

2022 Stakeholders Report



WASHINGTON COUNTY EXTENSION

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Also Find Us At:



Washington County OSU Extension—Agriculture
Washington County Family & Consumer Sciences
Washington County 4-H Oklahoma
Master Gardeners of Washington County



WASHINGTON COUNTY EXTENSION

2022 Accomplishments

Agriculture

Social Media

The Washington County Agriculture Facebook page reached 45,931 people in 2022. The Ag Facebook page is used as a resource to broadcast upcoming programs & current ag topics throughout our county & nation. It is a great tool to use for reaching a wide audience.

Cattlemen's Bootcamp

In June of this year, OSU Extension hosted their inaugural Cattlemen's Bootcamp in Chickasha. Kennedy assisted at the bootcamp with the forage planning session. This gave her the opportunity for more leadership experience and gaining knowledge she can bring back to Washington County for women in ag programs.

BQA Train the Trainer

In December, Kennedy attended a "Train the Trainer" meeting for the Beef Quality Assurance program. This training will allow her to host and certify cattle producers through BQA. BQA is a national program that raises consumer confidence through offering proper management techniques and a commitment to quality within every segment of the beef industry.

Family & Consumer Science

Library Programs

Following her Journey Through Health series from earlier this year, staff with the health literacy department at the Bartlesville Public Library invited Stacey back to offer more programming. Stacey started a new healthy living program in September and will continue through most of 2023. Programs will be bi-weekly covering all aspects of healthy living.

Dewey Senior Conference

After connecting with the Dewey High School counselor through her annual PAC (Program Advisory Committee) meeting, Stacey was invited to present at the Dewey SR Conference. There, she and Jenifer taught sessions on a few basic life skills including laundry, budgeting, meal planning, and consumer decision making.

Co-Parenting

Stacey continues to offer Co-Parenting classes on a bi-monthly basis. These programs are designed for separating or divorcing parents. The goal of this program is to work with parents to learn to manage their divorce or separation in a way that will positively promote a healthy adjustment for their children during this time of change.

4-H Youth Development

Social Media

The Washington County 4-H Facebook page reached 105,809 individuals in 2022. The 4-H Facebook page is a great resource to remind 4-H families about upcoming events as-well-as reach possible new families to our program. Each program area is encouraged to cross share program information and flyers.

Real Colors Training

In June, Jenifer completed the Real Colors training to become a facilitator. She can now lead this fun program for Teens and Adults. She plans to promote Real Colors to the schools within the county as-well-as to teens, volunteers, classrooms and organizations.

School Enrichment

School Enrichment are programs teachers can add to their classroom curriculum. In 2022 Washington County Extension had teachers/classrooms sign up for Food Fun 4-H and Virtual Farm to You. We also provided basic life skill programming for the Dewey Senior Conference.

Agriculture

Kennedy is a native to Washington county, where she grew up on her family's stocker operation. Kennedy attended junior college at Northeastern Oklahoma A&M where she received her associates in Animal Science, later receiving her bachelors in General Agriculture from Missouri State University. After moving away for a few years, Kennedy returned to Washington County. Kennedy and her husband Jake have one son, Crawford. They live on a cow/calf operation where Jake works. Kennedy enjoys assisting the wide array of producers that agriculture and horticulture brings into the office.



Family & Consumer Science

Stacey became an educator because she grew up in 4-H. Her mom was her extension educator and she watched and learned from her over the years. It was clear that Stacey's mom loved what she did, and Stacey knew that was what she wanted to do, too. Stacey loves the fact that it is something new every day. She began 5 years ago working as the 4-H Educator in Osage County. Working with kids is fun and never dull. Over a year ago she was moved in to help fill the FCS position in Osage and Washington Counties, while maintaining her 4-H role in Osage County. Working with adults has been a different aspect, but just as rewarding. She's learned a lot from seeing the job through both sides and can say Extension provides great opportunities for every age group. She feels OSU Extension is a good opportunity for someone trying to make a difference. Stacey holds a Bachelor of Science degree in Medical and Molecular Biology from Rogers State University in Claremore, and a Master of Science degree in Nutrition and Dietetics from University of Central Arkansas.



4-H Youth Development

Jenifer grew up on her family's small farm in Central Indiana. She was an active member of her local 4-H program and in her tenth and final year of 4-H she was awarded Outstanding Ten Year Member Award. Jenifer attended junior college at Vincennes University then transferred to Oklahoma State University where she graduated with a B.S. in Agriculture Education, Leadership and Service. Following her graduation with her bachelors degree, she pursued a Master of Ag Degree where her focus was on Cooperative Extension and the 4-H Program.



Jenifer has worked in Extension for over 9 years and has served the 4-H Program in Wagoner, Washington and Nowata Counties. Jenifer and her husband Justin have two daughters, Josey and Jade. Their family lives and operates the family Cow-Calf Ranch where they are raising their family to be good stewards of the land and community.

Administrative Support

A Washington County native and graduate of Dewey High School in 2016, Hannah was actively involved in 4-H and the Oklahoma FFA organization. She earned a bachelor's degree in animal science from Oklahoma State in 2019. Her favorite part of college was getting to serve as the Cline Equine Teaching Center's breeding and foaling manager and was able to help manage and grow the AQHA herd while teaching fellow students and learning vital operation practices. Hannah is currently pursuing a Master's degree here at OSU in the Agriculture Education, Communication, and Leadership department. She assists and supports every program area provided through the county office – agriculture, family and consumer sciences, and 4-H youth development – and enjoy them all. She's the first person people see when visiting our office and maintain all bookkeeping and financial needs of the office. Hannah is also a certified 4-H volunteer for Washington County.



Agriculture

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Washington County Master Gardeners



Master Gardeners attend the annual training in 2022 at Tri County Technology Center

In January the Extension Office hosted its annual Master Gardener training for new members and returning members. This is a ten week course focusing on all aspects of horticulture taught by various state specialists. Each year our Master Gardeners are encouraged to have continuing education classes to help build their skills and knowledge.

The 2022 class had 20 current master gardeners and graduated 6 new members.

Besides the class offered to Washington County Master Gardeners, they held their monthly meetings. During master gardener business meetings they discuss ideas for different programs, speakers, outreach, volunteering, learning beds and much more.

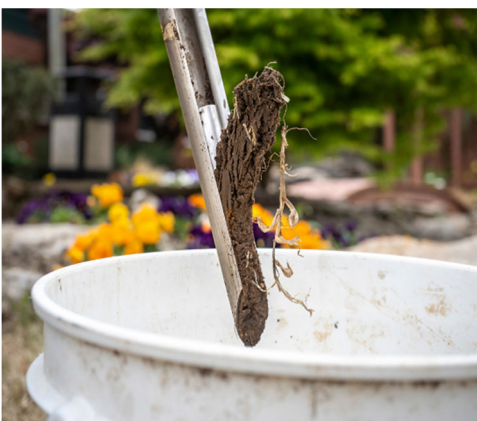
Annual KOMA Cattle Conference

In January, the Extension Office hosted its annual Cattle Conference. This year's event had an attendance of around 20 people with numerous local vendors at the tradeshow. Topics covered this year included: Navigating High Input Prices, Market Outlook, Parasite Resistance, and Calving Dystocia. This is a great event where producers can learn new strategies and information to improve their operations. We hope to partner with other counties and even states at next year's event to improve attendance.



Cattle Producers learned from State and Area Extension Specialist at the 2022 Cattle Conference.

Producer Meetings/Soil & Forage Samples



During this quarter I had consultations with 61 producers, going over any issues they had and working to resolve those. I also met with numerous new producers who were looking to become involved in agriculture. This has prompted me to begin planning a "Small Acreage" program for the fall. I completed 120 soil/forage/water samples and when these samples come back I give recommendations on these samples. The spring is a busy time for soil samples specifically as producers are beginning to fertilize their pastures as well as plant their gardens.

Consultations with Washington County Residents	102
Soil, Forage and Water Testing	120

Agriculture

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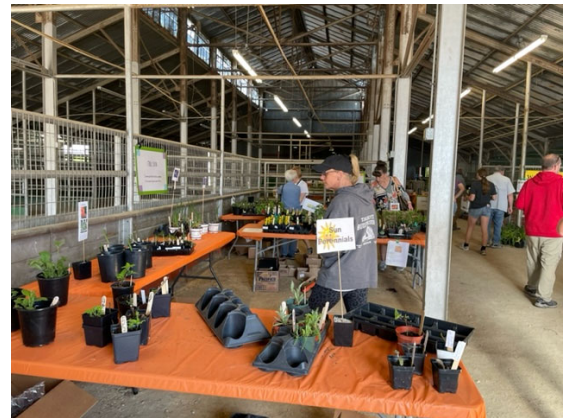
Spring Calf Health Clinic



In May of this year, we hosted a Spring Calf Health Clinic. This one-day clinic is aimed towards beef producers, educating them on vaccines and overall calf health. Producers that attend are also Beef Quality Assurance certified. This training teaches the best management practices & upholds consumer confidence in valuable beef products by implementing these practices. Producers that are BQA certified often see an increased value in their calves as well. We had a diverse group with some attending that were brand new to the cattle industry & some who had been in it their whole lives.

Record Breaking Plant Sale

One of the Washington County Master Gardeners biggest events of the year is their annual plant sale. Plants used from the sale are all grown by the Master Gardeners themselves: vegetables, pass-alongs, butterfly kits, herbs & succulents. This event always draws in a great crowd from across the county, but this year was record breaking. The plant sale raised the most amount of money it ever has and saw more people than ever. Money raised from this sale goes back into the Master Gardener fund for more horticulture education in the county. We look forward to hosting our next sale in 2023.



Pond Management Program



One often overlooked management practice is pond management. We didn't quite know it then, but with this year's severe drought, pond management is as important as ever. In May of this year, Washington County hosted a pond management program. Dr. Marley Beem presented on pond weeds, fishing, maintaining dams & spillways, toxic algae, muddiness, and livestock watering options. Producers were even able to bring their own weed sample to be ID'd. As an educator, it was also very informative for me. Since then I've received several pond questions and have been able to better serve those producers.

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Soil, Forage and Water Testing	64

Agriculture

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What's the Buzz?

After speaking at a Bartlesville Rotary Club meeting this Spring, Kennedy realized there was interest in the county for beekeeping. While beekeeping is a



very complex job, you can always start somewhere. A fellow agriculture educator has the knowledge and experience for beekeeping so Kennedy contacted her about presenting at the class. They decided this could be a several part series and to start with an "Intro to Beekeeping" course. Turnout for the class was excellent and all who attended said they'd like to dive deeper into the subject. Plans for another beekeeping course are in the works for 2023.

Two is Better than One

"Two is better than one" applies to a lot of situations, but also applies to teaming up to make a program bigger and better. Washington County partnered with Nowata County in August to host a meeting called "Management for Uncertainty in the Cattle Industry". The meeting was held at the South Coffeyville Stockyards and held several different presenters who focused on the difficulties facing the cattle industry this year and what options producers had. We had a large turnout and excellent feedback about the program. We also were able to partner with Washington & Nowata County Farm Bureau for a delicious donated meal.



Getting the Word Out

In July, Kennedy wrote an article on blister beetle invasions. Whether you're in a rural or residential setting, blister beetles probably affected you in some way this year. This particular bug is of large



concern to producers who own horses. A blister beetle's ability to produce a blistering agent called "cantharidin", can cause illness or even death when ingested by a horse. Aside from that, blister beetles also inhabit gardens and can cause blisters on human skin. The office had an influx of calls coming in at this time about blister beetles so Kennedy took to Facebook to address the matter. The article was shared 237 times and reached over 34,000 people. Social media has proven to be useful tool in getting information out to a large audience.

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Agriculture

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Applicator Continuing Education Credits



In the fourth quarter of the year, Washington County OSU Extension Ag offered three different opportunities for private pesticide applicators to earn continuing education credits. After obtaining their license, applicators must attend classes to earn credits towards license recertification. Washington county had 17 private applicators attend these meetings. CEU courses will continue in 2023 with a Green Country conference being held sometime in the Spring.

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Soil, Forage and Water Testing	55

Drought Options

With drought conditions looming throughout most of the year, OSU Extension began offering reduced cost testing for forage and water testing. Samples included in the reduced cost testing were: nitrate toxicity, basic forage, and livestock water. Drought can affect nitrate toxicity causing more producers to be concerned about feeding that forage. A basic forage analysis allows myself as an educator to help them come up with a supplementation plan for what may be lacking in drought stricken forages. Livestock waters are being tested for their quality, mainly total dissolved solids, which can affect livestock intake and weight gain. Reduced cost testing was one way OSU Extension could help ease the burden the drought put on producers as well as educate them.



Limited hay Affects

With winter coming on and what little grass we had going dormant, most producers are thinking about hay. Across the state, hay production was low for 2022 due to the drought. This leaves them with almost no option but to supplement. In November, our office held a “Feeding & Nutrition with Limited Hay” meeting. Area Livestock Specialist Earl Ward talked to producers about how to fill forage gaps, meet nutritional requirements, and their feed options. The meeting was successful with a lot of great conversation and producers turning in hay tests because of it. From their results, I was able to recommend supplements for them.



Family & Consumer Science

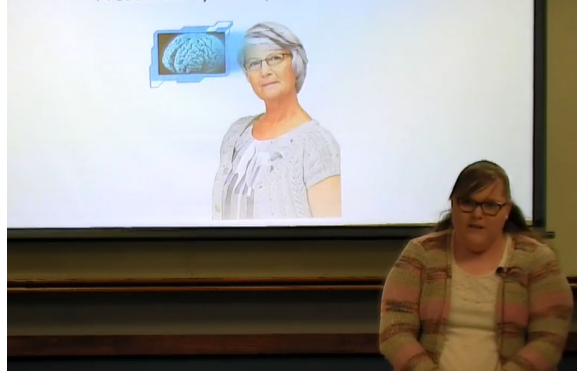
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Journey Through Health: Brain

Presented by Stacey Dawson



FCS Extension Educator Stacey Dawson delivering one of her library programs at the Bartlesville Public Library.

Going on a Journey

Starting in January in partnership with the Bartlesville Public Library, a series on healthy living classes called Journey Through Health was conducted. Journey Through Health is a program that is designed for older adults to teach them about age-related changes that occur throughout various body systems, as well as changes that can be made in diet, physical activity, and more to help combat those changes. This series covered 10 systems including, the eyes, stomach, immune system, heart and blood vessels, brain, intestines, pancreas and kidneys, bones, muscles, and mouth, gums and teeth. Each session came with activities that range from making your own toothpaste to healthy recipes that would be good for boosting

the immune system or bettering eye function. While this program is designed for the older adults, there is a great benefit to younger adults as well. It is never too early to start thinking about our health and start learning and making changes now that will keep us healthy throughout our entire life. There are benefits in this program for all ages! Through the Bartlesville Public Library, this program was offered in person and virtually via Facebook Live through the library's Facebook page. In person, the program averaged 5-8 individuals and online the program reached anywhere from 89 viewers to 334 viewers each session. Following each session an evaluation was given to analyze the effectiveness of the program. A QR code was created so that online viewers could take the evaluation, and those who attended in person had the option to complete the evaluation online by using the QR code or on a paper form. The evaluation data reveals that after this program individuals now have a better understanding of these age related changes and the changes they can make to lower their risks of these changes. Individuals reported they will start building a healthier plate with fruits and vegetables, eating the right amount of calories, and cutting down on foods high in solid fats, added sugars and salt. They also reported they would start being more physically active following this program. Many questions were asked during and following each session that participants found most relevant to their current situation, with some reporting on the lifestyle changes they had made following the sessions and changes they planned on making. This program has opened the door to many more healthy living programs in partnership with the Bartlesville Public Library.

Leadership within OHCE

In March, the Washington County OHCE had 9 members attend the annual Northeast District meeting in Broken Arrow. The meeting was held at the Armed Forces Center and members from around the district met in-person for the first time since the pandemic beginning in 2020. Members got to listen to a presentation about the Military History Museum, as well as hear presentations and greetings from OSU district and state specialists. Members were able to attend classes of their choice to learn and receive information to bring back to their county to educate others. They could attend classes that ranged from new textile techniques, estate planning, diet and inflammation, dealing with stress, quilting, personal safety and more. Members got to have lunch together and some received door prizes. They all had a great time and received great information.

Family & Consumer Science

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Poverty Simulation

In March, Stillwater CARES requested a Poverty Simulation for their staff members. Stillwater CARES is a nonprofit community benefit organization that is dedicated to helping people who help people. Stillwater CARES exists to assist other organizations to collectively address the prevention and alleviation of poverty in relational and responsible ways. They specialize in coordinating strategic community alliances and synchronizing best practices so that the maximum number of people can be served with the available community resources. By completing this Poverty Simulation it helps them achieve their mission of helping others by allowing them to learn the reality and statistics of poverty in Oklahoma. Through this program, participants will listen to a presentation that defines poverty, explores poverty at a state and county level, what can they do, and much more. Following the presentation, participants will go through a simulation that puts them through a variety of scenarios those in poverty face daily. Participants are given name badges and packets with their personal and familial background, some money and a few other things to go through what a month in the life of someone with poverty would be like. Participants have 15 minutes to complete the equivalent of a week, paying bills, buying groceries, getting children to school or other childcare, etc. During this time participants are often faced with the decision of paying for utilities or groceries that week, or do they have enough for their child's field trip, medical and more. During the week, families could have a good week where they get a bonus, or someone could lose a job or be evicted, all decided by the choices they make during the process. During Poverty Simulations people report on feeling stressed and overwhelmed in trying to make the best decision for their family, or deciding what they need and how to prioritize the necessities to sustain their family on what they have. This experience is very humbling and allows participants to see what others may be going through. It can help participants begin to develop empathy towards those living in poverty. You begin to realize that there are people like this you see everyday and may not even realize they are going through it. It is a hard and emotional process, that more organizations should participate in, especially those working with youth and families. For this simulation, I had the opportunity to teach a small portion of the presentation for the first time, as well as



Participants form the Poverty Simulation

participate in the simulation. As I went through my role as a youth, I had the realization that some of the youth we see in our office are facing these things, and we may not even know. I experienced those emotions of not having things or being able to go places like other students, because though it was a simulation, the people in youth roles who were able to do everything seemed a little happier, whereas, I would have to sit out because my family couldn't afford my field trip. This is a very worthwhile and needed simulation and I hope more people will take advantage of it.

As a result of this simulation I have been asked to assist with other simulations. I have been able to secure a section of the presentation to teach, and my mentors continue to coach me in hopes that I will be able to do more of the presentation with time. I think they would like to see me offer something like this within my own county someday. I have the opportunity next January to return to Stillwater for my second Poverty Simulation. I do hope to be a presenter and participant again, as it helps me to understand the process and really develop that empathy for those facing poverty.

Family & Consumer Science

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Participants at Canning Workshop head before the 2022 Washington County Free Fair.

Pre-Fair Canning Class was a Success

In August, I was approached by the Free Fair Board Treasurer about doing a pre-fair canning class. His expressed concern was that over the last few years comments from judges were made that the headspace was wrong, there wasn't enough liquid, it wasn't packed properly, etc. He felt that this was a bit of an embarrassment that canned goods could not be judged or no one would receive a blue ribbon in some categories, so he wanted to offer a class to help people learn proper and safe

methods of canning. Being the FCS educator, he approached me asking if this was something I could do and would be willing to do. I had recently been trained in canning and had recently received a grant for some new electric water bath canners, so I was ready to help with this program. Being the ambitious person he is, he wanted to can multiple items so that those who attended would have 4 items to enter in the fair, as this would also increase canned good entries. We decided to can grape jelly, bread and butter pickles, pickled okra, and pickled corn relish. We planned it all out, gathered supplies, and on the day of class we had 13 participants, including two men. We started the morning with a lesson on how to safely can food with a water bath canner, proper care and handling during the process, and more. All the information they received, as well as their recipes, was based on the most current research based information. Following our lesson, we walked to the fairgrounds and began our canning process. We started with our pickles as they had the longest processing time, and worked our way through our other three recipes. From the feedback I received throughout the class and following the class, participants learned a great deal about canning and the science and process behind it. There were varying levels of experience, but each participant walked away with something new they learned, and most reporting they would return again if we did a class in the future. Several participants did in fact enter their canned goods into the free fair. Most of them placed within top 5, which was good since they were competing against one another in several categories. One of the participants won a blue ribbon with bread and butter pickles and she couldn't wait to show me her accomplishment. It was full a day of canning but it was well worth it.

OHCE at the Washington County Fair

In September I spent a few days helping at the Washington County Free Fair. There I mainly assisted the OHCE members with check in, judging, and displaying. This year's entries felt very consistent with previous years. These members always seem to enter some the most beautiful quilts and artwork, as well as some of the tastiest looking baked goods. The best part is the educational booths each group sets up. Each month they have a leader lesson, which is an educational lesson on topics ranging from gardening, physical activity, healthy eating, sewing, and more. Each group creates a booth based on one of their lessons for the year, to educate and promote these topics, and the OHCE program, to the public. This year a few topics that were covered were how to get fit while you sit, digital detoxing, and a few others. In these booths they leave handouts for people to take that contain a lot of valuable information as well. There are 5 groups in Washington County OHCE and they do many great things to help educate the community and give back. They are involved in many projects and hobbies, and it is always so wonderful to see their work displayed during the fair. They all work so hard all year as a group and individually and you can certainly see it in every detail of their projects.



Washington County OHCE Member Carolyn Davis at the 2022 Washington County Free Fair

Family & Consumer Science

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OHCE Members Give back to the Community



Washington County OHCE Members made approximately 165 pillowcases as part of their service work.

Washington County OHCE members are involved in a variety of community service projects, and more often than not these go unseen or unnoticed. Back in October, I caught them in action working on one of their projects. There is a monthly sewing group that meets, and in October they were working on sewing pillowcases for foster kids. This project has been going on for many years. For this project the pillow factory will donate pillows for youth in foster care for Christmas and our OHCE ladies would make the pillowcases to go with the pillows. OHCE members purchase a lot of the fabric themselves to make sure they have fabric that children will like. They choose fabric with bright colors/patterns, some have different characters, but all are uniquely made by our members. This year our OHCE members gave approximately 165 pillowcases. Unfortunately with rumors of the pillow factory closing, this could be their last year. Other projects they have been involved in are making comfort pillows /blankets to take to cancer patients who have had a mastectomy. They have also made boo boo bears for children so they have something to hold for comfort when they are sick, having surgery etc. Some places they took the bears are hospitals, emergency rooms, diagnostic and imaging labs, surgery centers, and labs where kids give blood.

Barn Quilts Bring the Community Together

In December I offered a barn quilt class. There were around 25 participants at this class. One group that came was a family and they had a girls night out and several others were groups of friends looking for something fun to do together. A barn quilt is taking a quilt pattern, but instead of sewing it together, the pattern is painted on a wooden board. To start the class we do a brief lesson on the origin of barn quilts, their benefit to the community and agritourism, barn quilt trails, and how to make a barn quilt. Each participant received a 2x2 board to paint their pattern on. I have several simple patterns participants can use, or they are always welcome to look up patterns on the internet. It is always interesting to watch as they plan out their pattern and then work through what color palette they will end up using. Each one turns out unique and you can usually tell a lot about the person by their finished products. Some have nice bright colors with clean cut lines, some get more creative and add extra details outside the pattern, and others create their own style based on a pattern. The best part is there is no right or wrong way to do them and each person gets to be as creative as they wish. Barn quilts are a lot of fun, but they are so beneficial in so many ways. For instance with a barn quilt trail it could bring people to your community, for some it helps with developing skills, such as math, fine motor skills, etc., it also helps people relax or decompress, and it brings groups together. I believe participants learned there is more to a barn quilt than just painting by learning about their beginnings and benefits that they had no idea about. I think they all enjoyed it and I think if another class is done, many of them will return. It is one the best educational yet fun programs that we have and can be used for all ages.



Participants Fall Barn Quilt Class held at the Washington County Fairgrounds.

4-H Youth Development

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Youth From Around the County Exhibited Their Livestock Projects

4-H members enrolled in the livestock project prepare all year long for just a few minutes in the ring with our judges. They hope to bring home ribbons and awards but its often quoted that “4-H is about more than just ribbons and awards, its about the people, the experiences, the lifelong skills and the memories.”

The livestock project is more than just about the show ring, its about: Learning economics and product marketing, developing responsibility, the development of career interests, sportsmanship and gratitude.

The Spring Livestock Show was held March 1-4, 2022 at the County Fairgrounds. At the conclusion pf the spring livestock show is the premium sale was held on March 5. At the 2022 WCJLS Premium Sale, 80 head of livestock travel through the premium sale ring. This

2022 WCJLS Total Number of Exhibitors	114 Youth
2022 WCJLS Total Number of Livestock Exhibited	344 Head
Fundraiser Dinner in January	\$16,084
Premium Auction	\$184,300

is a great way for our 4-H and FFA youth to show off all their hard work to the community.

Those lucky few who have been awarded Grand Champion and Reserve Grand Champion honors have their livestock on display under lights and ringside on Champion Row. This is a great honor and all the exhibitors strive to have their project displayed there.



Beef Club Member Samantha Graves with her 2022 WCJLS Grand Champion Steer. Buyers of the Grand & Res. Grand Champion Animals get their photos taking ringside during the sale

Washington County 4-H Members Share their 4-H Stories at the State Capitol

4-H Day at the Capitol is held each April and 4-H members from all over the state gather to learn about civic engagement and educate others about Oklahoma.

4-H members share with Legislators how 4-H is impacting them, their friends, and their communities. Members also have a chance to be civically active by telling legislators what youth have to say before they make decision about youth program, education, health, and safety.

In 2022, Washington County 4-H delegates were Jancie Cantrell from Mutual 4-H and Emma Lewis from Dewey 4-H. Jancie was meet with Senator Julie Daniels while Emma meet with Representative Judd Strom.

Oklahoma 4-H partners with Langston 4-H for this event and each State 4-H President delivers an impact speech on the House and Senate Floors.



Top Photo: Lewis and Representative Judd Strom

Bottom Photo: Cantrell and Senator Julie Daniels

4-H Youth Development

Jenifer Harbour

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4-H Members Participate at Healthy Kids Day

In April, Washington County 4-H had fun with an educational booth at the Richard Kane YMCA: Healthy Kids Day. Promoting 4-H and healthy living to families through a fun make-n-take activity, home made harmonicas, and the blender bike. Each participant had fun making their own fruit smoothie by peddling our blender bike. We had lots of good handout such as smoothie recipes, healthy living tips, and vegetable/flower seeds. Through this event, we reached about 200 people.

Washington County 4-H Teen Leaders promoting 4-H and Healthy Living at the YMCA

Extension Hosts a Youth ATV Rider Program

In May, the Extension Office hosted its fourth annual youth ATV Rider and Safety Program for youth ages 12 to 18 years old. This partnership between the ATV Safety Institute (ASI) and OSU Extension is teaching young people to safely ride ATV's.

We saw a need for an ATV safety program four years ago at our Annual Safety Day we heard a lot of responses from the youth, teachers and parents that several know of someone who was injured or killed riding ATV's.

During this important class, youth will learn about safe riding strategies and the golden rules when operating an ATV. They will learn about the right size of ATV for them, how to dress when riding an ATV, and how to correctly operate the ATV.

In 2022 this program certified 15 youth. Year to Date: 31

Learning About our Food

In April, Wayside Elementary 5th graders attended the Virtual Farm to You Program hosed by OSU Extension. Farm to You is an interactive exhibit made up of nine stations and designed to help first through sixth grade students with the skills needed to make healthy lifestyle choices. As they travel through the exhibit, students will learn about the relationships between agriculture, food and health.

Farm to you meets numerous educational requirements. Some of the objectives for the program are: Identifying common foods produced in Oklahoma, learn about the five MyPlate food groups and how to build a healthy plate, identify foods that promote good health, benefits of physical activity, proper dental hygiene practices, and how food choices affect our brain, muscles, bones, digestion and mouth.

More information about Farm to You can be found at: <https://extension.okstate.edu/programs/farm-to-you/>



Participants riding the course during the afternoon session of the youth ATV Rider and Safety Program offered.

2018	4
2019	5
2020	-
2021	7
2022	15



Extension Educator, Jenifer Harbour, leading the station about the stomach during a virtual Farm to You program.

4-H Youth Development

Jenifer Harbour

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4-H Members Attend Multiple Summer Day Camps:

Throughout the summer, Washington County 4-H held Summer Day Camps. Topics included: Cloverbud Day, Crafting, JR Roundup, Leathercraft, Sewing, STEM and Woodworking. Each camp focused on life skill development through hands on learning activities. Crafting, Leathercraft, Sewing, STEM and Woodworking were open to any 4-H member going into the 3rd-12th grade while Cloverbud Day and Junior Roundup were age specific camps. At the end of all the camps, members went home with county fair indoor items ready for entry.

This year there were two sewing camps offered with the help of some of the Washington County OHCE members. During the two camps, 4-H members made three projects: Pants, patchwork pillows and stuffed animals. OHCE members can share their passion of sewing with the youth as-well-as give them one-on-one help with their projects.



Junior Roundup was open to those members going into the 5th-7th grade and we focused on leadership and teamwork. The tweens worked in small and large groups to complete fun tasks using pool noodles

Cloverbud Day was a fun workshop for those members going into Kindergarten-2nd grade. They made fun crafts and completed the Cloverbud Record Book then finished the day by making Ice Cream in a Bag. Cloverbud Day is special camp just for these younger members to have fun, make new friends and get excited about 4-H.

Washington County 4-H had a Strong Showing at the 101st State 4-H Roundup

Each July, Oklahoma 4-H members travel to Stillwater for the State 4-H Roundup Leadership Conference. In the Spring of 2022, Washington County submitted State Project Record Books and a Hall of Fame Application. Following the review process, Washington County had two project finalist in the Achievement and Public Speaking Project areas as well as one Oklahoma Hall of Fame finalist.

Each project area selects the top three books and those 4-H members are given the chance to interview for a \$1200 scholarship. Jancie Cantrell from Mutual 4-H represented Washington County 4-H as level 1 project finalist. For Hall of Fame, the top ten finalist are selected to interview. Those 4-H members also have to prepare a presentation for their interview. Emma Lewis from Dewey 4-H represented the county as a Hall of Fame finalist. All finalist are recognized in front of their peers on stage during State 4-H Roundup Honor Night.

During Roundup, 4-H members attend fun workshops that sharpen the life skills that 4-H is developing in them, attended town hall meetings, vote on state 4-H leadership positions and hear keynote speakers.

Also during Roundup is when all the state contests are held. In 2022, Washington County had several members compete in state contests. Jancie Cantrell placed 1st in Public Speaking, Kira Hatlestad placed 1st in Photography, Emma Lewis placed 1st in Job Readiness, the Food Showdown Team Jancie Cantrell, Lydia Daniel and Makenna Lutke placed 2nd and the Livestock Quiz Bowl team of Izzy Lewis, Will Adcock, Will Flanagan and Samantha Graves placed 4th.



Washington County 4-H members attend the 101st Oklahoma State 4-H Roundup, held in July on the OSU Campus.

4-H Youth Development

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4-H Members Attended the Northeast District Leadership Conference:



Washington County 4-H members attend the Northeast District Youth In Action Leadership Conference in October at Fin & Feather.

Each October, 4-H members from all over Northeast Oklahoma gather for the district leadership conference, Youth In Action (YIA). Washington County youth had the opportunity to build their leadership skills through workshops and leadership roles. Washington County Teen Leaders and Mutual 4-H members Jancie Cantrell, Kira Hatlestad and Lydia Daniel were selected lead parts of the at the opening assemblies. Jancie also planned and lead a Public Speaking workshop.

During YIA, delegates participated in two service projects. Everyone was asked to bring items for the Operation Christmas project and the group packed meals with Stamp Out Starvation.

Dewey High School Senior Learn Life Skills during the Senior Conference:

Since November 2019, Washington County Extension has been apart of the Dewey High School Senior Conference. The program was created by the high school counselor and Administration Staff to give their students a feel for life after high school.

Each year, the Extension Office leads four Homemaking Sessions about budgeting, grocery shopping, meal planning, laundry, and laundry care. One activity is each student is given a weekly meal planning guide and they have to plan three meals and two snacks for a day. Then based on their meal plan, they are asked to make a grocery list for that day. Another activity offered is Consumer Judging. The session participants are giving a scenario then they are given 4 products and they have to decided which is the best item for the scenario.

In 2022, the Homemaking Session reached 46 high school seniors.



Mutual 4-H Member Isabel Thoreson crates her design for her Christmas shirt.

Christmas Break Camps Offered to 4-H Members

This year during Christmas Break the Extension Officer offered a fun 4-H Day Camp. Members designed their own Christmas shirts, created nature art Christmas Trees, assembled hanger snowflakes and conducted a holiday themed density test.

4-H members left the Day Camp with fun, ready to enter items for the 2023 Washington County Fair.

County 4-H Contests Offered in 2022	
Public Speaking	Fall & Spring
Job Readiness	Spring
Food Showdown	Fall & Spring
Photography	Spring
Next Top Chef (Video)	Winter
Food Fair	Fall & Spring
Table Setting	Spring
Cupcake Wars	Winter



WASHINGTON COUNTY EXTENSION

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