



West 1 Field Education Unit 4-H HEADLINE NEWS



March 2007

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West 1 Field Education Unit Educators

Bennett County

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South Dakota 4-H
Website
<http://4h.sdstate.edu>

State Community Service Project

The State 4-H Council has elected to try a group community service project for 2006-2007. The theme for this year is Hunger. The Council challenges every 4-H group in the state to choose a community service project that has something to do with hunger, and complete a short report about it. The 4-H Council will compile everyone's activities into a state wide impact report to be delivered to the state during National 4-H Week in October. It's EASY to participate. If your club has already participated in a "hunger" event, just report it. If you haven't, we encourage you to do something in your community before September 30. Clubs can work together or separately. Here are some ideas to help you get started:

Canned food drive

Serve a meal at a homeless shelter

Assist with elderly meal delivery

Raise funds for hunger relief agency

Pantry shower for a family who has lost a home through a natural disaster

A State Community Service Project Report will need to be turned in with the following information:

County:

Club:

Here's what we planned:

Here's what happened: (include # of people helped, \$ raised, lbs of food collected, etc.) If possible, include a photo of your group in action!

Return this form to Kathryn Reeves, 1905 Plaza Boulevard, Rapid City, SD 57702.

4-H Camp-Mark Your Calendars Now!

Plans are being made-Watch for details coming soon to an Extension Office near you!

Camp Dates are as follows-Camp Counselor Training will be June 1, 2, & 3—Please note date change!

Session 1 will be June 11-14-Ziebach, Dewey, Perkins, Harding, Lyman, Tripp, Hughes/Stamley

Session 2 will be June 18-21-Haakon, Jackson, Gregory, Pennington, Meade,

Session 3 will be June 22-25-Custer, Fall River, Butte, Lawrence,

Creating Opportunities for a Lifetime

South Dakota State University, South Dakota Counties, & U.S. Department of Agriculture Cooperating.

South Dakota State University is an Affirmative Action/Equal Opportunity Employer (male/female) and offers all benefits, services, education and employment opportunities without regard for ancestry, age, race, citizenship, color, creed, religion, gender, disability, national origin, sexual preference, or Vietnam Era status

TLC Update

Mark your calendars for June 5-8, 2007. Youth from all over South Dakota will be traveling to Brookings for our Teen Leadership Conference. This year's theme "Breaking Free at TLC" encourages youth age 13-18 to break out of their personal shell, and take risks to learn new skills in leadership, explore careers, and meet teens from 4-H, Student Councils, Operation Military Kids, and youth groups across the state. We anticipate the fee for this year's conference will remain at \$125 if registered by the early bird deadline.

Operation: Military Kids

Groups across the state have the opportunity to assist in filling HERO packs for the children whose parents will be deploying. We have 100 backpacks that need to be filled for the kids.

Needed items include:

8 ½ x 5 ½ spiral notes books (100 pages) wide ruled or college ruled

Frisbees Rulers

4-H bandanas Pens and pencils

4-H patriotic bears One-time use cameras

Stress balls 4-H bracelets

Cash donations to purchase any of the above.

(donations can be made out to OMK Revolving Account)

For information about sending items, or sending donations, contact Penny Masters

Penny.Masters@sdstate.edu

State 4-H Leaders Meeting

The State 4-H Leaders meeting will be March 24, 2007 at the Middle School in Winner. Registration --\$5.00 for lunch for non members of the State Leaders Association--State Leader members are FREE!! The registration form can be found on the State 4-H web site--click on adults & volunteer information or contact your local County Extension Office. **Deadline is March 14th!!**

10-10:30 AM (CST)-- Registration

Workshop topics--Those marked with * will be presented twice

** Intro to shooting sports*

** Taking service to the next level*

** Youth Officer Training*

** Tired of Dull Meetings?*

** Ready, Set, Go...Science & Technology projects & activities

** Make & Take with Ruth

** Quilting & 4-H

Lunch--12:30-1:30

1:30 PM-- South Dakota State 4-H Leaders Annual meeting

2:30-3:30 PM--Round table chat

State 4-H Scholarships Due April 1, 2007

Information is available for youth who want to apply for the State 4-H Scholarships provided through the designated donors of the 4-H Foundation at the SD 4-H website at <http://4h.sdstate.edu> and click on 4-H Clubs and then scroll down to trips and scholarships. The details and process are similar to past years. If you have questions, please contact your local Extension Office or visit the State 4-H website.

Introductory to Range & Pasture Project

Saturday June 9th, 2007 9 am to 3:30 pm, Hot Springs, SD

*Plant Identification *Plant Classification

*Proper Collection *Preparation for exhibit

*Press and mounting plants

For further information contact:

Mark Keffeler 605-745-6990, mkeffeler@tnc.org or

Bob Novotny 605-745-3586 evenings,

rnovotny@fd.fed.us

Youth Involvement Sought in Horizons Project

Twenty-four South Dakota communities were recently selected to participate in the Horizons program through the SDSU Cooperative Extension Service. The grant from Northwest Area Foundation allows small rural communities opportunities to increase the capacity of their members in order to reduce poverty and build new leadership. The two-year program will be seeking involvement from a wide variety of community segments, including young people. Through Extension's Youth Development/4-H connections, we have an opportunity to encourage youth involvement, and to use this as a way to form valuable youth/adult partnerships in communities.

In the southwest/south central region grant communities are: Hot Springs, Buffalo Gap, Martin, Philip, Murdo, and Presho.

If you see communities in your FEU that you could work with, we invite you to get involved and seek that critical youth component. If youth feel ownership to their community, they may well consider returning there as adults. For more information, contact Kari Fruechte, 688-4946 or fruechte.kari@ces.sdstate.edu



March 10- Painting workshop at Hobby Lobby, 1-3 pm in Rapid City

For all listings please check with county offices to confirm dates, times, and locations. 4-H members are always welcome to participate or compete at any county event in any county with a few exceptions.

Region 4-H Dog Project

New set of classes will begin on Tuesday, March 20th and run for 6 weeks. All classes take place in the 4-H building on Central States Fairgrounds, Rapid City. Please join us for a FUN time with your dog. Cost is \$30 per 4-Her for the year no matter when you join. You may join the program anytime during the 4-H year.

5:30 p.m. Canine Good Citizen (CGC) / Basic Obedience Training - this class is for first time participants. CGC is a certification program that is designed to reward dogs who have good manners at home and in the community. The Canine Good Citizen Program is a two-part program that stresses responsible pet ownership for owners and basic good manners for dogs. All dogs who pass the 10-step CGC test may receive a certificate from the American Kennel Club. <<http://www.akc.org/events/cgc/index.cfm>>

6:15 Freestyle - advanced (not 1st year members)
 6:15 FUN - 1st year members
 7:00 Freestyle - beginner - 1st year members
 7:00 FUN - advanced (not 1st year members)

Canine Freestyle classes are being offered and instructed by Dawn Madge. Dawn has trained and competed in this event nationally and has received many awards and titles. Graduation will be a performance by the 4-Her and their dog for family and friends.

Freestyle is a choreographed performance with music, illustrating the training and joyful relationship of a dog and handler team. Watch for the dog to be moving to the beat of the music and look for the bond between the dog and handler. You will see graceful and intricate maneuvers performed with precision and artistry. Every movement is accomplished through the subtle use of verbal cues and body language. The emphasis is always on the dog, with the handler completing the team creating a harmonious whole. In Freestyle, the performance of every team will be different, presented to different music and sharing an intimate view of the working relationship between dog and handler. The artistic

freedom of choreography to music represents a significant change from the structure of traditional obedience competition and allows the handler to focus on the dog's strengths. Freestyle is also an excellent discipline to illustrate the conformation and movement of the dog. The reach, drive and beauty of an athletic, trained dog moving to music can take one's breath away. see <http://www.canine-freestyle.org/> FUN classes are being offered to help kids and dogs build a stronger bonding relationship. Instruction is given in the areas of obedience, agility, and rally in fun playful ways. Lois Schmoll, Project Leader, 430-7688.

4-H Performing Arts Troupe Camp, June 17-23, 2007

The Performing Arts Troupe will be held camp at Northern State University campus, Aberdeen. All youth are invited to participate. Youth must be age 13 by January 1, 2007. Registration form needs to be postmarked by Sunday, April 15, with the fee of \$250.00/ person included. The registration fee covers lodging in the residence hall, meals, evening snacks, facilities rental, and show T-shirt, etc. Make checks payable to "4-H Performing Arts" with school photograph and the audition form. Registration/audition form and check need to be sent to Treasurer LeRoy Braun at 15162 391 Ave., Mellette, SD 57461 at (605) 887-3717.

If the fee is a deterrent to participating, contact Carolyn Clague by April 15 for possible sources of funding. Those wishing to participate after April 15, consideration will be given if there is space available and the registration fee is \$275.00. If you have questions, please contact the state 4-H Office or your local Extension Office.

The camp prepares the youth to perform during State Fair in Huron, September 1, 2, and 3. In addition, there are other performances being planned. We need 4-8 volunteers who are willing to serve as chaperones during camp week and travel throughout the summer. If people are interested in volunteering, please visit with a Board member or Carolyn Clague.

South Dakota 4-H Shooting Sports Competition Director

Positions Open: BB Gun, Air Gun (pistol and rifle), 22 Guns (pistol and rifle), Black Powder, Shotgun, Archery, Archery Assistant

Required: Applicant must be a certified instructor, and able to attend the appropriate State 4-H Match in April or in September

Duties:

- The director will be responsible for reviewing the rule books for any necessary clarifications or SD4-H specific changes (ex. Beg and JR air rifle allows coaching on the line for the entire competition), and for answering equipment questions posed by the county programs.
- The director will be responsible to recruit, schedule and orient range officers for the State Match. The director will be on site for the entire match.
- The director will be responsible of running his/her event's challenge periods during the State Match and communicating those time periods to the shooters before the completion of each relay.
- Assist in recruiting the National Team Coach for each discipline, and in confirming team members after the State Match.

Compensation: This is a volunteer position. Directors at the April State Shoot will receive a \$150 honorarium to defray expenses; directors at the September State Shoot will receive \$75.

The Directors report to the South Dakota 4-H Shooting Sports Coordinator or State Instructor (if assigned), and will serve for one year. Directors may re-apply for any director position they qualify for.

Application Procedure:

To

To apply send a letter of interest to Kathryn Reeves, WRAC, 1905 Plaza Boulevard, Rapid City, SD 57702. In their letter, applicants should highlight their 4-H discipline certifications, experience in range operations, conducting shooting events and the recruitment of volunteer help. Applicants may be contacted for a telephone interview.

Bake and Take 2007 Features Whole Wheat

Whole grains have long been recommended for their fiber, but new research reveals that whole grains offer vitamins and minerals, plus high levels of antioxidants and other healthy plant-based nutrients.

According to the American Dietetic Association, whole grains contain protective antioxidants in amounts near or exceeding those in fruits and vegetables. Some of the grains contain unique antioxidants not found in other foods.

"Research continues to reveal the benefits of whole grains," says Mary Ellen Wagner, director of communications for the South Dakota Wheat Commission. "Recent studies have shown that eating more whole grains may help reduce the risk of heart disease, cancer and diabetes. However, most Americans fail to eat the recommended amount of whole grains."

This year the annual Bake and Take Day recipes highlight whole wheat products. The "Fruit Pizza" recipe features a whole wheat crust and fruit, another food category that Americans fail to consume in sufficient amounts for a healthy diet. The "Easy Oatmeal Bread" combines the benefits of two whole grains - wheat and rolled oats.

"Bake and Take Day" 2007 is Saturday, March 24. "All you have to do is bake an item using wheat or wheat products and take it to a friend, relative, neighbor, co-worker, service provider, shut-in, just to name a few of the possible recipients," says Wagner. "Surprising someone with home baked wheat foods makes them, and you, feel special."

Participants who write in to tell about their Bake and Take Day activities will be entered into a random drawing for \$50 cash in one of four categories. All eligible entries collected via e-mail and U.S. mail by April 15, 2007 will be included. Participants need to indicate a category -- youth individual, youth group, adult individual, and adult group -- on the entry form.

To enter the drawing, participants need to complete the entry form or e-mail information to the South Dakota Wheat Commission (info@sdwheat.org). Include any community service aspects, the baked goods made and how many years you have participated in Bake and Take Day. Mail entries to South Dakota Wheat Commission, Box 549, Pierre, SD 57501." For the recipes and entry form contact your local Extension Office.



Check Out What's Inside:

- ◇ State Wide Community Service Project
- ◇ Teen Leadership Conference
- ◇ Operation Military Kids
- ◇ Horizons Project-Youth Needed
- ◇ State Scholarship Deadline
- ◇ Regional Dog Project News
- ◇ Performing Arts Camp Dates

ST. PATRICK'S DAY

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PRSR STD
US POSTAGE PAID
RAPID CITY, SD
57701
PERMIT 23

Sincerely:
Vera Boje—Jackson County
Shawn Burke—Shannon County
LaDonna McKnight—Custer County
Youth Development/4-H
Extension Educators
Dr. Jean Berry—Pennington County
Community Youth Development
Coordinator