

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

4-H Calendar

- Jan.** 1 - Office Closed, Holiday
 7 - County Livestock entries due in County Office
 12 - N.W. District Mall Day, Enid
 12 - Volunteer Conference, Enid
 14 - Omniplex registration forms due, office
 19 - North Central 4-H Parent
 Volunteers Conference, Ponca City
 30 - N.W District Livestock Judging Contest, Enid
- Feb.** 1-2 - Omniplex camp-in, OKC
 4 - 4-H Demo contest pre-entry deadline, office
 11 - County Demonstration Contest, Fairgrounds
 14 - OYE Livestock entries due, OKC
 15 - N.W. District Livestock entries due, WW
 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** 2 - 4-H Day at the Capital, OKC
 7 - County Speech Contest, Balco Schools
 12 - District Meats Judging Contest, Enid

Happy New Year

The new year is a time to make New Year's resolutions. I hope this year one of your resolutions is to become more active in 4-H. I will do my best to help you with that resolution and make it enjoyable!



Fun Facts

Did You know that cows have an acute sense of smell, and can smell something up to six miles away.

How much milk does the average dairy cow produce each day?

The average dairy cow produces about 55 pounds of milk per day, which will fill six one-gallon jars.

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BEAVER COUNTY OSU COOPERATIVE EXTENSION SERVICE

The Clover Connection for Beaver County



Why is it important to eat your vegetables?



Eating vegetables provides health benefits— people who eat more fruits and vegetables as part of an overall healthy diet are likely to have a reduced risk of some chronic diseases. Vegetables provide nutrients vital for health and maintenance of your body.

Health benefits

- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for stroke and perhaps other cardiovascular diseases.
- Eating a diet rich in fruits and vegetables as part of an overall healthy diet may reduce risk for type 2 diabetes.
- Eating foods such as vegetables that are low in calories per cup instead of some other higher-calorie food may be useful in helping to lower calorie intake.

Nutrients

- Most vegetables are naturally low in fat and calories. None have cholesterol. (Sauces or seasonings may add fat, calories, or cholesterol.)
- Vegetables are important sources of many nutrients, including potassium, dietary fiber, folate (folic acid), vitamin A, vitamin E, and vitamin C.
- Diets rich in potassium may help to maintain healthy blood pressure. Vegetable sources of potassium include sweetpotatoes, white potatoes, white beans, tomato products (paste, sauce, and juice), beet greens, soybeans, lima beans, winter squash, spinach, lentils, kidney beans, and split peas.
- Dietary fiber from vegetables, 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 vegetables help provide a feeling of fullness with fewer calories.
- Folate (folic acid) 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.
- Vitamin A keeps eyes and skin healthy and helps to protect against infections.
- Vitamin E helps protect vitamin A and essential fatty acids from cell oxidation.
- Vitamin C helps heal cuts and wounds and keeps teeth and gums healthy. Vitamin C aids in iron absorption.



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2008 OMNIPLEX SCIENCE CAMP IN

4-H'ers from around the state who like to camp and have an interest in science need to make plans to attend the 2008 Omniplex Camp-In. This year's camp-in will be held February 1-2, 2008, check in will be from 6:00 to 7:00pm and check out will be 8:00 am on Saturday morning. Campers will explore the brand new Omniplex exhibit **Destination Space**. They will learn about the **History of Flight**, campers will build a **Hovercraft**, participate in **Paper-Airplane Competitions**, plus they will design and build their own **Rockets**. Campers will learn how the science of space flight includes, health science, food science, plant science, and textiles, as well as rocket science. Along with the Destination Space display, campers will get the chance to see one of the newest permanent exhibits called SmartMouth. INTEGRIS Health's interactive display helps kids and their parents chomp down on the realities of child obesity and the value of healthy eating and activity in a fun-hands-on way.

Omniplex Camp-In is for all 4-H members and 4-H Families. The cost is: 4-H Members \$30.00 and Adults \$15.00.

Registration Forms are **due in County Office January 14, 2008**.

LIVESTOCK JUDGING CONTEST

NWDJLS is having a judging contest on January 30th at Enid. The contest starts at 8:30am and registration is at 7:45am. It cost \$12 per team and \$3 per individual. They will have nine classes with four sets of reasons. If you are interested in going please call the office and let us know before January 21st.

Livestock Show entries

Make sure you get your Beaver County Livestock Show entries into the county office before January 7th. 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.

Oakwood Mall Day

Don't forget that Oakwood Mall Day is January 12th. I hope you can make it out to support 4-H. There will be several ways you can support them if you go.

Volunteers Conferences

During Oakwood Mall Day there will be Volunteer training sessions. There will be three different training times that will last 1 hour and 20 minutes: 10:30am, 1:00pm, and 2:30pm. The subjects are going to be: Kids, Attitude, & Money; Centennial Road Trip; & Jazz it up 4-H Club Meeting. There will also be a Volunteers Conference in Ponca City on January 19th from 10am to 3pm, and it will cost \$5. There will be 8 different workshops you can attend: Internet Safety, Food and Fitness, New Aqua Times Program, Parli-Pro, Ease of Video Production, Black-Iron Basics, What's your risk?, & Livestock Skill-A-Thon Contest/workshop. Both of these conferences are a good way to get your trainings for the year. If you have any questions please call me. If you would like to go to either please let me know as soon as possible.

Beaver County Demonstration Contest

The Beaver County Demonstration Contest is coming up soon, and I hope you are getting ready for it. I expect every club to have at least one 4-Her 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 either telling your local club leader or calling the county office and letting us know your name, what club your in, the category, and title of your demonstration.

GET THE MOST OUT OF 4-H

The 4-H member and family will get the most from the 4-H experience by...

Attending local club meetings! Local club leaders will make announcements regarding current information, remind you of upcoming deadlines and provide registration forms so you won't have to make a last minute dash to the Extension office. Ask questions of the local club leader or call the Extension office at 625-3464.

Members should:

Read the newsletter. Keep it in a handy location at home.

Set goals and work at completing the goals in a timely manner.

Keep records of your project work. Do a talk or demonstration at the local club.

Participate in local club citizenship projects.

Participate in county events and activities.

Meet deadlines. Each family member is responsible for meeting deadlines and turning in forms. If you can't make it to the Extension office prior to the deadline, use the mail (make sure it is postmarked before the deadline). If you need to come by the office after normal working hours, just let someone at the office know.



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