



West 1 Field Education Unit 4-H HEADLINE NEWS February 2009



West 1 Field Education Unit Educators

Bennett County

Vacant-Ag
Nancy Pauly-FCS
685-6972
bennett.county@sdstate.edu

Custer County

LaDonna McKnight-4-H/YD
673-4971
custer.county@sdstate.edu

Fall River County

Dusty Jager-Range Management
Sally Park-Hageman-FCS
745-5133
fallriver.county@sdstate.edu

Haakon County

Adele Harty-Livestock
859-2840
haakon.county@sdstate.edu

Jackson County

Jessica Eikmeier 4-H/YD
837-2133
jackson.county@sdstate.edu

Pennington County

Brenda Biberdorf-FCS
Tana Clark-4-H/YD
Vacant-Horticulture
394-2188
pennington.county@sdstate.edu

Shannon County

Arlo Iron Cloud-4-H/YD
Program Assistant
Vacant-CIL
455-1362
shannon.county@sdstate.edu

Meade County

Penny Nester-Livestock
347-2436
meade.county@sdstate.edu

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

4-H SKI NIGHT

The 8th annual 4-H Ski night at Mystic Miner at Deer Mountain will be February 20th 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 17th. We must have at least 30 signed up overall to get the group rate. Invite a friend-just make sure you have the proper paper work for everyone.

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 (from all counties combined) or over:

- \$10.00 poma pass
- 1/2 Night pass \$15.00 each (chair lift)
- Rentals \$15.00/not including helmets
- \$12.00 per person 2 hr. Tube-park/pass.
- A Full Day Pass will be \$26.00 not including rentals

Note: The Tubing/Park is open Friday until 7pm.



When you go to Mystic Miner at Deer Mtn. on the 20th you must take the release form(s) provided at the Extension Office that is copied on green paper. This is the only way you will receive the 4-H group rate.

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



A DOG GONE WILD WEEKEND!

When: March 21 all day and night thru March 22 morning. Specific times coming.

Where: Pennington County 4-H building

Who: 4-H Dog project members and family and your DOG!

What: Games, guest speakers, training, movies, baking, and lots of FUN!

Call 394-2188 for more details or reserve your spot today!



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January 31, Black Hills Stock Show Youth Day Rapid City-Pennington Co. Fairgrounds
 February 3-4-5, Black Hills Stock Show Youth Activities-Rapid City-Civic Center
 February 21, Shooting Sports Safety Training-Philip-9:00 am-afternoon-call Haakon Co. Office for details

February 27, South West Dakota 4-H Rodeo Meeting-Hermosa 7:00 pm

March 6, Special Foods, Fashion Revue and Sculpting HOW TO workshops, Rapid City, starting at 1:00 pm

April 17 & 18 Youth in Action Days In Rapid City

June 9-12, Teen Leadership Conference-Brookings

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.

Volunteer Robotics Training

Would you be interested in helping with robotics workshops, maybe start a club? Then check out this great training opportunity!

When: March 12, 6 pm – 8:30 pm

Where: Pennington Co. 4-H Building-Rapid City

What: Basic training on NXT Lego Robotics to assist youth.

Youth In Action in the West

Western South Dakota will be hosting a Youth In Action Day on Friday, April 17th from 3:00 PM to 7:00 PM and on Saturday, April 18th from 9:00 AM to 2:00 PM in Rapid City at the South Maple United Methodist Church. Youth will be able to participate in public speaking, special foods, fashion revue, non-livestock judging and make several of different exhibits for exhibiting at the fair all in one day and at one location. Be watching for the more information and the pre-registration date.

Rabbit/Cavy (Guinea Pig) Workshop

The Horseshoe 4-H Club and the Woods and Meadow Rabbit and Cavy Club are sponsoring a rabbit and cavy hands-on workshop Saturday, March 14, 2009 at 10:00 AM at Hale Hall, White-wood. More details will be in March 4-H Newsletter.

First National Festival of Breads™

Dust off your recipe box and put your apron on. The National Festival of Breads competition, which seeks the best bread recipes from home bakers throughout the United States, is open to home bakers ages 18 and up from all over the nation.

To enter the competition, home bakers must submit their original bread recipes online at kingarthur-

flour.com/events by 11:59 PM (CT) on Sunday, February 15, 2009. No purchase is necessary to enter or win.

For additional information, official rules and to enter online, visit www.kingarthurflour.com/events or contact the South Dakota Wheat Commission at www.sdwheat.org.

Children's Gardening Workshop

The fourth annual Children's Gardening Workshop will be held on Saturday, March 7 at the Pennington County Extension Office, Rapid City from 9:30 AM to 3:30 PM. Cost of the workshop is \$30 which includes hand-outs, curriculum, snacks and lunch. Registration is due February 25, 2009.



The workshop is geared toward adults and older youth who love to garden and work with children. For more information or registration, contact your local County Extension Office or visit <http://4h.sdstate.edu>.

The South Dakota Horse Fair, Inc.

will be held at the W.H. Lyon Fairgrounds,(Expo Building and Armory) Sioux Falls, SD March 20-22, 2009. There will be a Horse Judging Contest in conjunction with the South Dakota Horse Fair, Saturday, March 21, 8:30 a.m. at the Armory. Hippology Event at 10:30 a.m., Amory and Horse Safety Training, 3:00 p.m. in the Armory. \$6 fee for adults. \$4 age 6-13, 5 & under free. For more information contact Rhonda Dinan (605)368-2441.

Reminder:

State 4-H Leaders Association Meeting

Date: April 4, 2009

Location: Southeast Technical Institute, Sioux Falls

Time: 9:30 a.m. - 4:00 p.m.

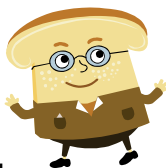
Registration information will be coming out the 1st part of February

Horse Safety Trainings

Don't forget that all 4-H members enrolled in the Horse project must attend a Horse Safety Training. These trainings are beginning to be scheduled. Please check with your county office if you are interested in teaching or hosting a training. We will have a complete schedule in the March Newsletter for the West 1 Field Unit. This is what has been scheduled so far: May 2-Philip, May 23-Kadoka, May 26-Martin.

Bake and Take-2009

Food is nourishment, but beyond that food can also strengthen the bonds between individuals.



"Strengthen the Bonds Between Individuals is the underlying thought behind Bake and Take Day," says Mary Ellen Wagner, director of communications for the South Dakota Wheat Commission. "When someone receives a baked good, they instinctively know the effort that went into making the special treat. That is why baked goods are such a compelling way to say 'thank you,' or 'you are special' or to convey a special greeting."

"Bake and Take Day" 2009 is Saturday, March 28. "Share your time and talent to help bring joy to relatives, friends, co-workers, neighbors, the elderly and shut-ins," says Wagner. "Surprising someone with home baked wheat foods makes you and them 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, 2009 will be included. Participants need to indicate a category -- youth individual, youth group, adult individual, or adult group -- on the entry form. To enter the drawing, participants need to complete the entry form or e-mail the information to the South Dakota Wheat Commission (info@sdwheat.org). Include any community service aspects, and comments regarding how the activity strengthened the bonds between individuals.

For copies of this year's recipe to accompany your baked goods, send request to South Dakota Wheat Commission, Box 549, Pierre, SD 57501 or email info@sdwheat.org.

The Green Review

Chris Zdorovtsov, Horticulture Extension Educator

How do you prepare your flower garden?



It is important to plant your flowers in an area that does not stay too wet. Pick a site with well drained soil so flower roots do not become diseased. If you only have wet soil in your yard, try using raised beds. A raised bed is made from soil that is mounded above ground level. Flowers are then planted into this elevated bed.

If your soil has poor texture or low nutrient levels, you can improve it by adding organic matter in the fall. Compost or peat moss are examples of organic matter. Add organic matter by spreading 3-inches on top of your garden. Then mix or till it throughout the top 8-inches of soil. Annual flowers may tolerate poor soil if enough fertilizer is added, but perennials will not last more than a year or two in poor soils.

What nutrients do plants need?

Plants need 17 elements to grow and develop properly. Nine of these elements are needed in large quantities. These nine major elements are known as macronutrients. They include: **Calcium, Carbon, Hydrogen, Magnesium, Nitrogen, Oxygen, Phosphorus Potassium, Sulfur**

Try to remember them by making up a sentence using the first letter of each element!

Honey Bee Essay Contest

This essay contest is open to 4-H club members only. Being enrolled in entomology is NOT required. The topic is "The Dance Language of Bees". This is a great writing project with excellent cash awards (\$750, 500 and 250). Two years ago, the 3rd place winner was a 10 year old!! Contact your local County Extension Office for rules and submit your essay by February 14, 2009.



Science, Engineering and Technology (SET) One of the National 4-H Mission Mandates is Science, Engineering and Technology also known as SET. Each month we will try to highlight a couple of activities in either the SET area or Health and Wellness, or Civic Engagement to give you ideas to use in your club or as activities for your projects. This month check out the EGG-PERIMENTS submitted by Tana Clark 4-H/Youth Development Educator from Pennington Co.

Squeeze an Egg Without Breaking It

Objective: Students will use the scientific process to discover the strength of an arch.

Materials:

Eggs

Ziploc sandwich size bags

Intro

Ask the students if anyone has every cracked an egg in cooking or on accident. Have them describe what happened.

Procedure:

Give each student an egg and a Ziploc bag. Have the students put the egg inside the bag and seal the bag. Make sure that students are not wearing any rings. The uneven pressure of a ring against the shell will result in flying egg yolk.

Have the students place an egg in the palm of their hand. Tell the students to close their hand so that their fingers are completely wrapped around the egg. Squeeze the egg by applying even pressure all around the shell.

Have the students record their results.

Closing:

Discuss their results. Explain that eggs are amazingly strong despite their reputation for being so fragile. The reason the eggs did not break is because eggs are similar in shape to a 3-dimensional arch, one of the strongest architectural forms. The curved form of the shell distributes pressure evenly all over the shell rather than concentrating it at any one point. By completely surrounding the egg with your hand, the pressure you apply by squeezing is distributed evenly all over the egg. However, eggs do not stand up well to uneven forces which is why they crack easily on the side of a bowl.

The Floating Egg

Materials: Raw egg

2 c. water

Salt - Use pickling or Kosher salt to make a clear salt solution. Table salt may be used, but the solution will be somewhat cloudy

Lesson: It's so simple and amazing. A raw egg will float in very salty water but will sink in plain tap water. Why? Salt water is more dense than regular water. You'll need to make a very saturated salt solution by dissolving roughly 4 tablespoons of salt in about 2 cups of water. due to the additives used to make the salt free-flowing.

Fill a glass half full with the salt water. Slowly add plain water by pouring it down the sides of the glass being careful not to mix the two liquids. Gently drop the egg into the water and watch as it sinks through the plain water only to abruptly stop when it hits the salt water. It's amazing to see how the egg floats on the top layer of the salt water (even more amazing if you don't know about the bottom layer of salt water!)

Extended Activities: Have students make predictions and test whether various objects float or sink. Does the salt water affect the results of these objects?

Try other egg experiments to practice the students scientific processing skills, for more ideas contact Tana at the Pennington Co. Office.

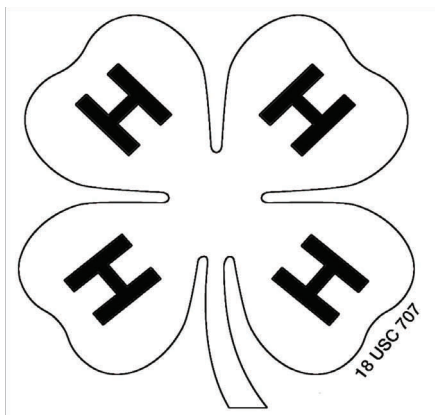


Custer County
Extension Service
447 Crook St. Suite 1
Custer, SD 57730
Phone; 605-673-4971
FAX: 605-673-2385

Fall River County
Extension Service
1031 N. River Street
Hot Springs, SD 57747
Phone: 605-745-5133
FAX: 605-745-5148

Sincerely:
Tana Clark-
Pennington County
Jessica Eikmeier-
Haakon/Jackson County
LaDonna McKnight-
Custer County
4-H/Youth Development
Extension Educators

Check Out What's Inside:



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