

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

4-H Calendar

- Feb.** 1-2 - Omniplex camp-in, OKC
 4 - 4-H Demo contest pre-entry deadline, office
 6 - Beaver 4-H Meeting
 7 - Horse Club 4-H Meeting, Fairgrounds
 11 - County Demonstration Contest, Fairgrounds
 14 - OYE Livestock entries due, OKC
 15 - N.W. District Livestock entries due, WW
 18 - Office Closed, Holiday
 25 - Beaver County Junior Livestock Association Show, Fairgrounds
- March** 2-8 - District Livestock Show, Woodward
 10-20 - Oklahoma Youth Expo, Oklahoma City
 21 - Office Closed, Holiday
 24 - State Record Books due in county office
- April** 2 - 4-H Day at the Capital, OKC
 7 - County Speech Contest, Balko Schools
 12 - District Meats Judging Contest, Enid
 26 - State Livestock Judging, Stillwater
- May** 31 - N.W. District Horse Show
- June** 4-6 - Quad-County 4-H Camp, Camp Gibson

Happy Valentine's Day

The history of Valentine's Day is a mystery, but we all celebrate it for the same reason. That reason is to let the people we care about know that we care. I hope everyone lets the special people in their lives know that they love them this year.



Fun Facts

Did you know that Oklahoma is one of only two states whose capital city's name includes the state name. The other is Indianapolis, Indiana.

What is the official State Meal of Oklahoma?

The official State Meal of Oklahoma is: chicken fried steak, fried okra, squash, cornbread, barbecue pork, biscuits, sausage and gravy, grits, corn, strawberries, black eyed peas and pecan pie.

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BEAVER COUNTY OSU COOPERATIVE EXTENSION SERVICE

The Clover Connection for Beaver County



Tips to Help You Eat Your Fruits



Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed.

In general:

- Keep a bowl of whole fruit on the table, counter, or in the refrigerator.
- Refrigerate cut-up fruit to store for later.
- Buy fresh fruits in season when they may be less expensive and at their peak flavor.
- Buy fruits that are dried, frozen, and canned (in water or juice) as well as fresh, so that you always have a supply on hand.
- Consider convenience when shopping. Buy pre-cut packages of fruit (such as melon or pineapple chunks) for a healthy snack in seconds. Choose packaged fruits that do not have added sugars.

Make fruit more appealing:

- Many fruits taste great with a dip or dressing. Try low-fat yogurt or pudding as a dip for fruits like strawberries or melons.
- Make a fruit smoothie by blending fat-free or low-fat milk or yogurt with fresh or frozen fruit. Try bananas, peaches, strawberries, or other berries.
- Try applesauce as a fat-free substitute for some of the oil when baking cakes.
- Try different textures of fruits. For example, apples are crunchy, bananas are smooth and creamy, and oranges are juicy.
- For fresh fruit salads, mix apples, bananas, or pears with acidic fruits like oranges, pineapple, or lemon juice to keep them from turning brown.

Fruit tips for children:

- Set a good example for children by eating fruit everyday with meals or as snacks.
- Offer children a choice of fruits for lunch.
- Depending on their age, children can help shop for, clean, peel, or cut up fruits.
- While shopping, allow children to pick out a new fruit to try later at home.
- Decorate plates or serving dishes with fruit slices.
- Top off a bowl of cereal with some berries. Or, make a smiley face with sliced bananas for eyes, raisins for a nose, and an orange slice for a mouth.
- Offer raisins or other dried fruits instead of candy.
- Make fruit kabobs using pineapple chunks, bananas, grapes, and berries.
- Pack a juice box (100% juice) in children's lunches versus soda or other sugar-sweetened beverages.
- Choose fruit options, such as sliced apples, mixed fruit cup, or 100% fruit juice that are available in some fast food restaurants.

Offer fruit pieces and 100% fruit juice to children. There is often little fruit in "fruit-flavored" beverages or chewy fruit snacks. USDA



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Beaver County Demonstration Contest

The Beaver County Demonstration Contest is Monday, February 11th at 6pm at the Beaver County Fairgrounds. I hope you are ready for it.

I am looking forward to hearing everyone's demonstrations. I expect every club to have at least one 4-H'er doing a demonstration. There are three different categories: Agriculture, Home Economics, and General. For a complete list of every thing in each category ask your local club leader or contact me at the office. You will need to pre-enter your demonstration by February 4th, by telling your local club leader or calling the county office and giving us know your name, what club you are in, the category, and title of your demonstration.

Livestock Show entries

Thank you for getting all of your Beaver County Junior Livestock Show entries in on time. Make sure you get your district and state entries in on time as well. Oklahoma Youth Expo entries are due on February 14th in OKC and the N.W. District Show entries are due February 15th in WW. If you need help with any of these please let us know. PQA Plus certification is due February 14th as well.

County Recordbooks

This year the county recordbooks may be due in the county office earlier than they have been in the past. We are discussing to see what is the best way. No matter when they are due you should be working on them now and not waiting till the last minute. If you would like to be a county officer you must turn in a county recordbook. If you have been keeping records throughout the year your recordbook will be a breeze to fill out.

Beaver County Junior Livestock Show

The Beaver County Junior Livestock Show will be on Monday, February 25th, 2008 at the Beaver County Fairgrounds. The OHCE ladies will be providing a concession stand .

Show Schedule:

7:30am - Goat cards in

8am - Goat show / Sheep show immediately follows /Lamb Lead will follow sheep show

9am - Steers weighed and Heifers entered

10am - Cattle show

12pm - Swine cards in

4pm - Swine show

State 4-H Recordbooks

State Recordbooks are due in the County office March 24th. If you plan on turning one in, please come by and let me help you. You have to be 14 to turn one in. There are numerous awards and scholarships that you can win if you complete a recordbook. If you want to be a candidate for Beaver County Hall of Fame or any trips, you must fill out a state recordbook. Please keep this in consideration.

Discovery Unlimited

Discovery Unlimited is intended to help retain the membership of our "tweeners" in the Oklahoma 4-H program. It is designed for 11-12 year olds. This year it will be held May 2-3 at Saints Groves Camp in Stillwater. The theme is "4-H is a Rockin' n Rollin'." The workshops and speakers will focus on what 4-H has to offer teens. The cost of \$35 will include housing, food, educational supplies, and a T-shirt. Registration is due in the county office by March 17th.

District Livestock Show

SUNDAY, MARCH 2nd

8:00 am - Swine barn Pens Available
10:00 am - Entry Packets available
11:00 am - Breeding Gilt Entry Cards Due
2:00 pm - Judge Breeding Gilts
5:00 pm - Doe and Wether Goat Entry Cards Due

MONDAY, MARCH 3rd

8:00 am - Barrow Pens Available
9:00 am - Judge Breeding Does then Wether Goats
3:00 pm - Barrow Entry Cards Due

TUESDAY, MARCH 4th

9:00 am - Judge Barrows
10:00 am - Lamb Pens Available
5:00 pm - Lambs Must be in Place - Weigh Prior to 6:00 pm Entry Time
6:00 pm - Classify, Ear Tag, & Enter Club Lamb Breeding Ewes & Wethers by Superintendent

WEDNESDAY, MARCH 5th

9:00 am - Judge Club Lamb Breeding Ewes followed by Wethers
11:00-12:00 - Lamb Lead Interviews
1:00-2:00 pm - Lamb Lead Interviews
Lamb Lead Contest after Wether Judging
4:00 pm - Heifers Must Be In Place
Enter Heifers & Turn in Comm. Heifer Cards

THURSDAY, MARCH 6th

9:00 am - Judge Heifers
4:00 pm - Steers must be in Place
Steer Weight Cards Due
6:30 pm - Ag ED & Extension Educator Dinner

FRIDAY, MARCH 7th

9:00 am - Judge Steers
2:00 pm - Final Premium Sale Order Available

SATURDAY, MARCH 8th

4:30 pm - Premium Auction Exhibitors Meeting
5:30 pm - Premium Auction Dinner
6:30 pm - Premium Auction



OKLAHOMA YOUTH EXPO

Monday, March 10, 2008

1:00 p.m. Barns open to Goats

Tuesday, March 11, 2008

8:00 a.m. Barns open to Gilts
10:00 a.m. All Goats must be in place
3:00 p.m. Doe Kid entry cards due - Goat Office
7:30 p.m. All Purebred Gilts must be in place
7:30 p.m. All Commercial Gilts must be in place
8:00 p.m. All Gilts (Purebred and Commercial) entry cards due - Swine Office

Wednesday, March 12, 2008

8:00 a.m. Barns open to Heifers
1:00 p.m. Junior Wether Goat entry cards due - Goat Office
3:00 p.m. Heifer Exhibitor Meeting
3:00 p.m. Heifers Must be in place
3:00 p.m. Heifer registration check in for heifers showing on Thursday (Check-in according to show order)

East Side of Barn 3 Arena: Beefmaster, Brahman, Brangus, Simmental, Commercial

West Side of Barn 3 Arena: Charolais, Chianina, Gelbvieh, Hereford, Salers, Texas Longhorn, Red Angus

Thursday, March 13, 2008

11:00 a.m. Heifer registration check-in for heifers showing on Friday (Check-in according to show order)

East Side of Barn 3 Arena: Maine-Anjou and Shorthorn

West Side of Barn 3 Arena: Angus and Limousin

Friday, March 14, 2008

8:00 a.m. Barns open to all Sheep - Breeding Ewes and Market Wether Lambs

4:00 p.m. Deadline for Swine Showmanship Check-in - Show Office

7:00 p.m. All Ewes must be in place

7:00- 9:00 p.m. Breeding Ewe papers must be checked - Sheep Office

9:00 p.m. Club Lamb Breeding Ewe entry cards due - Sheep Office

10:30 p.m. All Gilts must be out of the barns, excluding Sale Gilts and Showmanship Gilts

Saturday, March 15, 2008

8:00 a.m. Barns open to Steers

Sunday, March 16, 2008

8:00 a.m. Barns open to Barrows

8:00 a.m. All Market Wether Lambs must be in place

8:00 a.m. Classify and ID Market Wether Lambs - Barn 1 Arena

10:00 a.m. Deadline for Beef Showmanship Check-In - Show Office

7:30 p.m. All Barrows must be in place

8:00 p.m. Market Barrow entry cards due - Swine Office

Monday, March 17, 2008

OSU Day at OYE - Barn 3 Sale Pavilion

10:00 a.m. All Steers must be in place

10:00 a.m. Steer Exhibitor Meeting

1:00 p.m. Master Showmanship Contest Finalist Check-In - Show Office

1:00 p.m. Market Steer entry cards due - Beef Office

- For complete schedule please visit <http://www.okyouthexpo.com>