



## EXTENSION CONNECTOR

### West 1 Field Education Unit

Counties: Bennett, Custer, Fall River, Haakon, Jackson, Pennington, Shannon



JANUARY — MARCH 2011

## EXTENSION HIGHLIGHTS

### COUNTIES WORKING TOGETHER

#### Almost 700 take part in Kids Take 'Stock' at Black Hills Stock Show!

*By Jessica Eikmeier*

The Kids Take 'Stock' in Science and Agriculture event was held 5 days in the Sutton Rodeo Zone. Area schools, pre-K through 6<sup>th</sup> grade, were invited to come see hands-on exhibits based in Science and Agriculture.

Many of the youth in attendance are not accustomed to the agriculture-lifestyle so this program, now in its third year, offers youth a chance to experience such things as milking a cow, learning about horse breeds, and differences in grain-types. The ag-education pairs nicely with the chance to do science experiments like they saw with the roller coaster and hovercraft stations.



*Jessica Eikmeier lets youth figure out which roller coaster track would be most likely to send a marble around the twists and turns.*



*Tana Clark and Tiffany Meyer teach youth about pH levels in different liquids.*

Teachers were given supplemental lesson plan packets so that the education provided by CES could extend past the walls of the Civic Center. All lesson plans met SD education standards and teachers greatly appreciate the opportunity to play off the concepts introduced at Kids Take 'Stock.'



*Sharon Guthmiller educates youth on the art of saving money and investigating the change in your pocket with coin rubbings at the Saving Make 'Cents' Station.*

## BENNETT

### Family & Consumer Sciences by Nancy Pauly

#### Medicare Part D

*Medicare Part D* checkups, enrollments, and general support for area beneficiaries continued through the open enrollment that ended December 31<sup>st</sup>.

Medicare Part D support continues year-round for individuals new to Medicare and for individuals meeting certain requirements.

134 beneficiaries were assisted for a total savings of \$26,255!

#### Healthy People 2011

Over 120 participants turned out for the 2<sup>nd</sup> Annual *Healthy People 2011* event to jump start or maintain their fitness and wellness goals in 2011.

The program offered exercise stations led by Nancy Pauly, the opportunity to walk a mile (and earn a fitness incentive), wellness information and health screenings were offered by the Bennett County Hospital, Horizons Healthcare Clinic, Weber Medical, and Indian Health Services.

SD Highway Patrol offered a popular station to combat distracted driving.



4-H Shooting Sports  
Bennett County 4-H Shooting Sports grows with 34 Archers, and 28 BB participants.



Slow Cooked Meals  
*Slow-Cooked Meals, held at Oglala Lakota College in Martin, demonstrated the ease and convenience of nutritious meals using a slow cooker. 12 participants made beef stew, with beef paid for by South Dakota Beef Council grant.*



*Nancy Pauly providing general support for Medicare part D*



*Healthy People*

## CUSTER

### OMK by Ladonna Mcknight

OMK is an ongoing, dynamic program to support and promote the children of deployed military service professionals. OMK is a collaborative effort between the U.S. Army, South Dakota 4-H, the American Legion, and the Boys and Girls Clubs of America. Its purpose is to provide local community support for the children of service women and men from South Dakota. The South Dakota Cooperative Extension Service administers the program and its offices are located at South Dakota State University's West River Agricultural Center in Rapid City.



*Custer County Jr. Leaders tie fleece blankets for the Operation Military Kids project.*

## FALL RIVER

### “SAVE WISELY, SPEND SMART SERIES” by Sally Park-Hageman

Edgemont and Custer hosted sites of the “Save Wisely, Spend Smart” four part financial series. Participants learned about Budgeting Basics, Credit Basics, Digging Out of Debt, Planning for the Future through Savings & Investment, and Developing Your Individual Plan for the Future. Each session covered a different aspect of financial skill building. An individualized one-on-one session will be available for each participant pertaining to a financial topic of their choice.

Participant comments from sessions included: “This one session has inspired me to keep track of spending and savings”, “I am excited to apply all these new ways of working with money debts and savings to my situation”.

This program is currently being piloted by seven Family & Consumer Sciences Extension Educators. Three of the seven work in West 1 Field Education Unit; Sally Park-Hageman (Fall River & Custer Counties), Nancy Pauly (Bennett County), and Sharon Guthmiller (Pennington County).

## HAAKON

### Ag In the Classroom by Adele Harty

The past months have been filled with agriculture in the classroom for Philip area schools, grades K-6<sup>th</sup>. I go into the classrooms once a month to present a half hour lesson on something that relates to agriculture. I have had lessons on corn, butter, Christmas Trees, winter birds and bird feeders, smoothies, and sheep. Next month we will be talking about wool and youth will get to spin their own yarn.

In this photo, I am teaching students at the Cheyenne Rural School about different breeds of sheep and what they are used for, specifically the Merino in this photo, which is raised primarily for their wool. They produce a high quality wool that is used in making expensive apparel, such as wool suits.



*Adele Harty teaching Ag in the Classroom to Philip youth.*

## JACKSON

### Jackson County Afterschool Programs by Jessica Eikmeier

Whereas the Kadoka Afterschool Program has been a part of the community for years, Wanblee students who attend Kadoka Area Schools have never been able to attend the daily program. However, additional grant funds have made it possible for those youth who live in Wanblee to have their own Afterschool Program—something they are VERY excited about.

Jessica has been going into the Kadoka Afterschool once a week and they have been working their way through “Who Knew!?!? Science” experiments. The youth have investigated invisible inks, designed tops made out of household items, and manipulated simple materials to become intricate roller coasters. Now that the Wanblee Afterschool is started, Jessica is going there twice a month during the test period (with plans to go more often during the next school year). These youth are engaged in an extended robotics lesson and have learned about polymers, plastics, reactions, and circuits with the end goal to be to build and program their own robot.

These youth have learned about science through fun, hands on experiments with the goal of making science fun and attainable to youth so that they can pursue careers in science fields.

## PENNINGTON

### **4-H Youth Development** by *Tana Clark*

#### 4-H Carnival

Jax-Z the clown makes balloon animals for 4-Hers at the Pennington County 4-H Carnival. Members developed communication and organizational skills while working as a group. This year's theme was "Barnyard Hoe Down."

#### NEW 4-H Program Assistant!

Tiffany Meyer is Pennington County's new Program Assistant. Her position is grant funded and she will be focusing on developing 4-H programs at North Middle School and on Ellsworth Air Force Base.

#### Community Youth Development

4-H Educator, Tana Clark, visits several area afterschool programs once a month. So far the youth have talked about Taking Care of each other and tried to leave "pretty" marks on the leather, like nice words leave marks on others. In February they learned about Taking Care of Wildlife and were able to touch animal pelts borrowed from Game Fish & Parks. March's activity was about Taking Care of Air.

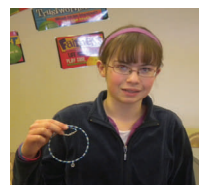
#### 4-H Workshops

4-Hers have been busy at a variety of workshops this winter:

Jewelry Workshop taught by junior leaders	
Making Paper Beads	Bread Making
Robotics	Rockets



*4-H Carnival*



*Jewelry*



*Bread Making*

### **Horticulture** by *Rick Abrahamson*

#### Spring Fever 2011

The 2nd Annual "Spring Fever" Gardening Seminar was held at the Rapid City Ramkota Convention Center on March 5th. 210 participants enjoyed a full day of learning about gardening from local, regional, and national experts. Dr. Douglas Tallamy was the keynote speaker and delivered a talk based on his book *Bringing Nature Home*. He spoke about using native plants in the landscape to attract native insects, birds, and other animals in a sustainable landscape. Dr. Tallamy is a professor and head of the Department of Entomology and Wildlife Ecology at the University of Delaware. Other speakers included Extension Educator Rick Abrahamson, Pennington County Master Gardeners Tom Allen, Joe Hillberry, Sheila Hillberry, Beekeeper Jerry Owens just to name a few. A flower pot lunch was served during a question/answer session hosted by Pennington County Master Gardeners Cathy Druckrey and Mel Glover. Panelists included Rhoda Burrows, Jon Kieckhefer, and Rick Abrahamson from the popular "Garden Line" show on SD Public Broadcasting.

#### Plant Propagation Short Course

A plant propagation short course is being offered in several sites in South Dakota including Rapid City, Spearfish, Pierre, Mobridge, and Sioux Falls. Over 65 participants are learning the science behind plant propagation and the techniques to propagation plants. The course is a full two day short course with hands on sessions including both sexual and asexual propagation.

## PENNINGTON –CONTINUED

### **Family Consumer Sciences** by Sharon Guthmiller

#### Joint Council of Extension Professionals (JCEP)

As current President of the South Dakota National Extension Association of Family and Consumer Sciences organization, I had the privilege of attending the national meeting of the Joint Council of Extension Professionals (JCEP), February 7-10, 2011 in San Antonio, Texas. Funding for this national trip is through the South Dakota Extension Director Professional Development Funds and/or the individual State Extension Professional Association funds.

JCEP also provides a unique opportunity for educators to be a viable part of an Extension National Professional Association meeting with colleagues from other states. It is good for South Dakota Extension Service to have a presence at national meetings such as this one and be recognized for the educational contributions and work Extension researchers, specialists and educators provide to our nation, state, and in our local settings.

#### Beadle School Community Outreach

Beadle School Community Outreach and SDSU Cooperative Extension Service have partnered together to teach families Nutrition/Food Preparation. Adults learn about food safety, nutrition, food budgets, grocery shopping or other related topic. Adults then prepare the food on site for the meal to be served to families. During that time the children meet to prepare a place mat, learn table setting, set the table and prepare one dish for the meal to be served. The meal is a sit down meal with each family unit participating. Both adults and children are involved in the dish washing and clean up after the meal. It is gratifying to be a part of a positive experience for these family units and have children wanting to come again to help cook a meal and learn more. Often it is though the children we reach adults. We are hoping to expand the programs.

## WEST 1 FEU CALENDAR OF EVENTS

### April

7	5 pm	Grasshopper Control Meeting - Philip, Philip Steakhouse
9	9 am	Spring Fling Home & Garden Show - Hot Springs, Mueller Civic Center
16-17		Dog Gone Wild Weekend - Rapid City, Pennington County Extension
TBD		Interseeding Pasture Walk - Philip, North of Phillip

### May

3	6 pm	Horse Safety Training - Kadoka, Kadoka Firehall
4	6 pm	Horse Safety Training - Martin, Bennett County Courtroom
6	3 - 7 pm	Youth in Action - Rapid City, Pennington County Extension
7	9 - 1 pm	Youth in Action - Rapid City, Pennington County Extension
11	9:30 - 3 pm	Aging...Healthy, Wealthy, & Wise - Rapid City, Pennington County Extension
14		Rocket Workshop - Rapid City, Pennington County Extension
21	8 - noon	Annual Plant Share - Rapid City, Pennington County Extension
25	10 - noon	Spring Plant Exchange - Martin, Bennett County Fairgrounds

### June

20 - July 1		Camp Bob Marshall - Call your local county office for more information
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## WEST FEU 1 CONTACT INFORMATION

**Bennett County**  
501 2nd Avenue, Suite A  
Martin, SD 57551  
Phone: 605-685-6972  
Fax: 605-685-6311

**Bennett County Staff:**

[Nancy Pauly](#), Family & Consumer Science



[Kari Fruechte](#), Community Development  
[Beth Lyon](#), Administrative Assistant

**Custer County**  
447 Crook Street, Suite 1  
Custer, SD 57730  
Phone: 605-673-4971  
Fax: 605-673-2385

**Custer County Staff:**

[LaDonna McKnight](#), 4-H/Youth Development



[Angie Keierleber](#),  
Administrative Assistant

**Fall River County**  
1031 North River Street  
Hot Springs, SD 57747  
Phone: 605-745-5133  
Fax: 605-745-5148

**Fall River County Staff:**

[Sally Park Hageman](#),  
Family & Consumer Science



[Karen Jamison](#), Administrative Assistant

**Haakon County**  
140 S Howard Ave  
Box: 519  
Philip, SD 57567  
Phone: 605-859-2840

**Haakon County Staff:**

[Adele Harty](#), Livestock



[Sheryl Hansen](#), Administrative Assistant

**Jackson County**  
PO Box 550, 700 Main St  
Kadoka, SD 57543  
Phone: 605-837-2133  
Fax: 605-837-2447

**Jackson County Staff:**

[Jessica Eikmeier](#), 4-H/  
Youth Development



**Pennington County**  
601 East Centre  
Rapid City, SD 57702  
Phone: 605-394-2188  
Fax: 605-394-6815

**Pennington County Staff:**

[Tana Clark](#), 4-H/Youth Development



[Sharon Guthmiller](#),  
Family & Consumer Science



[Rick Abrahamson](#),  
Horticulture



[Evonne Schumacher](#), Program Assistant,  
EFNEP  
[Tamara Studioso](#), Program Assistant,  
EFNEP  
[Tiffany Meyer](#), Program Assistant, 4-H/  
Youth Development  
[Kathy Bruckner](#), Administrative  
Assistant

**Shannon County**  
HC 49 Box 7  
Wounded Knee, SD 57794  
Phone: 605-867-1304  
Fax: 605-867-1308

**Shannon County Staff:**

[Jerilyn Chasing Hawk](#), Community Development

