



Kingfisher County 4-H News

Community Service Activities Are A Big Part of Oklahoma 4-H Program

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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When people think about the 4-H program in Oklahoma, thoughts of animal projects, agriculture projects and sewing projects may come to mind.

However, one focus of the program is that of community service, said Charles Cox, State 4-H program leader.

“Community service projects give our club members the opportunity to enhance their communities and make them better places in which to live. In addition, 4-H’ers will gain a variety of experiences,” Cox said. “4-H’ers also learn where they fit into their world and learn what it means to be a citizen and how they influence their own future.”

Extension youth programs have served their communities in many ways over the years. Club members have put in thousands of hours of work that has saved communities hundreds of thousands of dollars. Many of the projects that have been completed would not have happened if it were not for the many hours local 4-H’ers put into the various projects.

One of the community service projects that is gearing up across the state is the Kids Helping Kids campaign. 4-H members will be collecting cash donations

for the Ronald McDonald House. The house serves as a home-away-from home for families of ill children.

Many 4-H members will also soon be ringing the bell for the Salvation Army “Red Kettle” fund raising program. Others will be helping with community canned food drives and providing food baskets during the holidays that will benefit less fortunate families..

Community improvement is another popular area of community service projects. These are projects that support the quality of the community, community activities and community-sponsored services.

“It’s not uncommon to see 4-H clubs sponsoring a park beautification day or a tree planting day. They may paint playground equipment at the local park in order to make the area more eye catching,” Cox said. “Groups also participate in highway clean-up events and help with other service organization sponsored events. As an added economical bonus, some of these activities can also be supported by grants from National 4-H Council, the Oklahoma 4-H Foundation or other funding sources.”

Promoting safety and healthy living is another area in which 4-H’ers be-

come involved in their communities. These types of projects include things such as alcohol-free events for teens, promoting farm safety, helping abuse victims and other youth activities.

The community service area has gained such popularity that there is now an exhibit class at the Oklahoma State Fair and the Tulsa State Fair. Both fairs featured this new class in the educational display section at this year’s fairs. This category gave 4-H members the opportunity to showcase some of the community service projects that are going on around the state, as well as let the public know that there is more to the 4-H program than agricultural and sewing projects.

“It’s important for club members to become involved in their community and put forth effort to make it the best place possible,” Cox said. “The community benefits from the various activities and the club members gain a better understanding of the benefits of helping others.”

Learn by Doing: How to Teach Effectively

Volunteers are constantly challenged to not only spark, but keep the interest of youth involved in educational programs. In order to inspire youth to remain active learners and retain important information, it is helpful to remember that every individual learns best in different ways.

There are three main learning styles, including visual learners, audible learners, and kinesthetic learners. However, people often gain the most knowledge when styles are combined. The effectiveness of each style can be easily understood by using the cone of experience.

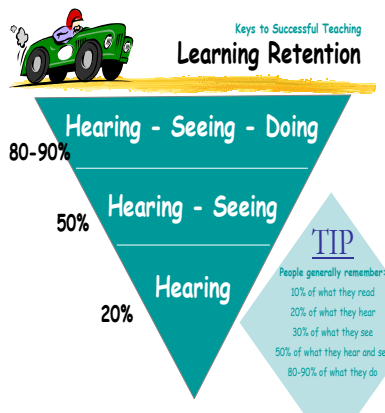
Hearing: When youth learn by hearing alone they retain approximately 20% of what is being taught.

Seeing: Youth who see the information retain about 30% of the lesson.

Hearing and Seeing: When these two methods are

combined, youth retain about 50% of the new material.

Hearing, Seeing and Doing: The most effective combination. Youth will retain approximately 80-90% of what they can hear, see and actively participate in.



There are many techniques that ensure teaching style is compatible with the many different ways in which a student learns. The **demonstration** is a traditional teaching technique in 4-H. A volunteer can present demonstra-

tions to help the youth learn. Youth can apply the new knowledge by then repeating the demonstration for the group. Other techniques which get the youth actively involved include:

- Preparing **Exhibits**
- Conducting **Experiments**
- Attending **Field Trips or Tours**
- Preparing and participating in **Judging**
- Participating in **Games**

When developing the teaching technique that is most effective for volunteers and learners, remember that some basic principles apply to all learning situations. Youth learn best in an atmosphere of **WARMTH AND ACCEPTANCE**. Youth need clear, **SELF-DETERMINED GOALS**. Youth must be **ACTIVELY INVOLVED** in selecting and carrying out the learning activities. Everyone has **Different Abilities**. Lastly, **SELF-EVALUATION** is the most meaningful kind of evaluation.

Kingfisher in Lights

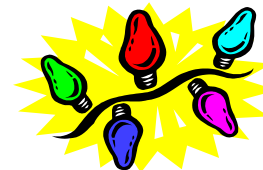
A date has been set for Kingfisher in Lights. The date is November 26th from 6 p.m. —11 p.m.

We are signing up

for shifts from 6:00 p.m. — 8:30 p.m. and 8:30 p.m. — 11:00 p.m. I need at least 10-11 volunteers to help work.

Please call the Ex-

tension Office by November 16 if you will be able to help.



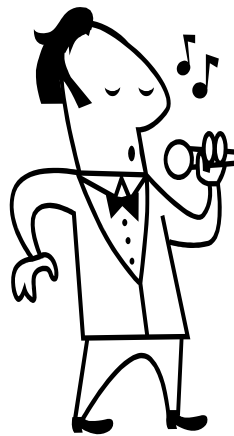
2005 Share -The -Fun

The 2005 Kingfisher County Share-The-Fun event will be held on November 20th at 2:00 pm. It will take place in the Exhibit Building at the fairgrounds. Pre-registration is due November 10th. Registration form is attached.

Share-The-Fun is a talent sharing activity held on a county, district, and state level. The district program is competitive. The state program is designed for recognition of 4-H'ers with outstanding ability and is held in conjunction with Roundup. Any 4-H members who meet age requirements and have

been enrolled at least 30 days prior to the day of the event may participate. The specific requirements for district and state levels of the contest are as follows:

1. Length of act— six minutes on stage, total time ten minutes~ Including setting up, performing and removing props.
2. Types of acts:
3. **Musical**— vocal, instrumental, or combination: **Dramatic**— plays reading (humorous or serious): **Novelty**— games,



stunts, pantomimes, etc.

Registration form must be filled out and back in the county office by November 10th, 2005.

Start making plans now to be a part of this fun event! Let's make this the BEST Share-The-Fun ever!!!

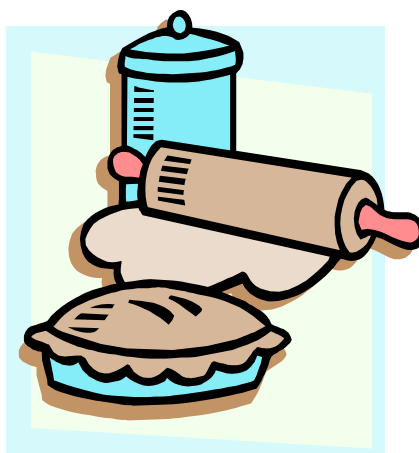
The District contest will take place Saturday, December 3rd at the Fairview School Auditorium.

Ambassador Meeting & Bake Sale

The Ambassadors meeting will be November 6th at 2:00 pm in the Kingfisher County OSU Extension Meeting Room. It is important that all Ambassadors attend this meeting. There is a lot that needs to be discussed and decided on.

The Ambassador Thanksgiving Bake Sale will be November 23rd from 10:00 a.m. to 2:00 p.m.

Each Ambassador needs to bring 5-6 Home-



made baked goods. The items need to be at the Extension Office between 9:00 a.m. and 9:30 a.m. on the

23th.

It is IMPORTANT that all Ambassadors be there to help out.

There will also be an Ambassadors meeting at noon. Pizza and drinks will be provided.

Ambassadors should stay throughout the duration of the bake sale.

Teen Identity Theft Is a Growing Problem

Identity theft continues to be a problem for many people across the country. A 2003 survey by the Federal Trade Commission (FTC) estimated that almost 10 million Americans discovered they had been victims of identity theft during the previous year. A growing number of victims – approximately 31 percent – were young people under the age of 29.

Teens who have been victimized may not even realize it until they apply for their first driver's license or credit card, said Joyce Jones, Oklahoma State University Cooperative Extension Service personal finance specialist. Identity theft can take many forms. Thieves may use other people's personal information to open new credit card accounts and take out loans, or use their name when being charged with a crime, renting an apartment or obtaining medical care. Identity theft can also involve misuse of existing accounts such as credit cards, checking and savings accounts and telephones.

Identity theft costs both businesses and consumers. The 2003 FTC survey estimated that identity theft cost businesses, including financial institutions, almost \$50

billion last year. When identity thieves misused someone's personal information, estimated losses to businesses averaged \$2,100 for existing accounts and \$10,200 for new accounts and other fraud.

Consumers who were victims of identity theft estimated their average losses at \$500 in addition to a considerable amount of time.

According to Consumer Sentinel, a consumer fraud and identity theft complaint database maintained by the FTC, 1,973 identity theft complaints were reported in Oklahoma between January and December 2004. The most common types of complaints dealt with credit cards, bank accounts and phones or utilities. Oklahoma City reported the highest number of identity theft complaints with 418 victims.

"Teens need to become more aware of the importance of keeping personal information safe," Jones said.

Some tips for parents include:

Check to see if there is a credit report on your teen and look for unauthorized accounts and requests for cards, especially if your teen is getting unsolicited credit offers in their name or unfa-

miliar account statements.

If your teen has bank accounts, credit cards or other financial accounts, be sure they check statements frequently for fraudulent activity.

Teens should password-protect cell phones, financial accounts and computers, using a combination of letters, numbers and symbols. Remind teens to protect credit cards and checkbooks at all times.

Stress to your teens the importance of not giving out personal information on the phone, through the mail or over the Internet unless they are absolutely sure they are dealing with a legitimate representative of a reputable company or organization. Have teens safeguard their personal information. Shred documents that contain personal information.

For more information about avoiding identity theft, see the FTC Web site at www.consumer.gov/idtheft. Being knowledgeable about identity theft, and taking precautions at an early age, can help ensure teens won't be identity theft victims later on.

November is National Peanut Butter Lovers Month

The History of Peanut Butter

There are many claims about the origin of peanut butter. Africans ground peanuts into stews as early as the 15th century. The Chinese have crushed peanuts into creamy sauces for centuries. Civil War soldiers dined on 'peanut porridge.' These uses, however, bore little resemblance to peanut butter as it is known today.

In 1890, an unknown St. Louis physician supposedly encouraged the owner of a food products company, George A. Bayle Jr., to process and package ground peanut paste as a nutritious pro-

tein substitute for people with poor teeth who couldn't chew meat. The physician apparently had experimented by grinding peanuts in his hand-cranked meat grinder. Bayle mechanized the process and began selling peanut butter out of barrels for about 6¢ per pound.



Peanut Butter Pancakes

1¼ cups flour
2 tablespoons sugar
2½ teaspoons baking powder
½ teaspoon salt
1¼ cups milk
1 egg
¼ cup peanut butter
3 tablespoons butter, melted

Combine flour, sugar, baking powder and salt. Beat milk with egg and peanut butter until smooth. Add to dry ingredients and beat just until well moistened. Lightly butter hot griddle. Spoon by ¼ cupfuls onto griddle. Cook until golden brown on both sides.

Congratulations and Thank You!!!

CONGRATULATIONS ~ *Sandra Kloeppe, Beverly Yost, Randa Parrish and Kingfisher Sonic*

Sandra is the 2005 Margareta Hickman Helping Hands Kingfisher County Volunteer Leader of the Year, Beverly is the 2005 4-H Lifetime Volunteer of the Year,

Randa is the 2005 Outstanding 4-H Alumni award winner, and the Kingfisher Sonic is the 2005 Honorary 4-H Member award winner.



I would also like to personally thank the 4-H Leader's Council, 4-H Ambassadors, and Keith for all the hard work they put into the Achievement Banquet during my absence.

Again—Thank you everyone!!!!

Nominations Dates

All Oklahoma Youth Expo nominations will be self-nomination, mail-in process this year. There will be no nomination sites held for steers, sheep, and goats as there have been in the past.

Note: Instead of blood testing, DNA collection on all species will be done with hair samples this year.

The way nominations will work this year are as follows:

Step 1: Pick up nomination kit for each species desired from the Kingfisher County OSU Extension Office.

Step 2: After receiving your nomination kits, complete the

nomination card/envelope, perform requirements for each species listed, and return to the Kingfisher County OSU Extension Office. (**See Deadlines**)

Requirements:

In order to properly nominate an animal for the 2006 OYE, the following is required:

Steers: hair DNA sample, photo (head and profile shot), nose print, nomination envelope and \$10/head.

Swine: hair DNA sample, ear notch, nomination envelope, and \$10/head.

Sheep: hair DNA sample, nomination envelope, and

\$10/head.

Goats: hair DNA sample, nomination envelope, and \$10/head.

The \$10/ kit will need to be paid at the time kits are picked up.

Deadlines:

Steers: October 19, 2005

Sheep: November 30, 2005

Goats: November 30, 2005

Swine: January 4, 2006

All nominations must be postmarked by their deadline date.