

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

4-H Calendar

- April**
- 2 - 4-H Day at the Capital, OKC
 - 7 - County Speech Contest, Balko Schools
 - 12 - District Meats Judging Contest, Enid
 - 14 - Camp Counselor Applications due in office
 - 24 - Camp Planning Meeting, Guymon
 - 26 - State Livestock Judging, Stillwater
 - 26 - State Meats Judging Contest
- May**
- 26 - Office Closed, Holiday
- June**
- 4-6 - Quad-County 4-H Camp, Camp Gibson
 - 7 - NW District Horse Show, Cherokee
 - 19-21 - State Horse Show, Shawnee
 - 30 - County Record Books due in office
- July**
- 12 - State Volunteer's Meeting, Stillwater
 - 15-17 - Big 3 Field Days, Stillwater
 - 30-Aug1 - State 4-H Round-up, Stillwater

Pop Tabs and Dime Drop

I hope that all of you are keeping all your pop tabs and dimes. The pop tabs go to support the Ronald McDonald House and the dimes go to support the Habitat for Humanity project. The State officers are challenging everyone to donate 360 dimes to the project. If every 4-H member in the state donates that much they will have enough money to build a house for a family. We will be taking the pop tabs and dimes to 4-H State Round Up with us in July, so make sure you save all you can till then.

Volunteers/Leaders' Meeting

There will be a Volunteers/Leaders' meeting/training on April 14th @ 5:30pm @ the Extension office. We will be discussing "What is 4-H" and any comments or concerns you may have. Remember you need to have four trainings a year to maintain your volunteer status.

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BEAVER COUNTY OSU COOPERATIVE EXTENSION SERVICE

The Clover Connection for Beaver County



Tips to help you make wise choices from the meat & beans



All foods made from meat, poultry, fish, dry beans or peas, eggs, nuts, and seeds are considered part of this group. Dry beans and peas are part of this group as well as the vegetable group. Most meat and poultry choices should be lean or low-fat. Fish, nuts, and seeds contain healthy oils, so choose these foods frequently instead of meat or poultry.

• Start with a lean choice:

- The leanest beef cuts include round steaks and roasts (round eye, top round, bottom round, round tip), top loin, top sirloin, and chuck shoulder and arm roasts.
- The leanest pork choices include pork loin, tenderloin, center loin, and ham.
- Choose extra lean ground beef. The label should say at least "90% lean". You may be able to find ground beef that is 93% or 95% lean.
- Buy skinless chicken parts, or take off the skin before cooking.
- Boneless skinless chicken breasts and turkey cutlets are the leanest poultry choices.

Choose lean turkey, roast beef, ham, or low-fat luncheon meats for sandwiches instead of luncheon meats with more fat, such as regular bologna or salami.

• Keep it lean:

- Trim away all of the visible fat from meats and poultry before cooking.
- Broil, grill, roast, poach, or boil meat, poultry, or fish instead of frying.
- Drain off any fat that appears during cooking.
- Skip or limit the breading on meat, poultry, or fish. Breading adds fat and calories. It will also cause the food to soak up more fat during frying.
- Prepare dry beans and peas without added fats.
- Choose and prepare foods without high fat sauces or gravies.

Choose fish more often for lunch or dinner. Look for fish rich in omega-3 fatty acids, such as salmon, trout, and herring.

Choose dry beans or peas as a main dish or part of a meal often.

Choose nuts as a snack, on salads, or in main dishes. Use nuts to replace meat or poultry.

USDA

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Don't Forget!

The county speech contest is April 7th at 6pm at Balko Schools. There are two age divisions: Junior, 9-13 as of January 1st, and Senior, 14-19 as of January 1st. Junior speeches must be 3 to 5 minutes and the senior speeches must be 5 to 7 minutes in length. There will be five categories: Home Ec, Agriculture, General, Impromptu, and Power Point.

Summer Workshops

The summer workshop schedule will come out in next month's newsletter. Be thinking about which workshops you want to attend. We will have workshops for: bead craft, leather craft, wood craft kit, water painting, acrylic painting, photography, paper craft, sewing and miscellaneous craft. I hope you are all looking forward to the workshops.

4-H Camp Officers

If you are a Quad County Camp Officer, we will be having a camp planning meeting April 24th at 6pm in Guymon. Please come prepared with theme ideas and any other ideas you have to make 4-H camp better. Please let me know if you would like to ride with me and we can meet at Balko Schools.

Safety-Citizenship Camp

There will be a safety-citizenship camp at UCO on June 9 & 10. Farm Bureau will sponsor the cost of the seminar. It is open to 13-17 year old students, you must be less than a Sr. in high school. Activities include legislators coming in and speaking, the ropes course at camp Redlands and going to frontier city. Please contact Mary Chris Barth at 580 -837-5415 or hank@ptsi.net if you would like more information or you want to attend.

Camp Counselors

We are still needing energetic and enthusiastic senior 4-H'ers to apply for Quad County 4-H Camp Counselors. If you are 14 as of January 1, 2008, or older you can apply to be a camp counselor. This will be a fun leadership experience. You will be working closely with the Educators and campers. You will be required to attend counselor training and prepare and present a workshop for camp. If you are worried about coming up with a workshop I will be happy to help you. I really hope that you consider this opportunity and become a camp counselor. I know you will enjoy it!

Livestock Judging

Anyone that shows or is interested in livestock judging should attend the livestock judging workshops. We will start these workshops on May 29th. We will be going to contests this summer and throughout the next year. If you show livestock this will help you with picking out your animals and to know the kind of quality of animal you want. We will have a lot of fun, so I hope you come join us.

Kids Helping Kids

Beaver County 4-H raised \$201 for the campaign. \$132.66 went to the Ronald McDonald House and \$68.34 stayed in Beaver County. I am very proud of all the hard work that you did to raise the money to help the Ronald McDonald House.

State Record Books

If you haven't turned in your State Record Book to win county awards you need to get them into the office by June 30th. It would be very nice if we had several books turned in. The more books turned in the more awards we can give out.

87th 4-H Roundup to kick off 4-H centennial celebration

While continuing with all of the traditional aspects, the 87th State 4-H Roundup also will see some big changes this year.

To start with, the state's largest 4-H event will take place July 30 through Aug. 1 on the Oklahoma State University campus. In addition, this year's event will be the official kick off to celebrate the centennial of the Oklahoma 4-H Program. The theme of the 87th State 4-H Roundup will be "4-H...Transforming the World."

"The change in dates is to accommodate the schedules of more 4-H'ers," said Tracy Branch, state 4-H events and activities coordinator. "State 4-H Roundup traditionally has taken place around Memorial Day, but some schools across the state are still in session. We're hoping that by moving the event to later in the summer, more youth will be able to attend. We're expecting more than 1,000 youth plus volunteer leaders and county educators to attend."

Members of the 4-H Centennial Committee are excited about Roundup being the official kick off for the celebration.

"Our committee has four goals," said Kellie Strawn, coordinator of special programs and promotions. "First, we want to increase 4-H membership across the state. Second, we want to increase the number of adult volunteers. Third we want to increase contact with 4-H alumni. And finally, we want to tell the 4-H story as we honor our roots and look forward to the next 100 years of making the best better."

Strawn also said pairing official kick off to the Oklahoma 4-H Centennial with State 4-H Roundup is a great way to get the word out about all of the exciting, upcoming activities of the centennial celebration, which will take place between July 2008 and December 2009.

Branch said one of the new activities will be the "Opening Event." This event will take place at the Colvin Center on the OSU campus and will feature swimming, sand volleyball, games and various get-acquainted activities.

Club members will have the chance to celebrate the 4-H Centennial with a new, tasty treat. Blue Bell Creameries has created Centennial Cupcake Ice Cream to commemorate the 4-H program's centennial celebration. Blue Bell officials have indicated the ice cream will be available during one of the Roundup events.

Delegates will have the opportunity to attend a variety of educational workshops. Also on this year's agenda will be Fashion Revue, Share-the-Fun, political rallies, Clover Quiz Bowl, Livestock Quiz Bowl and the Job Readiness Event.

In keeping with tradition, Roundup will serve as a time of recognition for many club members. Two of the top 4-H'ers from across the state will be inducted into the 4-H Hall of Fame during the Honor Night Assembly. This is the highest honor a 4-H'er can achieve at the state level.

In addition, state record book winners and scholarship winners will be announced, as well as a new group of State 4-H Ambassadors. New state and district officers also will be elected.

Author and motivational speaker Kirk Weisler will serve as this year's keynote speaker.

"We're very excited about all of the Roundup activities we have planned," Branch said. "This is a great opportunity for youth from across the state to visit the OSU campus, learn new things, make new friends and reconnect with old friends. This year's Roundup is sure to be a special time as we kick off the Oklahoma 4-H Centennial."