

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

4-H Calendar

- Dec.** 1 - N.W. District Share the Fun, Fairview
 4 - Balko Cloverbud meeting
 5 - Red Wheel Pick-up @ 3:30pm County Office
 17 - Volunteer/Leader's meeting @ 5pm
 24-25 - Office Closed , Holiday
- Jan.** 1 - Office Closed, Holiday
 7 - County Livestock entries due in County Office
 12 - N.W. District Mall Day, Enid
 12 - Volunteer Conference, Enid
- Feb.** 11 - County Demonstration Contest, Fairgrounds
 25 - Beaver County Junior Livestock Association Show, Fairgrounds
- March** 2-8 - District Livestock Show, Woodward
 10-20 - Oklahoma Youth Expo, Oklahoma City
 24 - State Record Books due in county office
- April** 7 - County Speech Contest, Balko Schools
 12 - District Meats Judging Contest, Enid

**HAVE A
HAPPY HOLIDAY!!**

Fun Facts

Did you know that it was mandatory in Oklahoma that you tether your car outside of a public building.

What is Oklahoma's state dance?

The state dance of Oklahoma is the square dance. Wouldn't it be fun to know how to square dance?

**AND
A VERY HAPPY
NEW YEAR!!!**

I hope everyone has a very safe and wonderful holiday season! I want to wish everyone good luck on their 2008 year!

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BEAVER COUNTY OSU COOPERATIVE EXTENSION SERVICE

The Clover Connection for Beaver County



Why is it important to eat grains, especially whole grains?



Eating grains, especially whole grains, provides healthy benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases. Grains provide many nutrients that are vital for the health and maintenance of our bodies.

Health benefits

- Consuming foods rich in fiber, such as whole grains, as part of a healthy diet, reduces the risk of coronary heart disease.
 - Consuming foods rich in fiber, such as whole grains, as part of a healthy diet, may reduce constipation.
 - Eating at least 3 ounce equivalents a day of whole grains may help with weight management.
- Eating grains fortified with folate before and during pregnancy helps prevent neural tube defects during fetal development.

Nutrients

- Grains are important sources of many nutrients, including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate), and minerals (iron, magnesium and selenium).
- Dietary fiber from whole grains, as part of an overall healthy diet, helps reduce blood cholesterol levels and may lower risk of heart disease. Fiber is important for proper bowel function. It helps reduce constipation and diverticulosis. Fiber-containing foods such as whole grains help provide a feeling of fullness with fewer calories. Whole grains are good sources of dietary fiber; most refined (processed) grains contain little fiber.
- B vitamins (thiamin, riboflavin, niacin, and folate) play a key role in metabolism – they help the body release energy from protein, fat, and carbohydrates. B vitamins are also essential for a healthy nervous system. Many refined grains are enriched with these B vitamins.
- Folate (folic acid), another B vitamin, helps the body form red blood cells. Women of childbearing age who may become pregnant and those in the first trimester of pregnancy should consume adequate folate, including folic acid from fortified foods or supplements. This reduces the risk of neural tube defects, spina bifida, and anencephaly during fetal development.
- Iron is used to carry oxygen in the blood. Many teenage girls and women in their child-bearing years have iron-deficiency anemia. They should eat foods high in heme-iron (meats) or eat other iron containing foods along with foods rich in vitamin C, which can improve absorption of non-heme iron. Whole and enriched refined grain products are major sources of non-heme iron in American diets.

Whole grains are sources of magnesium and selenium. Magnesium is a mineral used in building bones and releasing energy from muscles. Selenium protects cells from oxidation. It is also important for a healthy immune system.

Whole Grain Tips for Children

- Set a good example for children by eating whole grains with meals or as snacks.
- Let children select and help prepare a whole grain side dish.
- Teach older children to read the ingredient list on cereals or snack food packages and choose those with whole grains at the top of the list.

USDA MyPyramid.gov



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Red Wheel

Remember that you need to be at the County Courthouse parking lot by 3:30pm on **December 5th** to pick up your Red Wheel orders. You must come pick your orders up, because we do not have room to store them for you.

Oklahoma Kids Helping Kids

It is time to register for the Oklahoma Kids Helping Kids campaign. If your club would like to be apart of this campaign please let me know and we will get the form filled out. The deadline to enter is December 5th. **Half of the proceeds of the campaign go to Ronald McDonald House, one third of the proceeds comes back to our county, and one sixth goes to the 4-H Foundation.** Every county that collects at least \$250 gets a \$50 savings bond for their top fund raiser, and the top four fund raisers in the state get a savings bond worth \$1000. Every member that raises at least \$25 gets a prize. This would be a great opportunity for a community service project as well. It would be nice if all of the clubs in the county helped with this campaign.

Cookbooks For Sale

OHCE Ladies designed a cookbook called "A Century of Tempting Treasures 1907-2007." It features a wide variety of recipes ranging from current cooking to 100 year old recipes. The cost is just \$10.00 per cookbook filled with 200 recipes! If you would like one come by the county office.

Volunteers Conferences

During Oakwood Mall Day there will be Volunteer training sessions. There will be three different time slots you can attend these trainings: 10:30am, 1:00pm, and 2:30pm. There will also be a Volunteers Conference in Ponca City on January 19th from 10am to 3pm, and it will cost \$5. Both of these conferences are a good way to get your trainings for the year. If you have any questions please call me.

4-H Day at a Cowgirl

Basketball Game

OSU vs. OU Women's Basketball game is scheduled for Saturday, January 12th@ 6pm. It will cost you \$20 to go which includes a ticket, a t-shirt, souvenir program, and an after game signing party. If you would like to go I need to know by **December 14th**. For more information please call the Extension office.

Oakwood Mall Day

Oakwood Mall Day is an activity designed to promote the 4-H program in Northwest Oklahoma and has been scheduled for Saturday, January 12th in Enid. You can do a working display and/or be in the talent and style shows. The working displays have a one hour time block and the talent and style shows have three different time slots you can be in. If you would like to be apart of Mall Day please let me know **no later than December 10th**. It would be nice if our county is represented at Mall Day. If you have any questions about Mall Day please call the county office, or you can go to the district website <http://countyext.okstate.edu/nwdistrict/4H/Events/OakwoodMallDay/OakwoodMallDay.htm>

Congratulations

Congratulations to everyone who participated in the County Food Show, Dress Revue, Impressive Dress, Share-the-Fun, and Pumpkin Decorating Contests. You all did a fantastic job and I am very proud of you. A special congratulations to Brittany Gould and the Balko Jr. Club for being chosen to represent Beaver County at the District Share-the-Fun. The turn out for the contests was up from the last couple of years and I hope we can keep it up. Thank you for making my first couple of contests great. I am looking forward to the Demonstration Contest in February.
Keep up the good work!

The Great American Invention

One hundred years ago the "The Great American Invention" 4-H was born.

4-H evolved from small beginnings and was designed to be of interest for rural boys and girls.

Between 1901 and 1907, pioneers of the future 4-H clubs were encouraged by colleges, farmers' institutes, and agricultural journals to discover what could be done to interest and practically educate rural boys and girls. As an educator, Albert B. Graham was one founder who believed there was more to teaching than the 3 R's – reading, writing, and arithmetic. He wanted to teach things that applied to the practical living. His club met once a month and provided opportunities to learn things like knot tying, rope splicing, collecting insects, flower gardening and planting vegetable gardens.

Others found adult farmers slow to accept new and improved methods. They discovered young people were willing to try improved farming methods. O.J. Kern followed Graham's lead and formed similar agricultural clubs for boys, called "Corn Clubs." Programs rapidly expanded and other specialized clubs formed.

In 1909, clubs were formed to teach girls how to grow and can tomatoes. Marie S. Cromer and Ella G. Agnew were responsible for these clubs. Girls' clubs soon expanded to bread baking and poultry clubs.

Seaman A. Knapp led the efforts that resulted in the agreement between the United States Department of Agriculture and the Southern land-grant colleges to jointly sponsor farmers' boys' clubs. In 1914 Congress passed the Smith-Lever Act that provided for the establishment of a Cooperative Extension Service. This Extension service became an entity of the United States Department of Agriculture and the Land-Grant College system. Because of the new developments and programs for the rural youth, a new unconquerable spirit of "I think I can do better" evolved. Today this spirit still exists, "To make the best better."

In 1911, the four-leaf clover was officially adopted with the four "H's." Each "H" represented the Head, Heart, Hands and Health. In the all-star emblem the fifth H represents the Home.

4-H is now diversified to appeal to boys and girls in both urban and rural areas. 4-H is for all youth, regardless of economic, cultural and ethnic background. The Great American Invention affects the lives of 6.8 million American young people. With its growth, 4-H has spread throughout the world and is currently influencing 10 million youngsters in 80 foreign countries around the world.

4-H is truly the Great American Invention.



4-H Core Competencies, Unit 1 – This is 4-H

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