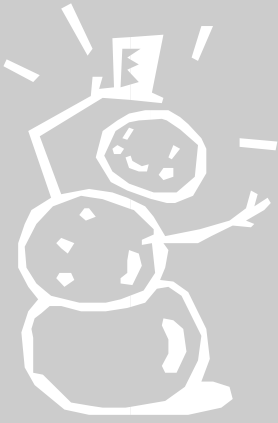


December, 2005



Kingfisher County 4-H News

Create Family Memories During the Holiday Season

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.

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4-H Youth Development

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For many people, the holidays are a time of nostalgia. It is a time when they recall their most treasured memories that may revolve around special times spent with children and grandchildren.

For most of us, our fondest memories are of times spent together with family and friends we love, said Debbie Richardson, Oklahoma State University Cooperative Extension assistant child development specialist.

“Although many parents and grandparents are concerned about purchasing the ‘perfect’ holiday gift or fixing the ‘perfect’ holiday dinner, in the long run it isn’t the food, gifts or decorations that we remember the most,” Richardson said. “As adults we remember the stories and songs our grandparents taught us. We remember the special tradition our families take part in each year such as making holiday cookies.”

This year as preparations and plans are made for the holiday season, keep in mind the type of memories you want to create with your children.

Richardson said adults who overindulge children with lots of expensive gifts

set high expectations for the next generation.

“With today’s economy, there are some adults who are not able to purchase the quantity or quality of gifts they received as children,” she said. “An adult who received many gifts as a child may feel the pressure to do the same with his or her own child, but are unable to afford to do so. It’s so important to keep the emphasis on creating memories and spending time with family and not how many gifts are received. During this time of year we really need to think about what we value in our lives, including our faith, family, friends and health.”

To help eliminate the clutter of too many gifts, consider instituting the “four-gift rule.” This could include something to wear, something to read, something the child wants and something the child needs. Another way to reduce the emphasis on gifts is to give family gifts. A family pass to a zoo or children’s museum will provide families with hours of fun and time together.

As plans are being made for this holiday season, think about some of the best memories from

your childhood. Did your grandfather always read a special story? Did you help your mom make gingerbread cookies? Maybe there was special music you listened to every year as the tree was being decorated. Did you and your siblings make strings of popcorn or homemade decorations for the Christmas tree? Perhaps all of the cousins played a game of touch football after the holiday meal.

Families can spend time together making homemade gifts to give to other family members or neighbors. The holiday season is a wonderful time to teach children about giving to and helping those who are less fortunate.

“If these are the kind of memories that come back to you, try to make sure these activities are incorporated into your holiday schedule. The holiday season shouldn’t be spent being stressed over the financial obligation of purchasing many gifts and preparing big, fancy meals,” Richardson said. “By focusing on the family you can help ensure these special memories will continue to be treasured for years to come.”

Oakwood Mall Day

4-H Day at Oakwood Mall is an activity designed to cultivate and promote the 4-H program in Northwest Oklahoma.

The Northwest District Mall Day will be January 7, 2006, and registration forms are due by December 9, 2005. Everyone is encouraged to register a Working Display, a Mini Float, and in the Talent and Style Show.

Working Display

Working Displays will be set up at several locations throughout the mall and will be running from 10 a.m. to 6 p.m. 4-H'ers should plan to give an informal presentation about their project. No cooking appliances will be allowed. Any electrical equipment used must be specified on the application. Each participant will have a one hour time block to set up, give their presentation, and take down the equipment used.

Mini Floats

Mini Floats are used as an inspirational way of beginning a day full of fun and rewarding programs for the public; a short parade of mini-floats has been scheduled for 10:30 a.m. 4-H members are encouraged to wear T-shirts, jackets,

or green and white representative of their county or club. Mini-Floats should be built on a child's wagon or similar base and manually operated. The maximum size for a mini-float will be 6 feet in length and 3 feet in width. Floats will be



Oakwood Mall Day is a great way to meet other 4-H members in a non-competitive event..

checked in and assembled at 9:30 a.m., remain on display through 5:30 p.m., and be removed by 6:00 p.m.

Talent and Style Shows

The talent and style shows will be included in each showing, but they will have all the style show first, then all the talents acts. You can choose from 11:30 a.m., 1:30 p.m., or 3:30 pm. Each county will have the opportunity to bring three (3) talent acts. Additional acts

from a county will be taken as alternates. A piano and dressing room, a backstage area, or curtains that can be pulled will not be available. Make sure to plan accordingly.

Style Show

The style show has no limit on the number of entries a county may have, but only one garment per 4-H member. Each entry should bring, the day of the event, an index card listing what they want to be read as a narration such as description of the outfit, 4-H project, hobbies, and/or awards.

Assistants

We are looking for the assistance of responsible 4-H teen leaders to help during Oakwood Mall Day. These individuals will assist the District Officers and Ambassadors with setup, registration, 4-H talent and style show, teardowns, and cleanup.

If you or your club are interested in attending the Oakwood Mall Day event, please contact the Kingfisher County OSU Extension Office, (405) 375-3822.

The Ambassador's Want You

The Kingfisher County 4-H Ambassadors group was formed to support the 4-H program county wide. The role of the Ambassador is to be a messenger from Kingfisher County. They are expected to be role models in 4-H and be active and visible in the county.

The Ambassadors are going on their tenth year this year. Their meeting dates for

next year will be the first Sunday of the month at 2:00 p.m. in the Kingfisher County OSU Extension Meeting Room. Any youth that are in the 7th grade are welcome to attend the meeting to see what the Ambassadors are all about.

If you are interested in attending the meetings, please contact the Extension Office for more information.



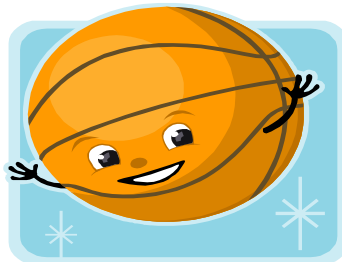
*We're looking for
A Few Good 4-H
Ambassadors.*

4-H Family Night with the Hornets

Friday, March 31, 2006, will be the Oklahoma City Hornets vs. Memphis Grizzlies Game. Group tickets are based on availability, so order your tickets in advance. County group ticket purchases are required, no individual sales. The price of the tickets are \$25 upper sideline.

There will not be a T-shirt, but folks who want to buy a souvenir can visit the gift shop. In the end, we could offer a better ticket this way. Essentially you are going to be getting a seat on the side of the court (not the end zones or corners unless you are one of the

last to order tickets) starting at mid court and working out from



there. **The order deadline is February 24th.** They would like to get county orders, or at the minimum complete clubs, not several hundred small orders as we have allowed for things on campus.

This is a great opportu-

nity not only for you see an NBA game in Oklahoma, but also help out the Oklahoma 4-H program as well. Some of the money from every ticket will be given to the following.

- \$1 from each ticket sold will be returned to the County 4-H Program
- \$1 will support 4-H activities in Oklahoma, and
- \$3 will be donated to the Louisiana 4-H Program for hurricane relief.



Science Leadership Conference Slated in February 2006

Oklahoma 4-H'ers and adult volunteer leaders who have an interest in science need to make plans to attend the Science Leadership Conference in February 2006.

The conference is geared toward club members age 13 and older, and adult volunteer leaders who would like to start a science project club in their local counties.

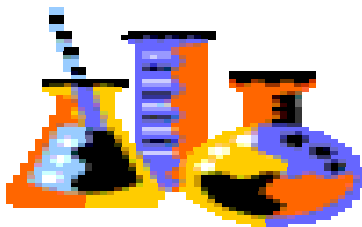
Jeff Sallee, state 4-H program assistant specialist, said the conference will take place February 11 on the Oklahoma State University campus. The registration is \$15 and includes lunch and materials. The deadline to register is January 20 and those interested may register through their local county Extension office.

"The conference will feature three workshops, including biotechnology, precision agriculture and geology," Sallee said. "What we hope will happen is that participants will come and learn about the various project areas, then return home and teach the information to other 4-H'ers. My goal is to teach them about these various fields, explore the different careers available in each area and then share that information. Participants will be encouraged to return home and give presentations in their local areas based upon what they learned at this conference. We also hope that

they will develop project clubs."

A number of industry specialists and professionals will be on hand to share their expertise in the scientific fields that will be featured at the conference.

Rodney Geisert, environmental physiology professor, and Udaya DeSilva, animal molecular genetics/biotechnology assistant professor, will be on hand to discuss biotechnology



and how it relates to agriculture. They will share their expertise regarding the complexity of life, from the smallest one-celled protozoan to the multi-billion-celled human being. Biotechnology is the process of using biology to make a number of different products.

Randy Taylor, Extension machinery specialist, will present a workshop dealing with precision agriculture. He will include interesting topics such as global positioning systems (GPS), remote sensing and aerial and satellite photography. He also will discuss the technology involved in the Green-Seeker sensors.

The third workshop will fo-

cus on geology. The Oklahoma Energy Resources Board is in the process of developing new geology curriculum specifically for the Oklahoma 4-H program. Oklahoma is geologically diverse from the lava-covered mesas at the western tip of the Panhandle, to the Ouachita Mountains in the southeastern part of the state.

"Geology involves more than just rocks. Geology involves everything about the earth, including earth science, weather, soils and water," Sallee said. "That's part of the message we hope to convey to the 4-H youth and the adult volunteer leaders during this conference."

Information in this workshop will cover topics such as earth science, water quality and soil. Geology plays a major role in many important aspects of daily life. From the fuels used for transportation, farming, industry or heat, to the water needed for drinking and irrigation, or the soils that sustain Oklahoma's agricultural industry, geologic resources are critical to our existence.

"This conference will be a great opportunity for volunteer leaders and club members to learn more about science and share that information with others," Sallee said.

Understanding Child Development

Every young person, like every adult, has needs, interests, desires, values, strengths and weaknesses, which are going to affect his or her behavior. While all youth have different personalities, everyone has five basic needs.

The Five Basic Needs

1. **Belonging:** The desire to belong is natural and helps to bring youth in contact with others. Belonging to the group helps young people grow because part of their feeling of

personal worth is gained from what others think.

2. **Independence:** Becoming independent is a sign of growing up. This desire is shown by impatience with an adult volunteers' guidance and a preference for making up their own mind.

3. **Achievement:** Youth want to know that their efforts are worthwhile and appreciated. Because the rate of achievement varies with each member, it is important that projects keep pace with ability.

4. **New Experiences:** Young people need and want to grow up and be active. They need new and different experiences to stretch their horizons.

5. **Affection:** Affection or love is essential in personality development. Children need to know that they are wanted and loved for who they are.



NW District Junior Livestock Judging Contest

The livestock judging contest will be held on Wednesday, February 1, 2006, at the Garfield County Fairgrounds.

Registration will begin at 7:45 a.m. with the contest starting at 8:30



a.m. There will be a cost of \$12 per team (3 or 4 person teams) or \$3 per individual not on a team. The contest will be divided into a junior contest, those 9-13 years old as of January 1, 2005 and a senior contest for those 14 years old and

older as of January 1, 2005. Academic eligibility is a requirement since it is during school.

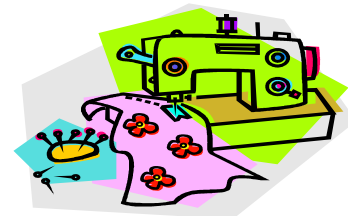
If you would like more information, contact the Kingfisher County OSU Extension Office.

Win A New Sewing Machine

All the county schools will soon be out for their Holiday break, so what better time to start thinking about Fashion Revue and County Fair for those of you with Fabrics and Fashions projects.

Randa Parrish from Prairie Quilt in Hennessey will again be donating a new sewing machine at the County Fair and those who enter any sewing project are eligible. For every sewing project entered,

a chance will be given.





*Have a Happy &
Safe Holiday
From all of us at
the Kingfisher
County OSU
Extension Office*
