

4-H Calendar

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| June | 4-9 - State Forestry Camp, Beaver's Bend, OK |
| | 11-13- Sr. 4-H Camp, Roman Nose State Park |
| | 15 - Quad Co 4-H Camp Registration Due |
| | 26 - Dairy Cooking School, Beaver Fairgrounds |
| July | 1 - 2008 Nat'l 4-H Conf Application Due |
| | 2 - 4-H Record Books & Secretary Books Due |
| | 5-7 - Quad County 4-H Camp, Camp Gibson |
| | 7 - Tulsa State Fair Swine Nomination Deadline |
| | 9-11 - Youth Livestock Judging Camp, Stillwater |
| | 12 - Tulsa State Fair Lamb & Goat Nominations, Enid |
| | 14 - State Parent-Volunteer Conference, OSU |
| | 17-19 - OSU Animal Science Field Days, OSU |

YOUTH LIVESTOCK JUDGING CAMP

July 9-11, 2007 — Stillwater

This camp is open to youth who have completed the 7th grade. The fee of \$235/person includes room, meals, t-shirt, reasons DVD and OSU Livestock Judging Manual. For more information contact the Extension Office or go to: <http://www.ansi.okstate.edu/youth%20extension/index.htm>

TULSA STATE FAIR UPDATE

Summer Commercial Cattle Grading Contest
Tues, June 26, 2007 — 12:00noon — Tulsa Stockyards

Swine Nominations

All Market Barrows who plan to show at the 2007 Tulsa State Fair must be nominated by July 7, 2007. The mail-in nomination process will operate similar to the Oklahoma Youth Expo. For forms and info go to: www.tulsastatefair.com on the Livestock Page under Nominations.

Sheep & Goat Nominations

Junior Market Wether Lamb and Junior Wether Meat Goat Nominations will be held together this year in Enid, July 12th from 7:00-12:00noon. The Ewe Nomination Form is only for ewes who wish to participate at the Oklahoma State Fair. Tulsa State Fair is only a wether lamb show.

Premium book, nomination information and other important information is posted at www.tulsastatefair.com

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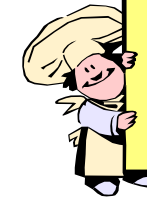
BEAVER COUNTY OSU COOPERATIVE EXTENSION SERVICE

The Clover Connection for Beaver County



Cooking School

is
June 26



Did you know that 7 out of 10 boys and 9 out of 10 girls don't get the calcium they need? On average, teens drink 1 glass of milk a day and drink twice as much soda as milk. Luckily, most youth (and adults) can achieve the recommended dietary intake of calcium by eating three servings of milk, cheese, or yogurt each day.

A Dairy Cooking School will be held on June 26th at the Beaver County Fairbuilding starting at 9:00am. Youth 9 to 18 are invited to participate in this free cooking school. Games and lots of cooking and eating will help show kids how important and delicious dairy products can be.

The Youth Dairy Cooking School is made possible by a 4-H Foundation Enhancement Grant from the SW Dairy Center, the Beaver Co. OSU Extension Service and Beaver County OHCE. Please call the Extension Service at 580-635-3464 to register before the 26th.



Quad County 4-H Camp

"4-H Fiesta"

July 5-7, 2007 at Camp Gibson
Hardesty, OK

Camp begins on Thurs, July 5th with registration from 3:30-4:00pm. The afternoon will be packed with activities and workshops. Highlight of the evening will be a Mexican Dance Workshop.

4-H Camp will include educational workshops: Make Your Own Sombrero, Ahhh It's a Pinata, Basket Weaving, Mola, Luminary, Juanita Mexican Bingo, Make Tortillas and Sopapillas.

Camp will conclude at 10:00am on Saturday, July 7th, with a new camp officer planning meeting directly following.

The registration fee is \$65.00, which includes housing, meals, workshop activities and crafts, as well as recreational costs. Camp registration deadline is Friday, June 15th, with forms and registration fees due at that time. Contact your leader or the Extension Office for your registration form.

Record Books Due

4-H Record and Secretary Books are due in the Extension Office Monday, July 2nd.



If you are applying for one of the following Special County Awards (Beef, Breads, Dairy, Peanuts or Pork) you must turn in a separate folder for that award in addition to putting it in your record book:

- **Breads**—Must have given a demonstration on Breads at the County Contest.
- **Dairy**—Must have given a Dairy Demonstration or Talk at the County Contest.
- **Peanut**—Must have given a Peanut Demonstration or talk at the County Contest.
- **Pork**—Will be given to the most outstanding member for pork promotion. Member must promote pork as a food and not merely the production of pork.
- **Beef**—Must use a special Beef-Selecting & Preparing form; must have given three presentations to groups other than 4-H on Beef-Selecting, preparing and Serving; and prepared beef at least 12 times during the past year using a minimum of four different cooking methods (two dry heat cookery and two moist heat cookers).

SUMMER 4-H YOUTH WORKSHOPS

The following 4-H youth workshops are still available for Beaver County youth, 9-18 years of age. Red highlights designate ages, all others are open to 9-18 years of age. Youth who have not pre-registered and would like to register need to call the OSU Extension Office at 625-3464 as soon as possible.

_____ Pioneer Days, June 6th

At Jones & Plummer Museum/Beaver Fair— grounds from 9:00-3:00pm.

[Tentative Schedule:](#)

Buffalo Hunter
Treadle Machine Sewing
Quilting
Barbed Wire Demonstration
Saddling A Horse

(Bring sack lunch and drinks)

- _____ Garment & Tapestry Bags (15-18), June 7th
- _____ Recycled Denim Purse (12-18), June 11th
- _____ Fleece Pillowcase (9-11), June 12th
- _____ Garment Bag (12-14), June 13th
- _____ Wax & Gel Candles, June 14th
- _____ Fleece Item (12-18), June 15th
- _____ Home Environment, June 18th-22nd
 - _____ Throw Pillow
 - _____ Framed Mirror
 - _____ Lamp
 - _____ Box Fabric End Table
 - _____ Bulletin Board
 - _____ Waste Paper Basket
 - _____ Fabric Wall Hanging
 - _____ Silk Plant Stand
- _____ Bead Craft, June 25th
- _____ Dairy Cooking School, June 26th
- _____ Creative Writing (12-15), June 27th & 29th
- _____ Dec Wreath, Swag, or Hat, June 28th
- _____ Fishing Clinic, July 2nd
- _____ Fabric Potholder (9-11), June 9th
- _____ Dec Clay Pot, July 11th/12th
- _____ Silk Floral Arrangement, July 16th
- _____ Santa Wall Hanging (14-18), Jul 17th
- _____ Fruit Preserves, July 18th
- _____ Paper Craft, July 19th
- _____ House Plant & Terrarium, July 20th

STATE PARENT-VOLUNTEER CONFERENCE

"Step into the 4-H Spotlight" is the theme of the 2007 State Parent-Volunteer Conference July 14, in Stillwater.

Forty-one workshops are sure to motivate the first time volunteer, as well as challenge the veteran volunteers/educator. The conference will include door prizes, as well as a silent and live auction. Proceeds from the live auction will go towards the endowment of a Volunteer Development Scholarship with the Oklahoma 4-H Foundation.

During the Luncheon Oklahoma 4-H will recognize volunteers who have been selected by their county for *Volunteer of the Year* and *Life-Time Service* awards and announce the district and state award recipients.

The early bird enrollment fee of \$30 and the enrollment form are **due on or before June 22nd**. Any enrollment postmarked after June 22nd will be subject to the full enrollment fee of \$40.

OSU ANIMAL SCIENCE "Big Three" FIELD DAYS

July 17-19, 2007 — OSU Animal Science Arena

Beef Field Day—Tues, July 17, 2007
Sheep Field Day—Wed, July 18, 2007
Swine Field Day—Thurs, July 19, 2007

Goat Workshop

Wed, July 18th at 2:30pm

Open to 4-H & FFA Members & Adults

Register by e-mail to rusty.gosz@okstate.edu

Youth For Pork 4-H & FFA Speech Contest

Thurs, July 19, 2007 — 102 An Sci — 1:00pm

Open to all 4-H & FFA Members. Speech may be over any pork related topic. No advance registration. Time range: 4-H—4-6 minutes & FFA—6-8 minutes. For more information call the OK Pork Council at 405-232-3781.

OKLAHOMA CENTENNIAL PARADE

4-H has been invited to have 100 members participate in the Oklahoma Centennial Parade, Sunday, October 14, 2007. Members must be 12 years of age or older and be able to participate in the entire 2.1 mile route through downtown Oklahoma City. The event will include most of the day. Participants should plan to arrive by approximately 9:30 a.m. and may not be finished until around 7:00 p.m. Interested members will need to fill out an application. Approved members will be notified by August 15, 2007. Contact the Extension Office for application.



Tips for Families

Eat Right

1 Make half your grains whole. Choose whole-grain foods, such as whole-wheat bread, oatmeal, brown rice, and lowfat popcorn, more often.

2 Vary your veggies. Go dark green and orange with your vegetables—eat spinach, broccoli, carrots, and sweet potatoes.

3 Focus on fruits. Eat them at meals, and at snack time, too. Choose fresh, frozen, canned, or dried, and go easy on the fruit juice.

4 Get your calcium-rich foods. To build strong bones serve lowfat and fat-free milk and other milk products several times a day.

5 Go lean with protein. Eat lean or lowfat meat, chicken, turkey, and fish. Also, change your tune with more dry beans and peas. Add chick peas, nuts, or seeds to a salad; pinto beans to a burrito; or kidney beans to soup.

6 Change your oil. We all need oil. Get yours from fish, nuts, and liquid oils such as corn, soybean, canola, and olive oil.

7 Don't sugarcoat it. Choose foods and beverages that do not have sugar and caloric sweeteners as one of the first ingredients. Added sugars contribute calories with few, if any, nutrients.

Source: <http://www.mypyramid.gov>



Exercise

1 Set a good example. Be active and get your family to join you. Have fun together. Play with the kids or pets. Go for a walk, tumble in the leaves, or play catch.

2 Take the President's Challenge as a family. Track your individual physical activities together and earn awards for active lifestyles at www.presidentschallenge.org.

3 Establish a routine. Set aside time each day as activity time— walk, jog, skate, cycle, or swim. Adults need at least 30 minutes of physical activity most days of the week; children 60 minutes every day or most days.

4 Have an activity party. Make the next birthday party centered on physical activity. Try backyard Olympics, or relay races. Have a bowling or skating party.

5 Set up a home gym. Use household items, such as canned foods, as weights. Stairs can substitute for stair machines.

6 Move it! Instead of sitting through TV commercials, get up and move. When you talk on the phone, lift weights or walk around. Remember to limit TV watching and computer time.

7 Give activity gifts. Give gifts that encourage physical activity—active games or sporting equipment.

HAVE FUN!



2008 NATIONAL 4-H CONFERENCE APPLICATIONS DUE BY JULY 1ST

National Conference is an opportunity for youth (Four-H members who will be a freshman, sophomore or junior in high school on September 1 of the year of application) to solicit input from a diverse cross-section of the Cooperative Extension System and to strengthen and expand the 4-H Youth Development program at local, state, and national levels. National Conference is an intense week during the spring, of committee work, workshops, legislative visits, and presentations. Delegates will contact and meet with Oklahoma decision makers during their time in our nation's capital. 2008 delegates will be making more than a personal commitment of their time. Initially delegates will be expected to pay two-thirds of their transportation, lodging and registration. If the delegate fulfills his/her duties the funds will be reimbursed to the family. The application for 2008 delegates is available [online](#) and is due July 1. Contact the Extension Office for more information.