



West 1 Field Education Unit 4-H HEADLINE NEWS August 2008



August 2008

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South Dakota 4-H
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Western 4-H Family and Consumer Sciences Show

The Western 4-H Family and Consumer Sciences Show will once again be held October 10-11, 2008 in conjunction with the Western Junior Livestock Show in Rapid City, SD.

This year the show will once again offer many different contests for 4-H members from South Dakota and surrounding states. Contests to include: Bread Baking, Public Presentation, Fashion Revue/Fashion Show, Home Living, Family Photo, Place-setting, Measuring, Meat ID, FCS Judging Contest, a FCS Jeopardy Contest, a Vegetable ID and Judging Contest and interviews for the Educational Trip to the National Western Stock Show in Denver will be held. A Cloverbud Place-setting and Measuring event will be held for 5-7 year olds.

Awards for all contests will be presented at the Public Fashion Show on Saturday at 3:00 pm. The Premier Exhibitor Awards will be given again this year, contestants will receive points for participating in the contests offered and the top point earners will receive cash awards depending on age division. New this year the Show will be open to youth not enrolled in 4-H that are interested in competing in the different events.

Detailed information about the contest is available at your local Extension Office.

Registration materials will be available in August at your local Extension Office or visit the 4-H Website at <http://4h.sdstate.edu> and click on Western 4-H Family and Consumer Sciences Show for more information.

Western Junior Livestock Show Celebrating 70 years!

The Western Junior Livestock Show will be held October 8-11, 2008 in Rapid City at the Central States Fairgrounds.

The Western Jr. Livestock Show includes Beef, Sheep, Swine, Dairy Livestock and Showmanship Contests, a Futurity Show and Market Beef Sale, a Range and Forestry contest, Wool contest, Range Plant ID contest and a Livestock Judging contest.

The Livestock show sponsors 4-H members to attend the National Western Stock Show in Denver and several scholarships. The winners for the trip are chosen based on points earned from participation in previous years and in this years show. Scholarship winners are selected by an interview committee.

4-H members from across SD and surrounding states are welcome and encouraged to participate in the Livestock show.

Rules, regulations, entry blanks and trip/scholarship applications will be available from the Western Junior website at: www.westernjuniorlivestock.com or contact the show secretary Jackie Maude at 605-255-4445 or your local Extension Office. 2007 exhibitors will be mailed entry information. Entry deadline is August 25, 2008.

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South Dakota
Cooperative Extension Service



Take a Little Stress Out of Getting Ready for the Fair

Joshua finished the display in the van on the way to the fair, Nicole stayed up most of the night to complete an exhibit, Morgan's parents had to make a mad dash to the local store for supplies, and John and his parents exchanged harsh words.

Getting ready for the 4-H fair can cause lots of stress in a household. Of course, any event that gets this much publicity and is to be the culmination a year of learning is bound to be filled with strong emotions. And even though it's the 4-H member and his/her project that is being evaluated, parents and even leaders may at least subconsciously view the success of the 4-H'er and his/her project as a reflection on their ability.

So, how can we lower the stress level of preparing for the fair?

- First, try to **put the 4-H fair in perspective**. The county 4-H fair is only one part of the total 4-H learning experience. Serving as an officer or on a committee, giving a talk or demonstration, going to a project meeting or workshop, completing activities from a project activity guide, and going to camp are only a few of the hundreds of experiences a 4-H'er learns from throughout the year. Yes, the fair is a special part of the 4-H experience, but it is not the only part.
 - The development of young people is our first consideration in 4-H work.
 - We are more concerned about what the 4-H'er learns than with the exhibit.
 - Project exhibits are a means to an end – not an end in themselves.
 - Leaders and parents need to help each 4-H member set realistic goals for himself/herself according to his/her own age and experience.
- Probably the most obvious way to decrease stress is to **encourage club members to start early preparing their exhibit**. If it's only a couple of weeks before the fair when you read this, the suggestion may still be relevant. It may be better to stay up late a couple of nights a week before the fair, rather than the night before. Then you and your 4-H'er can at least catch up on some sleep before attending a long day at the fair.
- **Read and make sure you and the members understand all the rules, regulations, and requirements** for the exhibits. Leaders may want to review these at a club meeting where parents are present. It will be especially important that you help new members and their parents understand the "4-H'ese." Members who have taken a specific project could help those exhibiting for the first time.
- **Understand the purpose of exhibiting and judging projects**. Project exhibits are brought to a 4-H fair to recognize each 4-H member for his/her accomplishments and to give each member an opportunity to learn more about his/her project, and to gain life skills such as evaluating one's own work and communicating that information effectively with someone else.
- **Understand 4-H Interview judging**. Interview judging is the process used for all non-livestock exhibits by most counties to evaluate 4-H'ers' exhibits. During interview judging, the 4-H member talks with the judge and will be asked questions about the exhibit. He needs to be prepared to tell what he was trying to do in his project (goals). He needs to be able to describe the methods and processes used to produce the exhibit. The description may include both successes and mistakes he learned from. He may also want to tell how completing this project may affect his future. 4-H projects are evaluated independently, not compared. Judging is done according to quality standards, not a matter of personal whim. The standards are high, but attainable and appropriate to different age levels. Completed exhibits that meet the show requirements receive Purple (exceeds standards) Blue (meets standards), Red (needs improvement), or White (needs much improvement) awards.
- **Review the quality standards for each project**. Help 4-H'ers and their parents understand what the judge may be looking for. The melted marshmallows in cereal treats should be mixed thoroughly throughout the cereal, the cereal in the marshmallow treats should not taste stale, and the mixture should be spread smoothly in the pan. The judge will also be looking for evidence that the 4-H member completed the project and that he learned while completing the project. The individual who has made marshmallow treats may have learned that the marshmallows don't stick to the spatula if you grease it before starting. One of the best ways to help a 4-H member understand these standards is to provide an opportunity for the 4-H'er to practice evaluating (judging) his own project.
- **Relax and have a good time**. What do you want a 4-H member to remember about his/her experience at the fair? Winning a purple ribbon is an excellent goal to set. But it may not be the only goal a 4-H member sets. And a person may learn just as much or even more by not reaching a particular goal.

Ribbons and awards will fade,

but the things young people learn last a lifetime!

Adapted from University of Illinois Extension Leader's Lines, Volume 6 Issue 6



July 31-August 2-Fall River 4-H Achievement Days & Co. Fair-Edgemont
 July 31-August 2-Haakon/Jackson 4-H Achievement Days & Co. Fair-Philip
 August 6-10-Bennett Co. 4-H Achievement Days & Co. Fair-Martin
 August 7-10-Custer Co. 4-H Achievement Days & Co. Fair-Hermosa

August 14-24-Pennington Co. 4-H Achievement Days & Central States Fair-Rapid City

August 22-24-State 4-H Rodeo-Ft. Pierre

August 28-Sept. 1- SD State Fair-Huron

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.

Robotics Challenge at the State Fair

A robotics challenge will be held at the State Fair on Thursday, August 28th. Participants will have the opportunity to build and program a robot to move through a maze. Anyone interested in participating in the robotics challenge can contact LaDonna at the Custer County Extension Office or Tana at the Pennington County Extension Office for more information and/or to practice with the robots.

State Fair Contests

Anyone receiving purple ribbons for Special Foods, Fashion Revue and Public Presentations and are going to the State Fair in Huron need to contact their local Extension Office to send in paperwork by **August 1st**.

Exhibits Going To State Fair

Exhibits receiving purple ribbons at this year's County Fair are eligible for State Fair. Each 4-H member may send a **total of ten exhibits** to State Fair. Please be cautious when selecting items for State Fair-do not send valuable, extremely fragile or sentimental items as we cannot guarantee their safety while on display at State Fair. 4-H computer entry tags **must be attached to each exhibit**.

Contact your local Extension Office for State Fair Entry Deadlines.

State 4-H Rodeo Finals Entries/ Scholarship

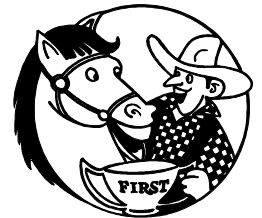
State 4-H Rodeo Finals entries are due August 1st to the State Finals secretary. Entries are available at your local Extension Office. The 4-H Rodeo Scholarship applications for graduating seniors are due August 1st.

Camo Camp Coming to a Fair Near You!

Operation Military Kids is sponsoring a Camo Camp at the Custer County Fair on Sunday, August 10th from 9:00-2:30 in Hermosa. Participants will go through an obstacle course, decode a message, make a craft, and talk to a military member about his/her equipment.

Play Day Scheduled

The Natural Gateway Rodeo is once again sponsoring a Play Day, September 28, 2008 at the Buffalo Gap Arena starting at 10:00 am. Events to include (subject to change): Break away roping, team roping, barrels, poles, keyhole, flag race, goat tail untying, tie down roping, and musical chairs to name a few of the events. Age divisions are in place for each event and not all events are open to all ages. Entry fee is \$1.00 per event plus a stock fee for roping events. Prizes will be awarded for events and all-arounds. For more information and entry forms please contact: Mary Alice Kritenbrink at 1-605-833-2735 or 26429 Sage Road, Buffalo Gap, SD 57722.



Check your E-Mail...

All Extension Educators received new email addresses-if you are trying to contact your local extension Educator and your email keeps bouncing back it could be that you are using the old email address. As of July 1 all of the Educators email contacts changed, the new format is: `firstname.lastname@sdstate.edu` please use this format when trying to email an Educator. Thank you and sorry for any confusion.

Welcome Brenda Clement— Family & Consumer Sciences Educator in Pennington County!

Hello everyone! My name is Brenda Clement and I am the new Extension Educator in Family and Consumer Science for Pennington County. I am a registered dietitian and have spent the last two years working for WIC (Women, Infants & Children) in Eagle Butte, SD. I received my degree from the University of Wyoming in Laramie.

I am very excited to join the Extension team! I was a 4-H member for 10 years competing every summer in 4-H rodeos. I grew up on a ranch and spent most of my childhood riding horses. I love working with kids and believe that they are the heart of our future. I enjoy teaching nutrition and wellness to both children and adults.

I am getting married August 30 to Dr. Josh Biberdorf of Rapid City who is a chiropractor at Black Hills Health & Wellness Center. So, my name will soon be changing to Brenda Biberdorf.

I look forward to meeting you all in the future. Please stop in for a visit if you are in the Extension neighborhood.

The Fair is Over But the 4-H Year Continues

Whew ... 4-H exhibits are finished!! For most of you, the deadlines are past, the projects are finished, and the ribbons have been distributed. Many times, we consider the 4-H year finished at this point. However, some of the best learning can take place after the 4-H exhibits are past.

As a 4-H leader or parent, you can help to make the end of the summer a great learning experience for your club members. If you have a year-end meeting or celebration of some sort, set aside some time for "debriefing."

4-H claims "experiential learning" as its cornerstone in education. Many of you are incorporating experiential learning techniques into the work that you do with 4-Hers all of the time. Experiential learning includes the things that we "do" with kids . . . but it goes beyond the doing to actually talking about the things that were done. What did we do? Why did we do it? How is that important? When will I do that again in life?

When we think about the "4-H Year" we need to make that experiential, too. During the year we are busy having meetings, doing community service, taking part in workshops, completing projects, exhibiting at the fair, etc. Now, it is important to STOP and look back at the entire year. Help them to talk about and think about the things that they have done and

accomplished. Help them understand the importance of the things that they have learned and how they can apply these new skills to new situations in their lives.

Some questions that you might use to encourage discussion are:

Encouraging the Group to Share What Happened

- What are some of the things that we did this year?
- What are some new things that you learned this year?
- What are some things that we did that you really liked?

How did our group work together this year?

Encouraging the Group to Process What's Important

- What did you learn about yourself during the year?
- What did you learn as a group that you might not have learned alone?
- How has having fun helped you learn?

What made this year a good year?

Encouraging the Group to Generalize to Other Situations

- How will the things you learned this year help you?

Why is it important for each person to have their

- own views?
 - What did you learn about making decisions?
 - What did you learn about working with others?
- What can people do to help themselves keep learning?

Encouraging the Group to Apply to New Situations

- What did you learn that will help you in the future?
- How could the skills you practiced help you in other ways?
- What would you like to do differently next year?
- What did you learn this year that will help you relate better to others in the future?

The end of the year is an important time for 4-H members. It is a time to bring closure to the past and a bright future and excitement to the next year.

By Diane Baker
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HAVE A BALL
at the Fair