



4-H Clover Connection

Health Rocks!® Training Slated This Spring

The Oklahoma 4-H Youth Development Program has a long history of providing opportunities for youth to build life skills. These skills lead to making healthy lifestyle choices. The Health Rocks!® program is just one tool 4-H uses to help spread that message and is geared toward youth in third grade through freshman in high school.

Cathy Allen, 4-H curriculum coordinator at the State 4-H Office at Oklahoma State University, said Health Rocks!® helps today's youth gain a better understanding of the consequences of making the decision to use tobacco, drugs, alcohol and vapes.

"Our goal is to provide our members with the information they need to make wise choices. In addition, the Health Rocks!® program helps develop positive youth/adult partnerships," Allen said. "This spring we will be offering a Health Rocks!® training for youth and adults. Youth-adult partnerships are shown to be one of the most effective ways to engage both youth and adults in meaningful activities which contribute to positive youth development."

Funded through a grant from National 4-H Council and Altria, club members participating in the training will receive the Health Rocks!® kit containing the curriculum, resources, supplies and swag items.

Allen said the training also will focus on how to be an effective teacher, how to prepare the lessons and how to maintain control of the classroom. Once trained, the youth/adult partners can take this program to other 4-H clubs, camps, after-school programs, homeschools and health classes.

"The topics we cover with this curriculum aren't always what we talk about in 4-H, but they're vital for the health of young people," Allen said. "While it does focus on understanding the consequences of vaping, drugs, alcohol, but also on peer pressure and decision making. This program uses interactive and team activities to get the message across."

Each activity is 30-60 minutes in length and can be used in a variety of settings, including in-person, virtual or hybrid.

"By bringing the Health Rocks!® curriculum to Oklahoma, youth will learn how to pursue a healthy lifestyle and avoid risky behaviors," Allen said. "And in keeping with traditional 4-H program, Health Rocks!®! also improves social skills, volunteerism, self-confidence and strong values in youth participants."

The curriculum is also available in Spanish. For more information, contact the OSU Extension Center at 580-227-3786.

Major County OSU Cooperative Extension Service

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Facebook

Major County 4-H

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COUNTY WIDE 4-H MEETING
APRIL 25, 2022 AT 6:00P.M.

Make plans to attend the next Countywide meeting for members, parents and volunteers, Monday, April 25, 2022 beginning at 6:00pm at the fairgrounds. We will discuss and plan upcoming events. Contests will following this meeting.

Job Readiness Contest

Plans are underway for the Major County Job Readiness Contest! This contest is for Intermediates (grades 6 to 8) and for Seniors (grades 9 to 12) and will be held in conjunction with the Fashion Revue/Impressive Dress Contest on **Monday, April 25th**.

More details are available at the OSU Extension Center with information on how folder items should be put together, check sheets, etc.

The Entry deadline is **April 18th!** If you have questions, please call us at the OSU Extension Center (580)227-3786.



Fashion Revue/Impressive Dress Contest



The Major County 4-H Fashion Revue/Impressive Dress Contest will be held Monday, April 25, beginning at 7:00 p.m., following the County-Wide 4-H meeting, at the Major County Fairgrounds.

The Entry **deadline is Monday, April 18th**; *Contest information is available at the OSU Extension Center.* We will do interviews with the Judges and then do the Style Show with awards.

Information can also be found
on our website:

<https://extension.okstate.edu/county/major/>



at "Major County 4-H"

4-H FOOD SHOWDOWN

- ◇ Do You Like To Cook?
- ◇ Do You Like To Create Your Own Recipes?
- ◇ Do You Enjoy Watching Food Shows Or Cooking Contests On TV?

If so, you might be interested in the 4-H Food Showdown Contest.

Teams of 2 or 3 members have the opportunity to prepare a dish to present to a team of judges.

Junior teams (grades 3 to 5) are given a basic recipe to prepare. Grocery items from a common pantry can be used to enhance the recipe or be served with the recipe item.

Intermediate teams (grades 6 to 8) given a secret ingredient and category. Groups make up their own recipe.

Senior teams (grades 9 to 12) are given a box containing one or more secret ingredients. The secret ingredients are used along with grocery items from a common pantry to create a dish.

We will hold our County Contest on Thursday, April 28 at 5:30pm. Please RSVP by April 21st.

If anyone is interested in this project, please contact Dana at the OSU Extension Center (580)227-3786).

The top two junior, intermediate and senior teams from the county can advance to the West District 4-H Food Showdown on June 2 at Fairview.

County Record Book Workshops

Our plans are to have county 4-H record book workshops where you can bring your materials and work on your books, ask questions, share ideas, etc. on Monday, May 23 at 2:00pm and 6:00pm and Wednesday, May 25, at 10:00am and 2:00pm in the exhibit building at the fairgrounds. Please RSVP to our office by 5:00pm the day prior if you plan to attend. **County record books are due July 1 along with Award Point Sheets.**

West District (north region) 4-H Horse Show/Ranch Horse Show

Anyone interested in participating in the District Horse Show on June 3 or the District Ranch Horse Show on June 4 in Cherokee, should contact us for entry information and deadline dates.

TRI-COUNTY 4-H CAMP

We will be having a one day camp again this year on June 15. The day will be packed full of activities and will be from 9:00am to 9:00pm at the fairgrounds in Fairview. More details will be out soon.

SHOOTING SPORTS

We will be hosting a statewide Invitational Archery Contest on Saturday, April 30 at the fairgrounds. Come out and watch if you are interested in learning more about archery. We will begin at 9:00am and a concession stand will be available.

We will have at least one new shotgun coach certified soon and can start having practices again. The spring district trap shoot will be held in May; anyone interested should call the OSU Extension Center. 4-Hers must be at least 10 years old to participate in this discipline.

State 4-H Roundup 2022

Save the date, tell your friends and begin making plans to attend the 101st State 4-H Roundup, July 27, 28, and 29, 2022, on the campus of Oklahoma State University. Registration materials will be released soon. This is for Members 7th grade and up.

COUNTY CUPCAKE WARS AND FRUIT/VEGETABLE SCULPTING CONTESTS

These contests will be held on Thursday, April 28 along with the 4-H Food Showdown. Anyone wanting details for either contest, please contact Dana.



Giant Pumpkin Project

Oklahoma 4-H program has once again partnered with Oklahoma Giant Pumpkin Growers Association to provide Giant Pumpkins seeds to interested families.

Anyone interested in participating must join an informational Zoom on **March 24th at 4:30 pm**. You can sign up through the 4-H event webpage on a Microsoft form: <https://4h.okstate.edu/events/giant-pumpkin-project/index.html>

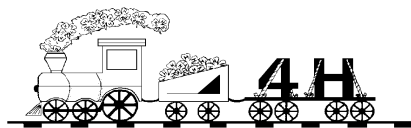
Seeds will be sent out to the first 100 registrants who attended the Zoom meeting.

Participants will have other guidelines to follow as well. Sign up today to get started!

Check out the Giant Pumpkin Project website to register and learn more: <https://4h.okstate.edu/events/giant-pumpkin-project/index.html>

Don't miss out on this fun, educational "4-H at home" opportunity!

Major County 4-H Activity Calendar



March 2022

1 to 7- Enid District Livestock Show
7 to 18- Oklahoma Youth Expo

April 2022

12- 4-H Day at the Capital
25- Countywide 4-H Meeting with County Fashion Revue, Impressive Dress & Job Readiness Contests
28- County 4-H Food Showdown
30- Statewide Invitational Archery Contest in Fairview

May 2022

?- West District (north region) Trap Shoot

June 2022

2- West District (north region) Cupcake Wars, Food Showdown, and Fruit & Vegetable Sculpting Contest
3- West District (north region) Horse Show
4- West District (north region) Ranch Horse Show
June 15- Tri-County 4-H Camp (one day only)
17 & 18- ZZZ's Under the Sea
25- State 4-H Volunteer Conference
28 & 29- District 4-H Discovery Days

July 2022

1- County 4-H Record Books and Award Point Sheets due
12 & 13- 4-H/FFA State Congress
14 to 16- State 4-H Horse Show
19 to 21- Big 3 Field Days
25- Countywide 4-H Meeting and County Officer Elections
27 to 29- State 4-H Roundup

August 2022

4- Fair Project Workshop Day

September 2022

8, 9 & 10- Major County Fair
15 to 25- State Fair of Oklahoma
28- County 4-H Fundraiser begins

October 2022

??- West District Youth Action Conference
19- County 4-H Fundraiser ends
25- Countywide 4-H Meeting and Public Speaking Contests
25- County 4-H Public Speaking Contest

November 2022

2- Countywide 4-H Fundraiser items in

December 2022

2022

CREATIVE COOKING WORKSHOPS

-brought to you by OSU Extension in Alfalfa, Blaine, Major and Woods Counties-



-Thursday, May 5 at the Blaine County Fairgrounds in Watonga-
Breakfast/Brunch Ideas, The Great Crepe Escape, Creative Charcuterie

-Thursday, August 4 at the Major County Fairgrounds in Fairview-
Tailgating Foods, Best-Ever Bar Cookies, Scone Making 101

Workshop times: 10:00 a.m. to 2:00 p.m. each day

Fee: \$15/per person each day

Please RSVP and pay the fee no later than one week prior to the workshop you plan to attend.

Contact your OSU Extension Center:

Alfalfa County-580.596.3131

Blaine County-580.623.5195

Major County-580.227.3786

Woods County-580.327.2786

JELLY ROLL LAP QUILT WORKSHOPS

Friday, March 11- Major County Fairgrounds, Fairview

or

Friday, April 8- Blaine County Fairgrounds in Watonga

9:00 a.m. to 4:00 p.m.



[This Photo](#) by Unknown

Participants will complete a lap quilt made with jelly roll fabric strips.

(Fabric will be a variety of prints and colors.)

Participant fee is \$60 and includes snacks, drinks, and lunch.

Participants will need to bring their own sewing machine, extension cord,
fabric scissors, straight pins, measuring tape, iron & ironing board.

Please RSVP and pay the fee no later than one week prior to the date you plan to attend.

Contact the Major County OSU Extension Center at 580-227-3786 or the

Blaine County OSU Extension Center at 580-623-5195 with questions.

Are you into it?

"4-H Clover Connection" is published on a regular basis at the Major County OSU Cooperative Extension Center. This newsletter is just one way of communicating educational information to the citizens of Major County. Major County OSU Cooperative Extension Service educational program and information are provided to you, in part, through the Major County sales tax. Oklahoma State University, U.S. Department of Agriculture, State and Local Governments Cooperating. *Oklahoma Cooperative Extension Service:* Oklahoma State University, as an equal opportunity employer, complies with all applicable federal and state laws regarding non-discrimination and affirmative action. Oklahoma State University is committed to a policy of equal opportunity for all individuals and does not discriminate based on race, religion, sex, color, national origin, marital status, sexual orientation, gender identity/expression, disability, or veteran status with regard to employment, educational programs and activities, and/or admissions. For more information, visit <https://eeo.okstate.edu>

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