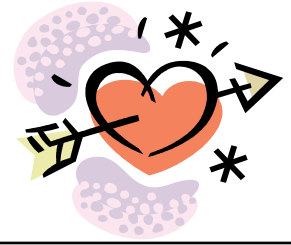




West 1 Field Education Unit 4-H HEADLINE NEWS February 2008



February 2008

West 1 Field Education Unit Educators

Bennett County

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Shannon County

Shawn Burke-Ag/YD/4-H
455-1362
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South Dakota 4-H
Website
<http://4h.sdstate.edu>

Community Service Idea

WNAX a radio station in Yankton would like to partner with you with the idea of sending seeds to Soldiers in Iraq. Over the years people have sent many things to American soldiers, so they can share the items with the local Iraqi people. Helping the Iraqi people grow their OWN food is one way we can help bring the soldiers home sooner rather than later.

From Major John Blankenhorn (originally from Flandreau, SD) stationed in Iraq: "(The seeds) would really be a great thing for this area. We need relatively fast growing plants that don't require too much water. Vegetables common around here are tomatoes, turnips, radishes, carrots, squash and smaller melons. Wild flower seeds would also be nice for the Iraqi people."

Major Blankenhorn adds, "This is part of an overall civil-military operation that will allow coalition forces to help get the community back to normal after all these years of fighting. The kids need to experience something positive and helpful in their lives. It would be a great project for kids to connect with and to show that (the Americans) don't just bring weapons and military equipment."

American soldiers winning over the Iraqi people, is the quickest way to bring our soldiers home.

WNAX is looking for places of business and/or civic organizations to be donation locations for the seeds. Ideally, the business will sell seeds – but any and all will be welcomed.

Download the Seeds for Soldiers logo available from your local Extension Office and attach to a box -- then simply start collecting seeds. We already have persons willing to donate the postage. Next, notify WNAX (800-843-0089) so we can list your business or organization on the website and make mention of you on the air, or email the information to erin@wnax.com.

You can also mail seeds to WNAX in Yankton and they will send them on to Iraq.



South Dakota
Cooperative Extension Service

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

4-H SKI NIGHT

The seventh annual 4-H Ski night at Deer Mountain will be February 22nd from 4:00-9:00 pm that evening.

Release forms will be sent to all County Extension Offices and you will need to stop in, pick one up and sign up in your county office. We need to have a count as to how many to expect by February 13th. We must have at least 30 signed up overall to get the group rate.

Please remember that the 4-H insurance does not cover skiing, sledding and tobogganing. You will be skiing at your own risk.

The group prices are for a group of 30 or over:

	Ski Rates	Rental Rates
Adult 18-69	\$12.00	\$9.00
Junior 13-17	\$10.00	\$9.00
Child	\$6.00	\$8.00

If you have any questions please contact your local office or LaDonna McKnight at the Custer County Extension Office-605-673-4971.



Rabbit/Cavy Workshop

The Woods and Meadow Rabbit Club is sponsoring it's second annual Rabbit/Cavy Workshop on March 29th from 10:00 am until 3:00 pm. They will be teaching rabbit/cavy showmanship, rabbit/cavy judging, breed ID, tattooing/ear tagging and general care of the rabbit and cavy. Lunch will be served at noon. For further information, please contact Mary at 721-1505 or email marys@rushmore.com.



Horse Scholarship Available

The Rapid City Quarter Horse Assoc. is sponsoring a \$1000.00 scholarship to a horse project member that is currently a senior who will graduate this spring. Applicants must be from West River and enrolled in the horse project for the last 3 years. For applications or more information call Patty Brunner at 393-2577 or the Extension Office at 394-2188. **DEADLINE: May 1, 2007.**

Eligibility

- *Must have completed the 4-H horse project for a minimum of three years.
- *Must be *currently* enrolled in an organized 4-H club at the time of application.
- *Must be graduating from a West River S.D. High School.

*Must be a *current* year graduating senior.

Deadline: May 1st, 2007 with the final selection to be made by May 15th, 2007. Personal interviews may be requested.

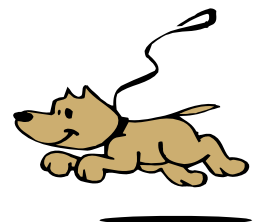
Application: Must include the following:

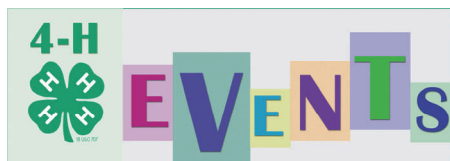
- Name & Address
- 4-H Club and years enrolled
- Home Phone
- Birth Date
- Name and Address of High School
- Name and address of college you plan to attend.
- Grade point average and rank in class
- School involvement (to include awards, activities etc).
- 4-H involvement (awards, offices held, leadership, community service etc).
- Summarize your community involvement.
- How has being involved with horse benefited you?
- What would you like to accomplish in the horse industry in the future?
- What course of study do you plan to pursue?
- Please attach two letters of reference (other than family).
- Sign and date your application and forward it to: Rapid City QH Assoc., Patty Brunner, 6679 Long View Rd., Rapid City, SD 57703, 393-2577.



Join us for a GOOD time with your dog!

Region 4-H Dog Project is open to any child 8-18 years old. You can be a 4-H member in ANY county or club to join us. If you are not already a 4-H member, there is an additional fee of \$3 to sign up with the Dog Project specialty club "Extra Ordinary Friends". Dog classes will begin again in June watch the newsletter details. Contact Lois Schmoll 430-7688 for more info.





February 13, 4-H Ski Night Pre-registration Due
 February 18, President's Day-Offices Closed
 February 23, 4-H Ski Night-Deer Mountain
 April 1, State 4-H Scholarship Applications due
 April 5, State 4-H Leaders Meeting-Watertown

June 3-6, Teen Leadership Conference-Brookings
 July 22-24, State Horse Show

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.

In 4-H, Learning Is Fun!

When you take part in these events, you learn and have fun at the same time. Judging teaches you how to make decisions. It also improves your observation skills. Public speaking and demonstrations help you learn to express yourself in front of an audience. What do all of these activities have in common? They teach you skills you will use the rest of your life. They're also fun to do! This is the second installment in which we will be highlighting some of the "Youth In Action Events" That enhance the learning and fun that is 4-H! This month we will look at the Special Foods Contest that is held each year.

Special Foods

Do you like to cook, experiment with new recipes, test your nutrition knowledge? Then read on and learn about the Special Foods Contest!

This event combines food preparation skill, nutrition knowledge, and aesthetic awareness as the 4-H member prepares a nutritious dish for which they have planned an accompanying menu and table setting to enhance the dish. During the preparation, the 4-H member is given the opportunity to share their knowledge of the nutrient composition of the dish.

The Goal and the objectives of the Special Foods contest are as follows:

Goal:

4-H'ers will learn to provide meals and snacks that satisfy aesthetic, psychological, nutritional, and individual needs by choosing and preparing a recipe from any one of the five food groups.

Nutritional Objectives:

- *To know the MyPyramid Plan, food groups and amount/number of servings needed for one's own age and activity level.
- To prepare foods that meet basic nutrient needs of the body.
- To be able to list and discuss the functions of the six major nutrients present in the food groups and specifically those found in the food prepared and

the menu.

- To recognize and categorize foods in the recipe into the food groups.
- To be able to discuss key nutrients present in the food prepared and the body's need for these nutrients.

Menu Planning Objectives:

- To demonstrate how to increase interest in a meal by varying color, shape and form of menu items.
- To demonstrate how contrasts in a menu's flavors, temperatures and textures contribute to its total quality.
- To use the menu chosen to establish preparation methods and equipment use patterns.

Aesthetics Objectives:

- To coordinate a table setting cover into an attractive, aesthetically pleasing manner based on the menu.
- To demonstrate the importance of arrangement and garnishing in overall appearance of the food being served.

Time Management Objectives:

- To identify and implement time management strategies, appropriate equipment and appliances to prepare the recipe within 1 1/2 hours.

Food Safety & Sanitation Objectives:

- To observe personal hygiene habits to ensure a safe and sanitary food.
- To be able to discuss and implement general kitchen practices that are routine in the interest of safety and sanitation.
- To discuss and implement recommendations for avoiding bacterial hazards when purchasing, storing, thawing, cooking, and serving food.

Food Principles Objectives:

- To discuss the food principles and preparation techniques applied in the recipe prepared.
- To evaluate the finished product based on eye appeal, flavor, texture, and taste.

Now if this sounds like FUN to you contact your local Extension Office for more information.



2008 Horse Form I

Everyone will have to fill out new Horse Forms as there is a new form this year. You will need to fill out a form for each horse you will be exhibiting in the horse project. These forms are due by **MAY 31st** to your local Extension Office.

Horse Safety Training -- IMPORTANT!!!!

All 4-H members enrolled in the Horse Project **MUST** participate in the Horse Safety Training Course **along with a parent**. Members must participate in one of these trainings in order to participate in horse activities!! The training must be completed by May 31st in order to participate in any horse activity in 4-H. Please contact your local Extension Office to find out how these trainings are set up for your county.

4-H Livestock/Horse Judging/Oral Reasons Workshop And Range Riders Livestock Judging Contest

There will be a Livestock and Horse Judging/Oral Reasons Workshop on Saturday, February 9th from 10:00 AM-Noon at the Tupper Feedlot directly across from the St. Onge Livestock Sale Barn. This workshop will be presented by Rod Geppert, State Youth Development/4-H Livestock Project Leader. If you would like to improve your livestock judging, horse judging and oral reason skills, plan to attend this workshop. This is a repeat of the workshop that was held in June. It was not well attended so please **ENCOURAGE** all 4-H members, leaders, parents, etc. to attend.

Participants will need to bring a sack lunch and lunch will be from Noon-1:00 PM. The Range Riders 4-H Club will host a Livestock Judging Contest from 1:00-3:00 PM. Prizes will be awarded. In case of inclement weather, it will be cancelled. If you have any questions, please call Roxie Tetrault at 642-9792.

State 4-H Scholarships Due April 1st

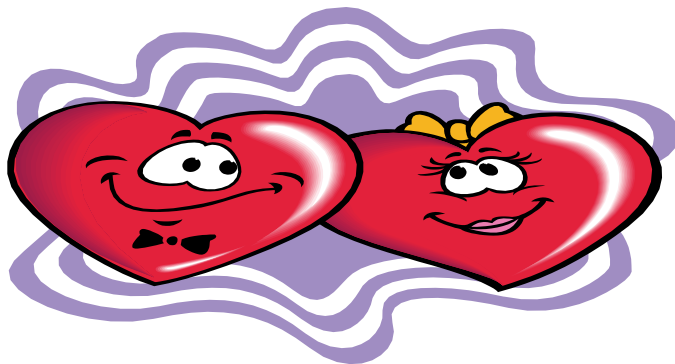
Information is available for youth who want to apply for the State 4-H Scholarships provided through the designated donors of the 4-H Foundation at the SD 4-H website. Go to <http://4h.sdstate.edu> and click on 4-H Clubs and then scroll down to trips and scholarships. The details and process are similar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

4-H Curriculum Books

4-H Curriculum books are available in almost every 4-H Project area. As of January 1, 2008, you now have to order them from 4-H Supply Service **ONLY**. They are a wonderful resource for your 4-H projects as well as a County Fair entry. There are books for almost every 4-H project area offering 2-5 levels along with a help/leader guide. For a complete list of the books, go online at www.4-hmall.org or contact your local Extension Office. You will need to order the curriculum books directly from the website or through the mail. If you have any questions, please contact your local Extension Office.

4-H Shooting Sports

The CMP will be holding an air rifle weeklong camp in Rapid City on June 16-20, 2008. Information regarding this camp is posted on the CMP website. Signup **EARLY!** The CMP website is odcmp.com or contact your local Extension Office.



State 4-H Leaders Meeting

The State 4-H Leaders meeting will be April 5th in Watertown at the Codington County Extension Complex. Look for details next month.

State 4-H Shoot

State 4-H Shoot will be April 25-27th in Ft. Pierre.

State 4-H Horse Show

The State 4-H Horse Show will be July 22-24 at the S.D. State Fairgrounds in Huron

Summer Spotlight

The S.D. Summer Spotlight will be held at the State Fairgrounds in Huron, SD on July 25, 26 & 27th, 2008

4-H Community Service Project

The State Community Service Project theme for 2007-2008 is environment. Contact your local Extension Office for a report form. File your report by September 10, 2008.

State 4-H Dog Committee Plans Workshop

4-H members, leaders and parents are invited to bring their dog and attend the S.D. 4-H Dog Project Day March 21-22, 2008 at the Davison County Extension Center in Mitchell, SD. For more information, contact your local Extension Office for a complete schedule.

OMK Needs Letters From 4-H Members

Operation Military Kids has need of 100 encouraging letters to kids from kids to place in HERO packs in the next two months. Please consider writing an encouraging letter to a child whose parent is about to be deployed to Iraq or Afghanistan. The letters don't have to be very long, just a heartfelt recognition of the sacrifice being made by S.D. kids when their parents deploy. Take to your local Extension Office and we will make sure Kathy Reeves get them.

Bake and Take Day

Bake and Take Day is Saturday, March 22. 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. 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 the four categories. All eligible entries collected via e-mail and U.S. mail by April 15, 2008 will be included. Participants need to indicate a category — youth individual, youth group, adult individual, and adult group—on the entry form available at your county office.

Teen Leadership Conference

This year's theme will be Extreme Makeover—TLC Edition. Joining us as keynote this year is nationally recognized consultant and presenter John Paul Murphy. He is a master storyteller and entertainer as well as a registered "jollolojest" The registration fee for TLC is \$130 until April 15, then it goes up to \$160. Registration materials will be available March 1.

Ownership Verification Forms – NEED ONLY FROM FAMILIES WHO HAVE INTENTIONS OF COMPETING AT THE STATE LEVEL!!!!

All animals in the 4-H division that will *potentially be shown at a state sponsored livestock event such as the South Dakota State Fair* must be in possession of the exhibitor by the closing enrollment/ownership date.

The dates are:

March 31st: Market Beef (Heifers and Steers)

May 31st: Breeding Beef, Market Swine, Market-Goat, Breeding Sheep, Market Sheep, Dairy Goat, Horse & Dairy Cattle

All market beef, market swine and market sheep that will *potentially be shown at a state sponsored livestock event such as the South Dakota State Fair* need to be green tagged for ownership verification while breeding beef, breeding sheep, horse, dairy goat and dairy cattle do not need to be green tagged. These animals need to be green tagged by:

March 31st: Market Beef

May 31st: Market Sheep, Market Goat & Market Swine

Livestock verification affidavits will be used this year *only for animals that will potentially be shown at any state sponsored livestock event such as the South Dakota State Fair*. This includes market beef, market swine, market sheep, breeding beef, breeding sheep, horse, dairy goat and dairy cattle. Verification affidavits need to be completed on these animals and on file in the County Extension Office by:

March 31st: Market Beef

May 31st: Market Sheep, Market Swine, Market Goat, Breeding Beef, Breeding Sheep, Dairy Cattle and Dairy Goat

All columns of the Livestock Verification Affidavits must be completed. Green tag numbers must be identified for all market animals. All sheep and dairy goats need to have scrapie identification tag and that must also be listed on the affidavit. Forms and tags are available at your local County Extension Office.



Pennington County Extension Service
601 E Centre Street
Rapid City, SD 57701
Phone: 605-394-2188
FAX: 605-394-2188

Sincerely:
Vera Boje—Jackson County
Shawn Burke—Shannon County
LaDonna McKnight—Custer County
Youth Development/4-H
Extension Educators



Check Out What's Inside:

- ◇ Community Service Project-Seeds for Soldiers
- ◇ 4-H Ski Night
- ◇ Rabbit and Cavy Workshop
- ◇ Horse Scholarship
- ◇ Learning is FUN!-Special Foods
- ◇ Horse Safety Trainings-Forms
- ◇ Livestock Judging-Livestock Forms
- ◇ Summer Dates to Mark on your Calendar

HAPPY VALENTINE'S DAY