



4-H Clover Connection

February 2020

Healthy Living Ambassadors ready for new adventure

Living a healthy lifestyle is important. A group of newly selected Oklahoma 4-H'ers are on a mission to help fellow club members, peers and the general public live a healthy lifestyle, as well as meet the Healthy Living Mission Mandate.

A healthy lifestyle is not just about eating right and getting enough exercise, said Cathy Allen, 4-H curriculum coordinator at the State 4-H Office at Oklahoma State University.

“The 4-H Youth Development Program has become a national leader in health-related education, and our new ambassadors are excited to help with this mission,” Allen said. “Healthy living includes not only good nutrition and physical activity, but also social and emotional health, as well as the prevention of tobacco, alcohol and other drug use.”

Currently in its fourth year, the Oklahoma 4-H Healthy Living Ambassadors are using their leadership, public speaking and other life skills to help others lead healthier lifestyles. The newly selected ambassadors represent all three districts in the state and soon will be available to present programs around the state. They will use hands-on teaching strategies to share their research-based information on healthy living in order to help others lead healthier lifestyles. Allen said three of the ambassadors have been selected to travel to Washington, D.C., in February to attend the National Healthy Living Summit. The trio also will teach a workshop at the national conference.

“They’ll receive training on all aspects of healthy living, then return to Oklahoma to start sharing the information they learned,” she said. “The great thing about this program is that it can be used with all project areas in 4-H. For those involved in the beef project, the Healthy Living Ambassadors can present a program on the importance of protein in a healthy diet. If you’re doing an workshop on childcare, a lesson on healthy snacks and fun outdoor activities would fit right in. For counties that have a special interest in helping youth learn the dangers of vaping and smoking, our ambassadors can provide a program for you. Bullying continues to be an issue faced by today’s youth and the ambassadors have information to address that issue. What these youth do truly is about physical, social and emotional health.”

The Healthy Living Ambassadors are available to come to a county to present at a 4-H club meeting, a summer day camp, the local library reading program and much more. They also will work closely with each other to provide support and programming not only within their own counties, but also at the district and state levels.

“Oklahoma 4-H has long been focused on health, nutrition and overall well-being,” Allen said. “This is just one more way in which 4-H continues to make the best better.”

If you would like to schedule the 4-H Healthy Living Ambassadors to do a program in your county, please contact Allen at 405-744-8892 or cathy.allen@okstate.edu

Woodward County Junior Livestock Show



February 16th

1pm: Barns open for livestock to enter
5pm: Free hot dog feed for exhibitors and families
6pm: Cards due for all species

February 17th

8 am: Show begins in the following order
Sheep, Goats, Pigs,
Cattle



86th Annual Woodward District 4-H & FFA Junior Livestock Show Woodward, Oklahoma February 22nd-March 3rd, 2020

Saturday, February 22nd:

9-11am: Barns open for Barrows and packets are available
7pm: Barrow cards due

Sunday, February 23rd:

8am: Barrow Show begins

****NO GILTS in barn until conclusion of barrow show****

Monday, February 24th:

9am: Gilt purebred papers checked and entry cards due
10am: Gilt Show begins
3pm: Sheep allowed in the barns
7pm: Sheep classification and cards due

Swine must be out of barn after show

Tuesday, February 25th:

9am: Ewe and Wether Lamb Show
Noon: Goats allowed in the barns
2pm: Lamb Lead Interviews
6pm: Goat cards due

Sheep must be out of barn after show

Wednesday, February 26th:

9am: Goat Show begins
(Doe goats, wether dam does, wether goats will be the show order)

Sunday, March 1st:

8am: Cattle barn check in process will begin
2-4pm: Check heifer papers (copies will be accepted) and commercial heifer cards are due
5pm: Steer cards are due

Monday, March 2nd:

8am: Heifer Show begins
2pm: Steer Show begins

**ALL ANIMALS RELEASED
IMMEDIATELY AFTER SHOWING**

Tuesday, March 3rd:

Noon: Sale Order Released from Chamber of Commerce
580-256-7411
4:30pm: Premium Auction Exhibitors Meeting
5:30pm: Premium Auction Dinner
6:30pm: Premium Auction

**Barn will be locked after completion of goat show to allow
for crews to prep barn for cattle**

Horse News

March 7-Horse owners workshop in Stillwater. Featured topics include EPM, upper airway disease, end of life decisions, dynamic endoscopy and first aid kits. <http://osuhorse.okstate.edu/upcoming-events>

March 28- State 4-H Horse Judging Contest, Stillwater

Nexus Oklahoma 4-H Equine Makeover Challenge.

The **2020 challenge** will be accepting 20 youth, separated into an in hand and a riding category. Applications are due March 6 and selected youth will receive their horses on April 11th. Final competition will take place July 11.

<https://www.nexusequine.org/oklahoma-4-h-equine-makeover/>

May 2-NRCHYA Cowhorse clinic at Totusek Arena, Stillwater. The free workshop is limited to the first 40 to sign up.



Sewing Club

We are getting back into the swing of our monthly workshops! Sewing will be held February 19th at the

Extension Office

3:30pm-5pm.

PLEASE sign up so we know how many to expect and can have the supplies we need!



State Opportunities:

Oklahoma 4-H Science Night at the Museum: will be held February 14th and 15th . The event is geared for 8-12 year olds but everyone is welcome. The cost is \$45 for youth and \$25 for adults.

<https://apps.dasnr.okstate.edu/SSL/4h.okstate.edu/projects/science-and-technology/4-h-bright-nights-1/4-h-science-night-2020>

4-H Shooting Sports Coaches Training: March 7-8 at the OKC Gun Club. Registration is due by **Feb 28th** to the State Office.

Made In Oklahoma Recipe Contest: the recipe can fit into any food category and must highlight a minimum of 3 different Made in Oklahoma ingredients. <http://4h.okstate.edu/recipe-contest>. Entries are due **March 6th**

State 4-H Ambassador-AMAZING leadership opportunity for youth 13 years old by March 15th and older. Deadline for application is **March 14** and it can be found at <http://4h.okstate.edu/leadership/4-h-ambassadors/becoming-an-ambassador/becoming-an-ambassador>

2021 CWF Presidential Inauguration-Oklahoma will be taking 8 youth to the 2021 event. Youth must be 16 years old by Jan 1, 2021 and still in high school. The cost will not be over \$2000. Applications are due by **April 15th**.

Citizenship Washington Focus Trip: June 18-20, call now for more information if you are interested!!



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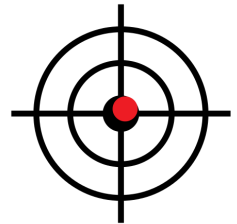
**FOR MORE INFORMATION ON
ANY OF THE 4-H EVENTS
ADVERTISED IN THIS NEWS-
LETTER, PLEASE LOG ONTO
OKLAHOMA 4-H WEBSITE AT
[http://oklahoma4h.okstate.edu/ev
ents/](http://oklahoma4h.okstate.edu/events/)**

We are on the web at::

<http://oces.okstate.edu/woodward>



Winter Series Shooting sports has concluded with members participating in the Major County Invitational Shoot on January 18th in Fairview. Congratulations to those participating: *Emma Case* (2nd Compound Bow), *Sydney Melton* (Compound Bow, and 3rd Recurve), *Reese Durkee* (Genesis Bow), *Emma Miller* (Genesis Bow), *Xander Nielsen* (Genesis Bow and Air Rifle). A big **THANKYOU** to Duane Gillenwaters for volunteering his time and energy to serve as Coach for these kids.



4-H Has Talent, Dress Review and Impressive Dress contests were cancelled due to inclement weather, but due to the number of entries in each category of 4-H Has Talent we were able to send members onto the District Contest that was held January 25th in Fairview. Congratulations to all of our 4-H members who participated: *Lauren Hodgden*—Happy Clover 4-H—Individual with a "Flute Solo", *Mooreland 4-H*—Large Group with "Pillow People" and *Mooreland 4-H*—Small Group with "Spirit Dance".

each
others
*Enjoy
talents
and
be grateful
for
your
own.*