides an environment for 4-H’ers to show off their cooking skills. **Cupcake Wars-** The Cupcake Wars competition is like baking shows on TV but has its own twist. Participants in this contest are given three bare cupcakes to decorate. The contest does not allow students to bake their own cupcakes. Some contests have a theme for the decorations while others do not. Contestants are given a set amount of time to prepare and decorate their cupcakes. They must work as a group during the decorating and the presentation to judges. This contest teaches youth teamwork and cooperation.

Oklahoma Youth Expo—OYE is the largest youth event in Oklahoma. OYE is an eleven-day livestock show. It also offers many other contests for youth in Oklahoma. OYE awards nearly \$2 million to exhibitors and competitors every year. OYE is a wonderful showman opportunity. OYE is held in March.

4-H Day at the Capitol—This daylong event gives youth in Oklahoma 4-H the opportunity to visit with the legislative leaders of our state. Every county is permitted to have two delegates for the event. Delegates converse with legislators from their district about their 4-H story and projects. This event grants youth interested in legal careers the chance to learn more about our state’s legislative system. Participants can view the State Senate and House of Representatives galleries (and possibly the floors) during the visit. 4-H Day at the Capitol is held in April.

NED Horse Show—The Northeast District Horse Show is open to any Ottawa County 4-H'er with a horse project to enter, however, members who participate in the Rachel Wright Memorial Horse Show will have their entries paid for by the OCHC club. The NED show has participants from all the counties in the Northeast District. The top ten placings in each event of this show qualify for the State 4-H Horse Show. Winners also receive rosettes and buckets for placing. This show is typically held in May/June.

NED Contest Days—The Northeast District Contest Days complies many of Oklahoma 4-H's contests together into a three-day event. Participants compete individually or in groups against other counties in the Northeast

County Activities and Events

District. The top three winners in each contest receive medals.

Pecan Cooking Day and Show—The Pecan Cooking Day is an opportunity for Ottawa County 4-H'ers to learn pecan recipes and make dishes to enter later in the Oklahoma Pecan Grower's Food Show. The cooking day takes place a few days before the food show which is typically held the first weekend of June. Dishes that are entered into the show are kept at the Extension office to be transported to the food show.

Ottawa County 4-H Day Camps—4-H Day Camps are daylong workshops and activities for Ottawa County 4-H members and Cloverbuds. Each day is different, but all provide an opportunity to make entries for the Ottawa County Fair in August. Youth may go on tours during these day camps. The camps are typically held in June and July. They may be every week or every other week. These camps are a great opportunity for county members to meet their peers and learn about different projects that Ottawa County has to offer.

Oklahoma State 4-H Horse Show—The state 4-H horse show is only available for qualifiers from district shows to compete in. At the state show, the top ten placings are recognized with rosettes and buckets. The 1st place winner of each event also receives a buckle. The show is held in July.

Oklahoma State 4-H Judging Contests—OK 4-H offers many different judging contests. The contests are held in the spring. They include meat judging, livestock judging, and horse judging. There are also smaller contests for each of these project areas throughout the year. The contests are announced in the monthly newsletter and published on Facebook. If you are interested in participating in any judging contest let the Extension office know so that arrangements can be made.

Big Three Field Days—The "Big 3" is a three-day livestock judging competition for FFA chapters and 4-H counties/clubs from all over the U.S. The contest is held in Stillwater, OK. Participants judge multiple classes of swine, cattle, sheep, and goats. This contest offers over 100 awards and scholarships to the competition's winners and the Joe Hughes Memorial Traveling Trophy. This contest is held in July.

Oklahoma State 4-H Round Up—The state 4-H round up is a 4-H conference for the teens of Oklahoma 4-H. Round Up is full of educational workshops, motivational speeches, fun activities, and so much more. It is a great chance to meet 4-H'ers from all over the state. State Record Book winners are awarded scholarships during this event. State service projects such as "Change for Change" and the pop tab collection are gathered up from the counties for donation. State Round Up is held in July.

Tulsa State Fair—The Tulsa State Fair is held the last week of September and first week of October. 4-H'ers who placed first in the indoor exhibits at the Ottawa County Fair will be automatically entered in the TSF (excluding a few classes). Livestock and horses can also be entered in the TSF shows. Livestock must be nominated. The link and information for doing so is made available on the county website. The TSF Horse Show entries are separate and do not require nominations. Watch the Facebook page for when these entries and nominations are open.

There are also many other events throughout the year for 4-H'ers to enjoy at different levels in the state. The ones listed above are just some of the contests our county often participates in. All upcoming opportunities are posted on the Extension office Facebook page

County Clubs

Ottawa County Clubs

Below are some project clubs available through Ottawa County 4-H. These clubs typically have the most interest. Information for other clubs not listed can be found on the county website and Facebook page.

Ottawa County 4-H Horse Club—OCHC is open to all 4-H'ers and Cloverbuds regardless of county or state. In order to qualify for the end of series awards, participants must be able to prove their enrollment in 4-H. OCHC also has an open class, which is open to anybody. OCHC provides a learning space for youth interested in the horse industry by offering an entry level competition series with Showmanship, Barrel Racing, Flag Race, Pole Bending, Stakes Race, Dummy Roping, and Calf Break Away. OCHC board members readily offer advice to participants to increase their horse knowledge and improve their skills. OCHC also hosts a horse show named after a former member who tragically passed away. This show is held in her memory and has Western, English, Timed, and even Fun Classes. It is called the Rachel Wright Memorial Horse Show. More information about OCHC can be found on the "Ottawa County 4H Horse Club OCHC" Facebook page.

Ottawa County 4-H Shooting Sports—OCSS is open to only 4-H age youth actively enrolled in Ottawa County 4-H. 4-H'ers are given the opportunity to learn proper safety and handling of firearms and archery equipment. OCSS's focus is that the participants of the program go on to be responsible adults in the shooting sports community. Currently, our program offers the Shotgun, Archery, and Rifle/Pistol disciplines. There are more potential disciplines available with the help of volunteers who become coaches. If you are interested in OCSS as a participant or volunteer, please reach out to the Extension office or to the "Ottawa County 4 H Shooting Sports Oklahoma".

Ottawa County 4-H Dog Club—The Dog Club practices on Tuesdays at the Miami Fairgrounds throughout the summer months. The club practices dog obedience and agility. Youth have to attend at least 3 practices in order to participate in the Ottawa County Fair Dog Show. More information can be found on the county website and Facebook page.

If there is anything you have a question about or if there is something not included in this handbook, let us know! We are here to help and serve you!
