

Kingfisher County 4-H News



February 2006

The 4-H Newsletter is published monthly by the Kingfisher County OSU Extension Center—4-H Programs 101 South Main RM 13 Kingfisher, OK 73750 (405)375-3822.

This Newsletter is one way of communicating educational information to the members, parents, and leaders of the Kingfisher County 4-H clubs and other citizens of Kingfisher County. Reference to commercial products or trade names is made with the understanding that no discrimination is intended and no endorsement by the Oklahoma Cooperative Extension Service is implied.

Editor:

Heather Turner
Extension Educator
4-H Youth Development
Kingfisher County

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Recognition Plays Key Role In Oklahoma 4-H Program

The Share-the-Fun event goes off without a hitch. The spring livestock show is even more successful than in past years. Several members of the local shooting sports club qualify to take part in the state competition.

What common denominator do all of these events have in common? Adult and youth volunteers. Karla Knoepfli, assistant Extension specialist, said both adult and youth volunteers devote much of their time and resources to help ensure the continued success of the Oklahoma 4-H Program.

“Adequate and sincere recognition is essential to keep morale and job satisfaction at the highest possible level,” Knoepfli said. “In the 4-H program recognition has two purposes. One is to acknowledge and show approval of the individual’s contributions, and the second is to motivate the volunteer to continue service and commitment to the organization.”

There have been a number of studies conducted that show the forms of recognition that brought the greatest amount of satisfaction to a volunteer leader, youth participant, parent and Extension educator. Those forms of recognition include a sincere compliment, a note of appre-

ciation, an invitation to participate in decision-making processes because of the person’s ability to think and plan, and increased responsibility.

Knoepfli said volunteers are driven to action by three primary categories, including achievement, affiliation and power.

“The achievement-motivated volunteer is both task and goal oriented,” she said. “These particular individuals will stay involved with the task and see it through completion. In addition, they need tangible rewards, prefer specific boundaries to evaluate success and view problems as challenges.”

The volunteer who is motivated through affiliation works best in groups and needs personal interaction.

“These volunteers enjoy having personal relationships with supervisors and co-workers. They work most easily with people they know well,” Knoepfli said. “They also seek socialization opportunities, need to be liked and listened to and enjoy the involvement of group projects.”

Individuals who are power-motivated are those who need to impact and influence others. They work equally well alone or with groups.

“They especially enjoy teaching others and are able to respond to identified needs,” she said. “These volunteers are attentive to the specific goals of the organiza-

tion as a whole, respond to titles which denote authority, will seek and accept positions of authority and responsibility and are persuasive and self-starting.”

A study that was conducted in 1998 indicates that most adult volunteers are motivated to continue serving the organization by an affiliation with the clientele, such as 4-H members, or the organization itself, rather than by achievement and power motives such as recognition banquets, rewards or serving in leadership positions.

“The recognition which most tenured 4-H volunteers in that study preferred was a simple hand-written thank-you note, sent by a 4-H member with whom they interacted,” Knoepfli said. “This study also indicated that the most meaningful recognition is that expressed to the individual at a meeting, written note or spontaneous ‘pat on the back.’ In addition, the most meaningful formal recognition occurred at the county and local level. Efforts should equally emphasize informal, intrinsic and personal recognition while also continuing more formalized activities.”

Children Running Higher Risks Of Health Issues Due to Weight

The number of overweight children in the United States has taken a dramatic rise in recent years.

The National Center for Health Statistics reports more than 14 percent of children and 11 percent of adolescents are overweight. An additional 14 percent are at risk of becoming overweight, said Janice Hermann, Oklahoma State University Cooperative Extension nutrition specialist.

“Being an overweight or obese adult increases the risks of disease conditions including high blood pressure, high blood cholesterol, heart disease, stroke, type 2 diabetes and certain types of cancer,” Hermann said. “Because being overweight in childhood increases the risk of being overweight in adulthood, overweight children may be at greater risk of developing these health conditions later in life.”

There are many factors that contribute to being overweight. Some of these factors can be modified while others cannot.

Non-modifiable factors are genetics or family history, age and gender. A person can run a greater

risk of getting a disease if there has been a family history of it.

Factors that can be modified include following a diet that contains foods from all food groups, as well as getting enough exercise.

Children need enough food for proper growth, but too many calories coupled with too little physical activity leads to being overweight.

Many schools have cut physical education because of funding. Other children spend sedentary hours watching television or playing computer and video games. Many children simply do not get any exercise at all.

“Since children need to grow, weight loss is not recommended unless guided by a health care provider,” she said. “However, growth at proper rates and in a healthy manner is vital to good health.”

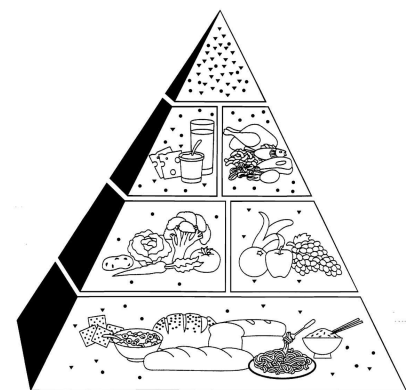
To help ensure a child leads a healthy lifestyle, start by helping the child develop healthy eating habits. Help the child make sensible food choices. A healthy diet will include lean meat, poultry, fish, beans, nuts, milk, cheese and other dairy products, along with grains, fruits and vegetables.

Hermann said changes in a child’s diet do not need to

be dramatic or extremely restrictive. Start by serving low-fat milk rather than whole, low-fat yogurt and cheese and offer one cookie instead of two.

Children can improve their health and have fun at the same time by including moderate amounts of physical activity each day. Parents can set a good example by joining their child in physical activities. Go for a walk after dinner or ride bikes to the park on the weekend. Incorporating exercise into the family’s lifestyle is good not only for the health of the family, but it also provides them with opportunities to spend more time together.

“Encourage your child to be physically active both at home and at school. If the school doesn’t offer a physical education program, suggest your child play active games during recess,” she said. “Helping a child start out living a healthy lifestyle is one of the greatest gifts a parent can give.”



NATIONAL 4-H COUNCIL'S ANNUAL PHOTO CONTEST.

National 4-H Council needs winning photos from your state and county fairs (2001-2006) to create the 2008 4-H Calendar.

The winning photos will be on display at the National 4-H Conference Center from September 2006 through November 2006 and also posted on our web site, www.4-hmall.org.

VERY IMPORTANT- Submissions will only be considered if they meet these criteria:

1. Full NAME and AGE of person submitting photograph.
2. Affiliation with 4-H.
3. Complete return address (for both UPS delivery and USPS First Class Mail).
4. Telephone number.
5. List of awards that each submitted photograph has received (county, state, 4-H or other) - If it has not

received some prior award or recognition, it will not be considered.

6. The photographer's thoughts about the photograph, in 25 words or less (include title of photograph).



7. Photo submissions should be 8"x10", in color, and in a horizontal format. Vertical shots will be accepted only if they can be cropped to fit the horizontal format of the calendar. Black and white photos will not be considered for this full color calendar.

8. Please do not submit photos printed on a home printer, color photo copies, or low resolution digital prints. Have the print developed at a photo processing store.

9. Email address (if applicable):

We will return all submissions, if not selected, by

late August 2006. Winning photographs will be returned no sooner than December 10, 2006.

After final selection we will notify the winners and ask them for a signed release to use the photo in the 2008 4-H Calendar.

Both the photographer and parent/guardian must sign the release. We will also request a second photo to be kept at the National 4-H Conference Center.

Please submit photos to:
**2008 4-H Calendar
National 4-H Supply Service
7100 Connecticut Avenue
Chevy Chase, Maryland,
20815-4999**

The deadline for submissions is March 1, 2006.

4-H Fundraiser:

Dates to sell are:

March 1-17

Money is to be turned in with order forms.

Pick Up Date is April 4th at the Exhibit Building.

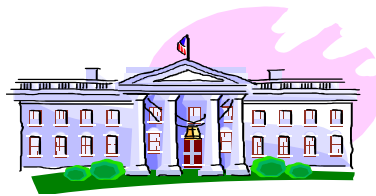
Citizenship Washington Focus

Citizenship Washington Focus is a week long citizenship program for youth, ages 15-19. Thousands of young people from across America stay at the National 4-H Youth Conference Center, near Washington DC each summer to participate in the program, which provides opportunities for people to

- Broaden appreciation and practice respect

for themselves and others.

- Increase individual commitment to citizen involvement.
- Understand the importance of civic and social responsibilities.
- Practice fitness and have fun



The event will have the theme of “Better Citizens Today, Better Leaders Tomorrow” and will take place June 22nd through July 2nd. The deadline for registration and total payment is due by March 3rd.

The complete cost of the trip is \$1090. The Leader’s Council will be refunded 35% of the cost upon returning from the trip. For more information, contact the Extension Office.

4-H Dime Drop for Habitat for Humanity

Through efforts coordinated by the State 4-H Officers Team, Oklahoma 4-H has teamed with Habitat for Humanity (HFH) to raise enough money to build one house for a low-income family.

There is still time to join the Dime Drop campaign! Every dime makes a difference in achieving our goal of \$9000. Please let us know your county or club’s interest by completing and returning the information requested on-line at <http://www.clover.okstate.edu/four/habitat>.

Hats off to the following counties/clubs who have filed a commitment form with

the officer team: Cherokee (2), Comanche, Craig, Harmon and Hughes

The timeline for collecting money concludes on May 7th, and funds need to be **received in the State 4-H Office by May 17th.**



Send one check or money order, made payable to “4-H Dime Drop,”

and mail to the State 4-H Foundation.

On February 25th members of the state Leadership team will assisted with painting and general clean-up at a house in Oklahoma City. We look forward to providing even greater assistance with a significant donation from the Oklahoma 4-H program.

Thanks for all your help and support.

Discovery Unlimited

“Life Unlimited” is the message of Discovery Unlimited 2006. The objective of this year’s conference will be to focus programming on important life skills for young people; looking forward to travel opportunities; and developing leadership capabilities.

General information, registration materials and a letter for chaperones can be accessed from the Oklahoma 4-H web site under [“Activities and Events/Discovery Unlimited”](#) after February 6th.

Included within the general information is a web address for Saints Groves Camp where directions to the camp can be

obtained.

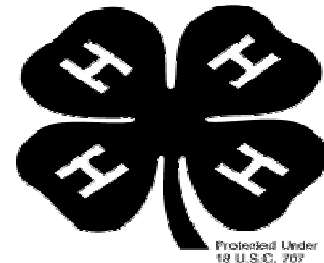
The cost is \$35 for each chaperone and delegate. The fee includes meals, lodging, T-shirt, educational materials and entertainment. There must be one adult chaperone for every five delegates, and the chaperone(s) must be certified 4-H Volunteers.

A suggested deadline of March 20th is recommended for collecting fees and RAM/Code of Conduct form at the county level. County registration is due in the State 4-H office on or before March 27th.

This deadline is firm, as adequate time is needed to notify counties who submit alternates. Each county is responsible for determining how their

county delegates and alternates are selected.

Please encourage your “tweeners” to attend “Discovery Unlimited” April 21 & 22 at Saints Groves Camp in Stillwater. It is critical that our organization focus on these young people if we intend to maintain enrollment and increase participation of the 13-19 year olds. Four-H members who were 11-12 years old as of January 1, 2006, are eligible to participate.



State Record Books and Scholarship Applications!!!

State 4-H Record Books and Scholarship Applications are due to the State 4-H Office in Stillwater by **April 28th at noon.**

You will need to have your Record book, scholarships, and other state award entries turned into the Kingfisher County Extension

Office by **March 31, 2006 by 4:30 p.m.**

To be eligible for the State Record book competition, you must be at least 14 years of age as of 1/1/06.

Also, there are numerous applications that 4-H members can use in applying

for scholarships, so come check those out as well.

Please notice the change in the dates, they have been moved up a few days. It is very important that you turn all your entries in on time. **There will be no exceptions.**

Fashion Revue: Fashion & Fabrics

When: Sunday, March 26th at 2:00 p.m.

Where: Fairgrounds Exhibit Building.

Garments Due: Wednesday, March 22nd by 4:30 p.m. at the Extension Office.

Participants may enter any item listed on the Construction Projects by Levels sheet available at the Extension Office or from your local club leader.

(Be sure to check with the Extension Office or your club leader to see if there are any changes in the Fashion and Fabrics category in the fair book.) All items that must be worn will be judged for fit and style at the contest March 28th.

Items such as pillow case, travel case, posters, etc. will be displayed.

Cloverbuds can enter the "4-H wear" category. they will choose out of

their closets an outfit appropriate for a 4-H activity such as pants, jeans, or skirt and a 4-H shirt or other green or white shirt. Cloverbuds will be asked to say their name and what town they are from. They will model as a group.

