



August 2007

4-H Clover Connection

Texas County <http://countyext.okstate.edu/texas>

Putting the Health Back in 4-H

Head. Heart. Hands. Health. The 4-H program is defined by these four segments. In the 4-H ritual, members are asked “For what is the Health trained?” They reply “To resist disease. To enjoy life. To make for efficiency.”

But in reality, how often are 25 percent of the total programming efforts actually devoted to health?

As adult and teen volunteers begin thinking about programming for the upcoming year, health should play an important role, said Karla Knoepfli, Oklahoma State University Cooperative Extension Service volunteer and leadership development specialist.

“Putting the health back into 4-H is really quite simple,” Knoepfli said. “When you stop and think that through programming and project work, we want members to develop physically, socially, emotionally, mentally and morally, it’s easy to see that health is much more than the physical acts of eating right and exercise.”

In the 4-H emblem, “Health” is intended to assist members and families in identifying and understanding the relevance of social, emotional and mental health issues as they develop project work, programs and activities.

In the 4-H Life Skills Model (Hendricks, 1998), health is defined as “living and being.” The term “living” is described by the life skills of healthy lifestyle choices, stress management, disease prevention and personal safety. The term “being” is defined by the life skills development of self-esteem, self-responsibility, character, managing feelings and self discipline.

Knoepfli encourages volunteers and youth to really consider what it means when asked “For what is the health trained?” *To resist disease* refers to both physical and mental health. Positive choices, exercise and nutrition fall into this category.

To enjoy life refers to developing character and self-esteem through the act of living and being, as well as developing hobbies and learning to take and manage appropriate physical risks.

To make for efficiency refers to members acquiring and mastering skills and knowledge, as well as gaining confidence through project work and opportunities.

4-H educational experiences are not only an opportunity for meaningful achievement, but a way in which to develop skills and confidence. Through the cognitive stimulation of learning, our members have opportunities to develop their mental health.

“Hands-on activities and crafts are an excellent way to develop emotional health,” Knoepfli said. “As part of the act of ‘doing,’ volunteers should take the opportunity to educate 4-H members about the importance of identifying and developing hobbies for their emotional and mental health.”

Recreation and snacks are important to both the social and physical health of club members. Through games and activities, members learn self-discipline and how to manage their feelings. Knoepfli encourages volunteers to plan a snack that ties in with the meeting subject or that can become the actual craft/activity.

“Young people enjoy preparing their own snacks and this provides opportunities to teach skills such as food handling and safety,” she said. “This also can be turned into an etiquette lesson by teaching 4-H’ers to take small servings until everyone is served, using utensils and not their fingers to serve food, when it’s appropriate to eat with their fingers and the importance of using a napkin. If you really stop and think about it, all 4-H projects can have some connection to Health at some level. So it really isn’t that hard to **‘Put the Health back into 4-H.’**”

Panhandle Expo Concession Stand Schedule

Wednesday, August 15th

10:00 a.m. - 5:00 p.m. ~ Guymon 4-H

5:00 p.m. - Closing ~ Yarbrough 4-H

Thursday, August 16th

10:00 a.m. - 5:00 p.m. ~ Loyal Doers 4-H

5:00 p.m. - Closing ~ Guymon 4-H

Friday, August 17th

10:00 a.m. - 5:00 p.m. ~ Texhoma 4-H

5:00 p.m. - Closing ~ Yarbrough 4-H

Saturday, August 18th

8:00 a.m. - 2:00 p.m. ~ Goodwell 4-H

2:00 p.m. - Closing ~ Hardesty 4-H

We would like to have two adults present with the youth during your shift to assist the youth. Ricky Smith and his crew will be doing the cooking.

Panhandle Expo Educational Booth

Remember to do an educational booth. The fair book lists only "4-H . . . The Power of Youth", but you also have the following to choose from:

- Promotion of a specific 4-H project
- Membership recruitment
- Promotion of 4-H Centennial
- Promotion of Oklahoma Centennial

Leaders and Parent Meetings

Want to know more about the 4-H Program? Informational programs on all aspects of the 4-H program are being prepared to keep leaders, parents more informed on what 4-H is all about and what is going on in the program. Community training programs will be hosted through the local 4-H leaders at various times and locations during the year. 4-H'ers and parents are encouraged to visit with your club leader to determine what times and days of the month work the best. (More info on back page)

4-H Livestock Judging

4-H'ers that are interested in learning more about livestock judging will want to attend a livestock judging meeting on Thursday, September 13th at 7:30 p.m. at the OSU Extension conference room. The intent of the meeting is to determine the amount of interest in livestock judging in the county and to go over the guidelines to be followed. Dr. Todd Conner, DVM is willing to work with 4-H'ers in Texas County and create county-wide livestock judging team (s). Plan now to attend. Visit with Dr. Conner at the Panhandle Expo during the Livestock Judging Contest on August 18th.

Remember:

Hog exhibitors must have psuedo-rabies test before hogs can be unloaded at the fair. Usually takes several days.

Participate

Several contests and activities are planned for the Panhandle Expo. Plan to participate in as many contests and activities as you can -- Aug 14th-18th!!



Dime Drop

Each club is asked to collect dimes for the Dime Drop --- a *Habitat for Humanity State Project*. We will take the dimes with us to the Northwest District Leadership Conference in October. A suggestion: Have a 4-H member go to a bank and get enough dime rolls, wrappers for each 4-H family --- hand these out at the August or September meeting to be returned filled with dimes at the next meeting, and then turned in to the Extension office, prior to Fall Break.

NW District Horse Council

Kevin Hackett, NW District Program Specialist, has put forth the request for assistance in securing adults to serve on the NW District Horse Council. If this is something you might be interested in, please give Kevin a call @ (580) 233-5295. He can answer your questions, also.

4-H Working Display Booth

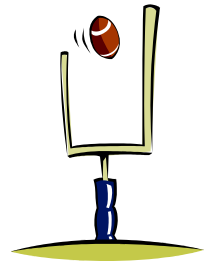
4-H'ers do you have a project that you would like to demonstrate or talk about? If you do, you will want to sign-up to do a presentation at the 4-H Working Display Booth. The booth is just west of the 4-H concession stand. Call the Extension office now to reserve a time or for more information.

4-H Achievement Banquet

Mark your calendars for October 6th for the Achievement Banquet. We have the Disciple Center of the First Christian Church reserved. Clubs, be thinking of which committees you will want to have. More details next month.

4-H Day @ a Cowboy Football Game

Date: Saturday,
September 8, 2007



Orders are due downstate by August 20th in order to receive discounted tickets --- regular price tickets (\$60) may be available after the 20th --- if you want to go at the cost of \$35 which pays for your ticket. If you wish to have a game day t-shirt, the price will be \$11 for youth - S,M,L and \$13 for adult - S,M,L,XL and adult XX-large & XXX-large will cost \$15. Turn in your money for the tickets and t-shirt no later than August 14th to the county office.

Parents are welcome to go, also!

OK Wildlife Expo 2007



The dates are September 28th - 30th.

Friday, 12 p.m. - 6 p.m.

Saturday, 8 a.m. - 6 p.m.

Sunday, 8 a.m. - 6 p.m.

It will be at the Lazy E Arena in Guthrie. Go discover new and exciting ways to enjoy the outdoors.

So, what is the *Oklahoma Wildlife Expo*? It's a place to discover new and exciting ways to enjoy the outdoors. It's an outdoor experience where visitors fish, shoot, kayak, mountain bike, see and touch wildlife, learn about recreation in the great outdoors and IT IS FREE!!! ---even the parking!

STATE FAIR OF OKLAHOMA -- SEPTEMBER 13 - 28, 2007

National 4-H Month

October is National 4-H Month. Clubs should plan a visibility project in recognition of the celebration of 4-H. Soon, we should get a resource kit --information will be coming soon!

NW District Leadership Conference

If you are 14 or will be 14 by January 1, 2008 make plans to attend the NW District Leadership Conference over Fall Break. It will be in Woodward. More details later.

Leader & Parent Meetings---Coming To You!

In an effort to keep the communication lines open in regards to the 4-H program, Steve & Arleen will be offering leader, 4-H member and parent meetings. These meetings will be held in the various communities and be hosted by the local 4-H leaders. These will begin in Sept and Oct. We'll take a break in Nov & Dec and resume in January. We encourage all 4-H members, leaders and parents to attend the meeting in your community. The schedule of meetings will be in the Sept newsletter. Leaders--let us know in the Extension office when and where by Sept 5th. The first topic will be on project work, so parents and 4-H members, be thinking of questions you would like answered. While we want to provide you with information, we also want to answer your questions and take a look at how we all can work together to "Make The Best Better."

Arleen James, Texas County
OSU Extension Educator
FCS/4-H & CED

Steve Kraich, Texas County
OSU Extension Educator
Ag/4-H

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Issued in furtherance of Cooperative Extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Robert E. Whitson, Director of Cooperative Extension Service, Oklahoma State University, Stillwater, Oklahoma. This publication is printed and issued by Oklahoma State University as authorized by the Dean of the Division of Agricultural Sciences and Natural Resources and has been prepared and distributed at a cost of \$4.76 for 119 copies. Texas County Web site: <http://countyext.okstate.edu/texas/4-H.htm>

Texas County Cooperative Extension Service
Oklahoma State University
P O Box 320
Guymon, OK 73942