

# U P C O M I N G E V E N T S

## 4-H Calendar

- April 1 - Forestry Camp Applications Due  
 7 - State 4-H Horse Judging Contest  
 16 - Roundup application and fees due to Beaver County Extension Office  
 21 - State 4-H Qualifying Livestock Judging Contest  
 25 - Red Wheel forms due to the Beaver County Extension Office  
 26 - Horse Certification and NW Dist Horse Show Application due to the Beaver County Extension Office
- May 1 - Horse Photography Contest entries due in Cotton County Office  
 23-25 - State 4-H Roundup, Stillwater
- June 4-9 - State Forestry Camp, Beaver's Bend, OK  
 11-13- Sr. 4-H Camp, Roman Nose State Park  
 16 - Quad Co 4-H Camp Registration Due
- July 2 - 4-H Record Books & Secretary Books Due  
 5-7 - Quad County 4-H Camp, Camp Gibson

## Winner of the Horse Essay Contest!

Congratulations to Caitlin Dee Landers from Ellis County, the winner of the horse essay contest!! Every applicant did an outstanding job. We were so proud of the quality contestants that applied for the essay contest. Thank you so much for all of your participation!

## Tulsa State Fair Lamb and Goat Nominations

July 11 – Chickasha  
 July 12 – Enid  
 July 13 – Muskogee

More information will be provided at a later date. For questions please contact:

**Brandi Herndon**  
 Livestock Manager  
 (918) 744-1113 ext.2104

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BEAVER COUNTY OSU COOPERATIVE EXTENSION SERVICE

## The Clover Connection for Beaver County



## Ode To The 4-H Volunteer



When it comes to recruiting volunteers, attitude is critical. And one thing that makes the Oklahoma 4-H Program the success that it is is its quality of volunteer leaders.

An official of the National Information Center on volunteerism, Inc., has been quoted as saying "Recruiting volunteers is not like finding water in the desert; it's more like controlling Niagara Falls."

Recruiters must have a positive attitude, a belief others have the time, talents or resources to share and most importantly, be willing to educate and delegate to the volunteer, said Karla Knoepfli, Oklahoma State University Cooperative Extension Service volunteer and leadership development specialist.

"The following 'testimonial' was written by an anonymous 4-H volunteer in response to the questions, 'Why be a 4-H leader?'" Knoepfli said.

*"The stock answers of love of children, watching them grow and develop, interest in project areas and satisfaction in performing responsible community work, while all valid, are not enough to account for the amount of time, energy and devotion some 4-H volunteers lavish upon the organization. Clearly there must be a more personal motivation behind this flurry of activity.*

*First and foremost, 4-H provides an adult with a sense of independence and identity. In an age where mass media seem to be attempting to program the general public into one collective mind, 4-H provides opportunity to think, plan and act for ones self.*

*The sense of independence and identity derived from 4-H work permeates every aspect of the average daily routine. As a 4-H volunteer, I have access to more educational advantages from the state university than I can ever use.*

*The fellowship with children and adults is beyond compare. With fellow volunteers of like mind and spirit, we can set, attain and celebrate our goals. Secure in independence and identity, I am still part of a team that spans my community, city, county, state and nation. I have a group purpose to work for a sense of belonging to do something good and positive, something that can raise me beyond myself.*

*I gain a sense of self-respect and self-confidence when I see my club members grow, expand and achieve through my efforts. When the group works and succeeds in some educational effort, I feel a sense of pride in our accomplishments.*

*As a 4-H volunteer I gain identity, independence, fellowship, education and a sense of purpose and belonging, pride, self-respect and self-confidence – and quite often, a good case of mental and physical exhaustion. It gives me the opportunity to be awake and alive, alert to life around me, constantly searching for way to lead, to teach, to live and to be."*

As a 4-H club leader, volunteer or parent, would you want to deprive someone from the opportunity to serve as a 4-H leader?

"Too often, we approach the task of recruiting with a negative attitude, with the feeling that most people already have too much to do and don't want to be bothered with another request for assistance," Knoepfli said. "Instead, we need to take the approach that providing assistance and leadership to 4-H not only benefits youth, but also has tremendous rewards and advantages for the adults. The volunteers we have in the counties across the state are such an integral part of how the 4-H program operates. They provide a wealth of knowledge and are such strong and positive role models for the youth of Oklahoma. We truly are very fortunate to those individuals who give so freely for their time and talents."

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## SUMMER 4-H YOUTH WORKSHOPS

The summer 4-H youth workshop program for Beaver County youth, 9-18 years of age, will begin the end of May and run through mid-July. Registration forms will be delivered to the Beaver County schools in the next couple weeks and can also be picked up at the Extension Office. Smaller workshops will be conducted this year, and enrollment will be on a first come basis. All registration forms will be due back to the Extension Office the first part of May.

### Quad County 4-H Camp

“4-H Fiesta”

July 5-7, 2007 — Camp Gibson — Hardesty

Registration forms and camp fees will be due to the Extension Office by June 15, 2007. More information will be posted in the June 4-H Newsletter.

### Sr. 4-H Camp

NW District 4-Hers that have completed the 7th grade are invited to attend the Sr. Campers from Logan, Kingfisher, Blaine and Garfield Counties for the 1st Annual NW District Sr. Camp.

Activities will include:

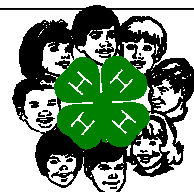
- Leadership Training
- Swimming
- Dancing
- Games
- Much More

**Date: 06/11/07 - 06/13/07**

**Location: Roman Nose State Park**

**COST \$50.00**

**Call 375-3822 to Reserve Your Spot**



### State 4-H Round-up

The dates of this years' Roundup are May 23-25, 2007, with the theme, “Are You 4-H Driven?”

Roundup is a great way for 4-Hers ages 13-19 to meet other 4-Hers from around the state and participate in fun workshops, contests, and dances at Oklahoma State University in Stillwater, OK.

Roundup information is posted to the 4-H website at:

<http://oklahoma4h.okstate.edu/events/roundup.htm>. Registration information and registration fee of \$103.00 are due April 16th to the Beaver County Extension Office. Please contact the Extension Office at 580-625-3464 for more information and forms or go to the above website.



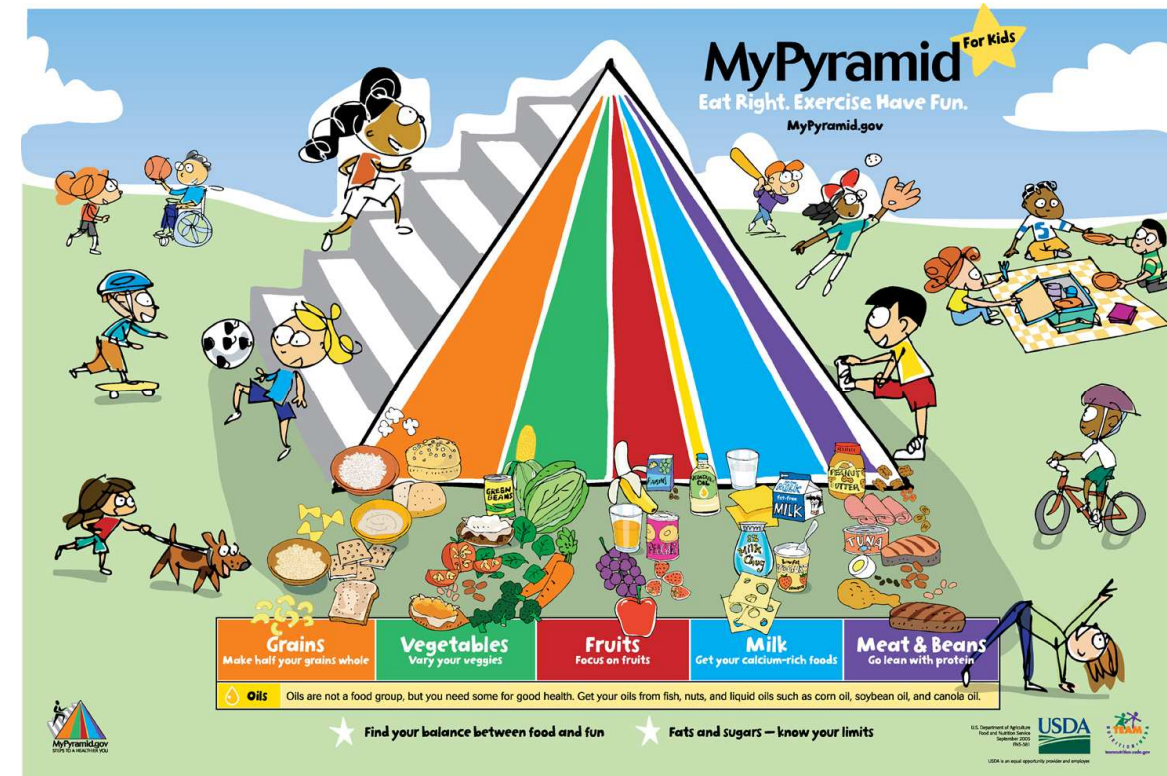
### Red Wheel Fundraiser

Red Wheel Fundraiser money and order forms are due to the Beaver County Extension Office on April 25, 2007, with a delivery date of May 9, 2007. Please let your 4-H Leader know if you are interested in participating in this fundraiser. Please contact the Extension Office at 580-625-3464 for further information.

### BEEF AMBASSADOR TALK CONTEST

April 19, 2007—4:30pm—OK Beef Council—OKC

For rules and regulations and more information about this contest contact Mary Ann Kelsey at: [maryann.kelsey@oda.state.ok.us](mailto:maryann.kelsey@oda.state.ok.us) or the Extension office.



### Nutrition Background Basics

Your food and activity choices make a difference in your overall health. Every day we are presented with opportunities to make choices for a healthy lifestyle. When eating out, we can choose foods that are healthier than others, for example, we can choose to drink milk instead of soda pop or have fruit as a snack instead of cake. We can choose to climb the staircase rather than take the elevator or to walk to the store rather than take a bus. The link between our dietary and physical activity habits and our health is clear.

While food alone can't make you healthy, practicing sound dietary habits, based on eating a variety of foods in moderation, can help to promote overall good health. It's also important to engage in some form of physical activity on a regular basis. Children should be made aware that they have the power of choice and should be encouraged to consider how their food and activity choices can affect their overall health.

Generally, when it comes to their health, children are more concerned with the here and now—what they see and experience today—rather than with potential health problems in later

life. Remind them that making smart, healthy food and activity choices most of the time will help them look good, feel good, avoid getting sick, and have the strength and energy they need to do all the fun things they enjoy.

One tool designed to help us make informed choices about the foods we choose is the “Nutrition Facts” label. The labels, which are found on almost all food packages, provide information about the food product that allows us to make better, more informed decisions about the foods we eat. The labels focus on key nutrients that affect our health and allow us to more easily compare food products because similar food products have similar serving sizes. (The serving sizes on the Nutrition Facts label are not always the same as on the serving sizes on the Food Guide Pyramid).

Children today have a great influence on the family's food purchase decisions. They would benefit from having a basic familiarity with the Nutrition Facts label and how it can help them to make better, more informed decisions about the foods that they choose to eat.

### Horse Forms Due to the Beaver County Extension Office

- Horse Certification Form
- Northwest District Horse Show Entry
- 4-H Horse Show Liability Form

All forms are due by **Thursday, April 26th** to the Beaver County Extension Office. For more information please contact the Extension Office at 580-625-3464.

### NRA Youth Wildlife Art Contest

Open to all youth in 1st—12th Grades

**1st place—\$500 2nd place—\$250 3rd place—\$100**

Entries may portray any North American game bird or animal that may be legally hunted or trapped. Endangered species and non-game animals, such as eagles and snakes, are not eligible subjects. Entries may be oil, water color, pastels, pencil, pen and ink, charcoal, etc. Entries are due to NRA by October 8, 2007. For rules and more information contact the Extension office or go to: <http://www.nrahq.org/youth/wildlife.asp>