

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

4-H Calendar

- 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
 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
 31 - N.W. District Horse Show
- June** 4-6 - Quad-County 4-H Camp, Camp Gibson
 19-21 - State Horse Show, Shawnee
 30 - County Recordbooks due in office
- July** 30-Aug1 - State 4-H Round-up, Stillwater

Quad County Camp Officers

There will be a camp planning meeting on April 24th at 6pm at the Texas County Extension office. We can meet at Balko Schools at 5pm and ride together. Please let me know if you plan to go.



Please make sure 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.

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BEAVER COUNTY OSU COOPERATIVE EXTENSION SERVICE

The Clover Connection for Beaver County



Living Healthy with Milk Products



Consuming milk and milk products provides health benefits—people who have a diet rich in milk and milk products can reduce the risk of low bone mass throughout their life cycle. Foods in the milk group provide nutrients that are vital for health and maintenance of your body. These nutrients include calcium, potassium, vitamin D, and protein.

Health benefits

- Diets rich in milk and milk products help build and maintain bone mass throughout their lifecycle. This may reduce the risk of osteoporosis.
- The intake of milk products is especially important to bone health during childhood and adolescence, when bone mass is being built.
- Diets that include milk products tend to have a higher overall nutritional quality.

Tips for making wise choices

- Include milk as a beverage at meals. Choose fat-free or low-fat milk.
- If you usually drink whole milk, switch gradually to fat-free milk, to lower saturated fat and calories. Try reduced fat (2%), then low-fat (1%), and finally fat-free (skim).
- If you drink cappuccinos or lattes—ask for them with fat-free (skim) milk.
- Add fat-free or low-fat milk instead of water to oatmeal and hot cereals
- Use fat-free or low-fat milk when making condensed cream soups (such as cream of tomato).
- Have fat-free or low-fat yogurt as a snack.
- Make a dip for fruits or vegetables from yogurt.
- Make fruit-yogurt smoothies in the blender.
- For dessert, make chocolate or butterscotch pudding with fat-free or low-fat milk.
- Top cut-up fruit with flavored yogurt for a quick dessert.
- Top casseroles, soups, stews, or vegetables with shredded low-fat cheese.
- Top a baked potato with fat-free or low-fat yogurt.

USDA



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Quad County 4-H Camp

Calling all senior 4-Hers. We will have camp counselors this year at 4-H Camp. 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. Energy, enthusiasm, and healthy attitudes are qualifications for being a camp counselor. You will also be required to attend counselor training and prepare and present a workshop for camp. I really hope that you consider this opportunity and become a camp counselor. I know you will enjoy it!

A Special Thank You

I want to thank our demonstration contest judges for doing a great job and helping us out. I also wanted to let everyone know who the judges were. Judging the Home Ec division was Mrs. Nancy McVay, the Beaver High School Home Ec teacher, and Ms. Helena Plett, Beaver Primary School Second Grade teacher, a long time 4-Her in Major County and newly Beaver County 4-H volunteer. Our other judge that judged the Agriculture and General divisions was Mrs. Christel Speer a long time for County 4-H volunteer.

4-H Creed for Members

- I believe* in 4-H Club work for the opportunity it will give me to become a useful citizen.
- I believe* in the training of my **HEAD** for the power it will give me to think, to plan and to reason.
- I believe* in the training of my **HEART** for the nobleness it will give me to become kind, sympathetic and true.
- I believe* in the training of my **HANDS** for the ability it will give me to be helpful, useful and skillful.
- I believe* in the training of my **HEALTH** for the strength it will give me to enjoy life, to resist disease and to work efficiently.
- I believe* in my country, my state and my community and in my responsibility for their development.

STATE RECORD BOOKS

If you would like to win any county awards or state trips you need to turn in a State Record Book. They are due in the county office on March 24th. It would be really nice if we had someone win Hall of Fame and/or other awards and trips this year. If you need help putting your Record Book together please just ask and I will be happy to help you. You can get the form from your leader or from me. I would like to encourage everyone that is 14 years old and older to fill one out.

Hall of Fame

We will have a new division for Hall of Fame starting this year. We will have a Junior Hall of Fame for all junior members to apply for. You must turn in a County Record Book to be eligible for this award. The leaders and I have not figured out what all the criteria will be yet, but we will get that done before the Record Books are due the end of June. I also want to thank Beaver County Farm Bureau for sponsoring savings bonds for the Jr. and Sr. Hall of Fame winners.

4-H Creed for Volunteers

BELIEVE:

- ...The 4-H member is more important than the 4-H project.
- ...Learning how to do the project is more important than the project itself.
- ...4-H'ers should be their own best exhibits.
- ...No award is worth sacrificing the reputation of a member or a volunteer.
- ...Competition should be given no more emphasis than other fundamentals of 4-H work.
- ...Enthusiasm is caught, not taught.
- ...To learn by doing is fundamental in any sound educational program and is characteristic of the 4-H program.
- ...Generally speaking, there is more than one good way to do most things.
- ...Every 4-H member needs to be noticed, to feel important, to win and be praised (volunteers, too).
- ...Our job as volunteers is to teach 4-H members how to think, not what to think.

Horse Club

There will be a horseless meeting on March 6th at 6pm at the Sperry farm to go over the rule book for the District and State Shows. On March 13th the SERIOUS riding and show practice for the summer shows will start. We would like to encourage anyone who is interested in showing horses this summer to join us at the Beaver County Fairgrounds arena at 6pm every Thursday night. Please be ready to ride promptly at 6pm.

Speech Contest

The county speech contest is coming up on us. It will be held 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 four categories: Home Ec, Agriculture, General, and Impromptu. You must pre-enter your speech by Monday, March 31st. I hope we have every club represented with lots of speeches presented.