

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

## 4-H Calendar

- Aug. 3-4 - 4-H Ambassador Retreat, Bockelman's Ranch  
 4 -12 - Five State Fair  
 20 - Point Sheets due in county office  
 27 - Achievement Banquet @ 7, County Fair Grounds
- Sept. 3 - County Office closed for Labor Day  
 6-8 - Beaver County Fair, Beaver Fairgrounds  
 8 - 4-H Football Game Day, OSU  
 13-23 - State Fair of Oklahoma, Oklahoma City  
 15 - State Fair Judging Contest Day, OKC Fairgrounds  
 24 - State Fair Exhibit Pickup Day, OKC Fairgrounds  
 27-Oct. 7 - Tulsa State Fair, Tulsa
- Oct. 17-19 - N.W. District Leadership Conference, N.W. Inn Woodward



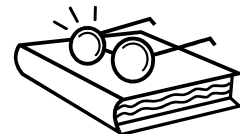
## August is the National Eye Exam Month

National Eye Exam Month was founded by Sears Optical in 1989 to raise awareness of the importance of regular eye exams. Here's the Web site: [www.eyexammonth.com](http://www.eyexammonth.com)

"Sitting too close to the television will damage your eyes. Myth. Many people sit too close to the television because they can't see well, but sitting too close will not make your eyesight worse." Source: [www.eyexammonth.com/subpage.html](http://www.eyexammonth.com/subpage.html)

"Eating carrots will improve your vision. Myth. Carrots are high in vitamin A, but an overall healthy diet is more essential to good vision." Source: [www.eyexammonth.com/subpage.html](http://www.eyexammonth.com/subpage.html)

So if you have not had your eyes checked in a while you need to go have them checked this month during the National Eye Exam Month.



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Rachel Hayes  
 Extension Educator, 4-H Youth Development



**Beaver County Cooperative Extension Service**  
**Oklahoma State University**  
**111 W 2nd ST**  
**PO Box 339**  
**Beaver OK 73932**

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BEAVER COUNTY OSU COOPERATIVE EXTENSION SERVICE

## The Clover Connection for Beaver County



## 4-H'ers preparing exhibits for county and state fairs



Head. Heart. Hands. Health. The 4-H program is defined by these four segments. In the 4-H ritual, members are asked "For what is the Health trained?" They reply "To resist disease. To enjoy life. To make for efficiency."

But in reality, how often are 25 percent of the total programming efforts actually devoted to health?

As adult and teen volunteers begin thinking about programming for the upcoming year, health should play an important role, said Karla Knoepfli, Oklahoma State University Cooperative Extension Service volunteer and leadership development specialist.

"Putting the health back into 4-H is really quite simple," Knoepfli said. "When you stop and think that through programming and project work, we want members to develop physically, socially, emotionally, mentally and morally, it's easy to see that health is much more than the physical acts of eating right and exercise."

In the 4-H emblem, "Health" is intended to assist members and families in identifying and understanding the relevance of social, emotional and mental health issues as they develop project work, programs and activities.

In the 4-H Life Skills Model (Hendricks, 1998), health is defined as "living and being." The term "living" is described by the life skills of healthy lifestyle choices, stress management, disease prevention and personal safety. The term "being" is defined by the life skills development of self-esteem, self-responsibility, character, managing feelings and self discipline.

Knoepfli encourages volunteers and youth to really consider what it means when asked "For what is the health trained?" *To resist disease* refers to both physical and mental health.

Positive choices, exercise and nutrition fall into this category.

*To enjoy life* refers to developing character and self-esteem through the act of living and being, as well as developing hobbies and learning to take and manage appropriate physical risks.

*To make for efficiency* refers to members acquiring and mastering skills and knowledge, as well as gaining confidence through project work and opportunities.

4-H educational experiences are not only an opportunity for meaningful achievement, but a way in which to develop skills and confidence. Through the cognitive stimulation of learning, our members have opportunities to develop their mental health.

"Hands-on activities and crafts are an excellent way to develop emotional health," Knoepfli said. "As part of the act of 'doing,' volunteers should take the opportunity to educate 4-H members about the importance of identifying and developing hobbies for their emotional and mental health."

Recreation and snacks are important to both the social and physical health of club members. Through games and activities, members learn self-discipline and how to manage their feelings. Knoepfli encourages volunteers to plan a snack that ties in with the meeting subject or that can become the actual craft/activity.

"Young people enjoy preparing their own snacks and this provides opportunities to teach skills such as food handling and safety," she said. "This also can be turned into an etiquette lesson by teaching 4-H'ers to take small servings until everyone is served, using utensils and not their fingers to serve food, when it's appropriate to eat with their fingers and the importance of using a napkin. If you really stop and think about it, all 4-H projects can have some connection to Health at some level. So it really isn't that hard to **'Put the Health back into 4-H.'**"



## Achievement Banquet

It is that time of year again that we get together and recognize everyone for their hard work and accomplishments. The Achievement Banquet will be held on Monday, August 27, 2007 at 7 p.m. at the Beaver County Fair Grounds. We are going to have brisket cooked and every 4-H family is to bring one side dish and one dessert. The theme of the banquet will be "Life is a Highway.....Are You 4-H Driven?" The Forgan club will be in charge of decorating and the Beaver club will be in charge of serving this year. The current county officers need to be there to help with the program. I am looking forward to seeing everyone there.



### Interactive Displays

If anyone is interested in doing an interactive display at the Oklahoma State Fair, please contact the office to get the application form. The deadline to turn the form in is August 31, 2007

### Fair Time

It is time for local, county, and state fairs again. If you plan on entering anything in those fairs you need to make sure you have an enrollment card turned into the office. You can not enter anything in the fairs if you are not enrolled. That means no showing or any other type of entry.

## **POINT SHEETS**

Point sheets are due in the county office by 5 p.m. Monday, August 20, 2007. The club leaders will have the point sheets to hand out, but if you need one you can pick one up at the office. There is a new 1000 point club, and any 4-Her that gets 1000 or more points this year or the following years will get a certificate to get a jacket. So I hope you will shoot high in the future to get 1000 points. The Leader's Council has also voted that any 4-Her can win High Point every other year instead of just once.

### Five State Fair

The Five State Fair is August 4 - 12, 2007. There will be a ton of activities to do during the fair. Make sure you have everything pre-entered. If you need help with anything please contact the county office and we will help all we can.

### Fun Facts & Trivia

Did you know that Oklahoma has more man-made lakes than any other state, with over one million acres of water.

What are the official colors of Oklahoma?

*The state colors are green and white. Hum... aren't those also the colors of 4-H ? I guess Oklahoma and 4-H have something in common.*

## **Volunteer Certification Process**

To become a certified 4-H volunteer visit with a county Extension educator, middle management volunteer or club leader regarding the expectations and responsibilities of a 4-H volunteer. After the initial conversation you will be given an application packet. This packet will be completed only once unless there is a breach in service of three years or longer.

The county Extension educator and a Volunteer Advisory Committee screen the applications. Applicants will receive written notification that they have been approved or denied.

Approved applicants will attend a **mandatory** orientation session with the county Extension educator. The orientation will involve an overview of the Oklahoma 4-H program and discussion related to the county's 4-H program.

At the orientation you will complete the 4-H volunteer enrollment packet and you will be given a job description for your role in the 4-H program.

Following the orientation you are recognized as a "Certified 4-H Volunteer" with all the rights and responsibilities as explained during the orientation and described in the application and enrollment packets.

Steps in Summary:

1. Visit with extension educator, middle management volunteer, and/or club leader.
2. Complete application packet available from County Extension Office.
3. Written notification of acceptance or denial from County Extension Office.
4. Attend orientation sessions with extension Educator.

*Complete volunteer enrollment packet and receive a job description.*



4-H Core Competencies, Unit 3 – Ready, Set...Volunteer

