



# 4-H Clover Connection

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## Alumni Play a Key Role in the Oklahoma 4-H Program

Each year the Oklahoma 4-H program takes part in National 4-H Week. This year it is scheduled for October 5-11. Oklahoma takes this tradition a step further and celebrates for the entire month of October.

This year one of the focuses of Oklahoma 4-H Month is going to be on the Oklahoma 4-H Alumni Association, said Gina Schutte, special programs and promotions coordinator for the Oklahoma 4-H program.

"Since 4-H began in Oklahoma in 1909, it has touched the lives of many young people," Schutte said. "In talking with former club members, many of them attribute their success in life to their experiences in the 4-H program. They hold special memories from their years in 4-H."

The Oklahoma 4-H Alumni Association not only has great benefits for former club members, but current 4-H'ers can benefit as well. When alumni join the association, they can designate a current member to receive some financial support.

Current 4-H'ers will receive 60 percent of the alumni dues and that money can be used for 4-H activities on the local, district, state or national levels. In addition, the funds can be used for college scholarships. All of the accounts will be maintained at the Oklahoma 4-H Foundation.

Dues are \$20 per year for an individual or \$35 per couple. A lifetime membership is \$200.

Members of the Oklahoma 4-H Alumni Association will receive regular Oklahoma 4-H Foundation publications that contain information regarding today's 4-H program and spotlights on alumni. Members also will receive invitations to State 4-H Roundup and other special events.

County offices have been mailed a list of former scholarship winners, State and National 4-H Congress delegates, Hall of Fame winners, record book winners and members at large. During the month of October, current members will be calling 4-H alumni in that county to talk to them about the opportunities available by joining the Oklahoma 4-H Alumni Association.

"We're also encouraging counties to host a special event sometime during the month of October and invite 4-H alumni as part of a recruiting drive," Schutte said. "This is a wonderful opportunity for youth and leaders to work on recruiting new members to the Oklahoma 4-H Alumni Association."

Alumni play a crucial role in the success of the Oklahoma 4-H program. Alumni often can be found serving as judges during the local county fairs and various other competitions. They also serve as speakers at special events and make other contacts on behalf of 4-H. In addition, 4-H alumni often provide financial assistance by sponsoring awards and scholarships. Because of their previous experiences, former 4-H'ers serve as club or project leaders.

"Just as current members are important to 4-H, our alumni also have an important role in the success of the Oklahoma 4-H program," she said. "Becoming a member of the Alumni Association is a way to stay connected to 4-H, keep in touch with old friends and be involved on the local, county, state and national levels."

For more information about the Oklahoma 4-H Alumni Association, contact the state 4-H office at 405-744-5390.

## Teen Leader Gossip

*By: Jessica Reimer*

The Caddo County 4-H Teen Leaders recently held officer elections. Those elected were Jerret Sanders-President; Jered Davidson-Vice President; Karen Potter-Secretary; Jessica Reimer-Reporter; Adam Davidson-Recreation Leader; and Shantel McLemore-Recreation Leader. Also the Caddo County Fair was recently held. The Teen Leaders had a work day in which they cleaned the Baldwin Building and also planted a learning garden which is an educational tool for the entire county. Be sure to watch for other upcoming events such as Radio Day to be held on Saturday October 11th on KOOL 105 out of Chickasha and the Caddo County 4-H Achievement Banquet to be held on October 25th at 7:00 p.m.

# WE ARE ROLE MODELS 2

(W.A.R.M.)



**RESPONSIBILITY**

*Character Education News for Parents*

*By: Todd Branson*

## **Family Relationships**

For most of us there is something both wonderful and worrisome about large family gatherings. On the good side, we often can experience real pleasure in spending time with relatives with whom we have so many common memories of people and events. What's more, being with parents, siblings and cousins who have known us since childhood often helps us see ourselves more clearly, without pretensions or illusions of self-importance. Finally, shared family history and the ties of blood and marriage can create a tribal sense of identity and belonging that is comforting.

Yet few families avoid rifts and feuds caused by unpaid loans, unreturned favors, unfulfilled requests for help, broken promises and, most of all, careless or cruel comments or gossip. And though we think we should love everyone in our family, we often don't. In fact, many of us have to struggle against the wisdom of the old adage, "familiarity breeds contempt."

But in a world so filled with throwaway and transitory relationships, we should more highly prize the stability and strength of family ties. We should be careful that our casualness does not result in tactless candor. In dealing with family we have a greater, not a lesser, obligation to avoid unkind, insensitive and hurtful remarks that can spawn resentments and grudges. We need to monitor the tendency to feel competitive or envious and instead take real pride and pleasure in the success of any family member.

It may take some work, but with conscious effort, some of your most enduring and endearing friendships will come from your family.

## **Thanksgiving and Mashed Potatoes**

**Anonymous Writer**

Thanksgiving is my favorite holiday. Ever since my dad passed away, it's been my holiday. I have nine brothers and sisters, so we rent a tent for the backyard so we can feed our clan turkey, creamed corn and my special onion-laced mashed potatoes.



Making the potatoes is a big deal for me. I use an old, beat up, pink-handled potato masher that was my mom's. She was in her early forties when she died and my little ritual brings her back to me. It's a happy-sad feeling when I think about how proud she and my dad would be if they could see the incredible brood they began. I wish my kids could experience the loving hugs and wet kisses that I grew up with.

In my family, Thanksgiving focuses primarily on the children. The younger ones all perform skits or songs or play instruments, and when it's time for each family to say what they are thankful about, most recount new milestones and achievements of their kids or grandkids.

Best of all, there are no gifts -- at least not the kind we buy in stores and wrap with ribbons. We express pride and appreciation, love and hope for the future. These are the gifts we bestow on our children.

It isn't easy in this commercialized world to escape the pressure to add more and more things to our lives. And it's hard to resist the temptation to buy hugs and squeals from our children with the latest toy or gadget. That's why I love Thanksgiving. It gives us the chance to pause to savor and share the intangible things in our lives, the things that we could never buy.

## Character Critters 2: Learning to be responsible at home activity

Roy the Responsible Rabbit helps his mother make snack after school. You and your child can make a simple snack together at home. As you make the snack, use the following questions to talk to your child about the snack. Fill in your child's responses and return the sheet to school.

### Healthy Snack

1 cup raisins



2 cups cereal



1 cup mini pretzels



Mix together in a bowl and serve.  
Serving size: 1/2 cup.



Questions to ask your child. Please write what your child says.

Which part of the mix is salty? \_\_\_\_\_

Which part is sweet? \_\_\_\_\_

Which part is the smallest? \_\_\_\_\_

Which part is the biggest? \_\_\_\_\_

What else would taste good in the mix? \_\_\_\_\_

Child's Name \_\_\_\_\_

This is a fun activity that older 4-H'ers can do with the younger 4-H Clubs. Parents, feel free to use this newsletter and go over the many important aspects of having great character by being responsible!

# Letter from the Educator:

Dear Caddo Co. 4-H Family,

The Oklahoma State Fair is over quicker than it began! I was amazed with how smoothly our county fair and the state fair went. I am very proud of all the accomplishments of all our 4-H'ers! Did you know that Caddo County had over 75 projects place at the State Fair and of those 75, we had 13 FIRST PLACE WINNERS!!! I am very proud of our county and it is evident that all the hard work of 4-H'ers, parents, and volunteer leaders is paying off in huge rewards.

Fall is the time for banquets, contests, holidays, and FOOTBALL! Remember that the Caddo County Achievement Banquet will be October 25, 2003 at the Caddo Kiowa Technology Center starting promptly at 6:00p.m. You will either receive a letter in the mail or a notice from your 4-H Leader at your next meeting. Check out the calendar very closely below as there are several things coming up. The Tri-County Teen Leader Retreat is November 7-9 and if you want to attend please send in your applications as soon as possible. Keep in mind we are limited to 15 4-H'ers from our county and those slots are filling very fast!

I am very proud of all your accomplishments and it is because of you that make our county 4-H program the strongest in the state of Oklahoma! Keep up all **your** hard work as you can see how rewarding the payoffs are!

Sincerely,



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<http://countyext.okstate.edu/caddo/youth>



## News & Views

- Welcome to all our new readers. If there is something you would like to see in here, feel free to tell us!
- 4-H Radio Day is in full swing. Attend the Teen Leader meeting to find out about advertising salesmanship!
- Look on the website and in your mailbox for questions and answers regarding a new County 4-H Ambassadors Program!
- Tri-County Teen Leader Retreat will be in Oklahoma City on November 7-9. Sign up today and learn about marketing your skills, setting goals, and **plan on having a lot of fun doing it!!!**
- Don't forget the ManeTamers 4-H Open Horse Show on Sunday October 26, 2003 at Corn!! Show starts at 10:00am and there will be plenty of new classes available for small and handicapped children. Come out and participate or watch the show!

## October-November 2003

<u>Date</u>	<u>Description</u>	<u>Time</u>
Oct 8	Radio Day Planning	4:30pm
Oct 9	Lights On Afterschool	4:00pm
Oct 11	Radio Day	12:00pm
Oct 15	Youth Action Conference	--
<b>Oct 25</b>	<b>Caddo County Banquet</b>	<b>6:00pm</b>
Oct 26	4-H Horse Show (Corn, OK)	10:00am
Nov 7-9	Tri-County Retreat	--
Nov 12	Sr. Share the Fun	3:30pm
Nov 19	Teen Leader Meeting	TBA
Dec 9-10	Speech Contest	--
Dec 10	Volunteer Leader Christmas Party	4:30pm
Dec 19	SCHOOL'S OUT	

### Please Read:

Other events may arise and scheduling may alter. For the most accurate information, please refer to: <http://countyext.okstate.edu/caddo/youth>