

Newsletter

Pennington County Extension

June
2011

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Rapid City, SD 57701

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Email: Pennington@sdstate.edu

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

<http://www.co.pennington.sd.us/extension/extension/extsvc.html>



*Upcoming Meetings or
Events - 4-H Bldg
2011 Meetings
July 11 - 7:00 Ldrs Mtg*

****Other Important Dates****

- June 1 Food Preservation Workshop
- June 2 Dog Class
- June 6-10 Teen Leadership (TLC)
- June 9 Dog Class
- June 12-16 Teen Camp
- June 16 Dog Class
- June 12-18 Performing Arts
- June 12-16 Camp Counselor Training
- June 13-16 Solv-Crime Camp
- June 15 Sewing Workshop
- June 20-23 4-H Camp
- June 22 Sewing Workshop
- June 23 Dog Class
- June 24-27 4-H Camp
- June 28-July 1 4-H Camp
- June 28 County Horse Show
- June 29 Sewing Workshop
- June 30 Dog Class
- July 4 Happy 4th of July
Office Closed
- July 7 Dog Class
- July 8 Preregistration DUE for
Achievement Day
- July 8 Fashion Revue Deadline
- July 10-16 CWF
- July 11 Leaders Meeting
- July 12 Dog Show
- July 14 Dog Show
- July 23 Fashion Revue
- Aug 4 Flower Workshop
- Aug 13 4-H Livestock Show
- Aug 15 Sewing Challenge DUE
- Aug 18 Achievement Day
- Aug 19-28 Central States Fair

Good-Bye!



Dear 4-H Families:

I want to start by saying that I love 4-H! It has so much to offer kids. I love watching the kids grow up and working with their families. I am pleased to see the growth in enrollment and participation at Achievement Days over the last few years.

Unfortunately, with the restructuring of Extension, I was forced to look at other employment options. My original plan was to wait it out, reapply for my job and continue doing what I have been doing. However, with that option I was not guaranteed a job or even my current salary.

Since then I have been offered and accepted a position at Black Hills Children's Home. They made me an offer that I couldn't refuse even if I was guaranteed my job and salary. I taught there before for about 5 years and left to explore different career avenues.

I am excited for the change, but sad that I will not be able to follow through with my goals for 4-H.

I was lucky to have so many great families and 4-Hers to work with! Thank you for all you do for 4-H. It wouldn't have grow so much in the past few years without YOU!

You won't totally be rid of me. I will continue volunteering with Dog Project and plan to start a 4-H Club.

Sincerely
Tana

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4-H Achievement Day - August 19th. Forms will be available the week of June 6 on line and also at the office. Pre-registration forms DUE July 8, 2011.

2011 State Fair Books

The **NEW State Fair Book** should be here by June 6. Please throw out any previous versions. Families may purchase a copy from the Extension Office for \$2.00 or download a copy from the Pennington County website: <http://www.co.pennington.sd.us/extension/extsvc.html> or <http://www.sdstate.edu/sdces/4h/index.cfm>

Making A Difference

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.

 South Dakota
Cooperative Extension Service

Growing
South Dakota's Future

****Up Coming Workshops****
Correct Payment is required at time of signup
and appreciated

Food Preservation Workshop

June 1 - 9:00 a.m. - 12:00 noon
Walter Taylor Building, Rapid City



Pre-registration with the Rapid City Extension Office for this free workshop at 394-2188.

No matter if it is food from the garden or domestic meats or wild game there are specific skills in food preservation to ensure a safe and appealing product for future use. Come and learn how you can put these and other foods by for use throughout the year.

Participants will have hands-on experience using boiling water bath and pressure canners. Handouts of the current USDA guidelines for food preservation will be available.

DOG CLASSES - June 2 - July 7

Advanced: 6-8 pm
Puppy: 6-7 pm
Canine Good Citizen: 7-8



Call the office to sign up. First time participants cost is \$30.00

Dog Show -July 14 - Agility & Showmanship
July 12 - Obedience & Rally Obedience

Two Great Sewing Opportunities!!!!

June 15, 22 & 29
6:00 - 8:00 p.m.

Fee: \$3.00 for all three sessions
Walter Taylor 4-H Building



Instructor, Sharon Guthmiller/Extension Educator

Come and learn how to sew the dresses or shorts for your clothing project(s) either for your own use or give them to the needy children for the "Dress a Girl Around the World" project. If you also need help with constructing or finishing your 4-H sewing project you may also bring them to these workshops and Sharon will work with you, but please let us know.

If you would like to help with this sewing event we would like to hear from you too. Please call the office to sign up and get the list of supplies and pattern. Happy Sewing!

SD 4-H Sewing Challenge Workshop

Make dresses and shorts for needy children across the world. Bring what your



group makes to the Extension Office by **August 15**. Each Extension Office will bring the children's clothing sewn in their County for display at the 2011 South Dakota State Fair, September 1-5. Contact the Extension Office for more information.

Flower Arrangement Workshop - August 4



10:00 a.m. - 12:00 p.m., \$10.00 supply fee, Walter Taylor Building 4-H Building, 601 E Centre Street. Make sure you are signed up in the horticulture project so you can exhibit at Achievement day.

Clothing/Fashion Revue

July 8 Pre-registration deadline for Clothing Project and Fashion Revue

July 23 Fashion Revue/Clothing Construction Judging

is to be held at the 4-H Building at 9:00 a.m. 4-H members will model clothing either sewn, purchased or a combination for a judge to show poise, accessorizing ability, and selection of clothing.

BEWARE - RUMMAGE SALE TIME!

For those of you that want to model used clothing for the Fashion Revue, you need to start your rummage sale/used clothing store shopping now. If you haven't tried this project before, it is so much fun!! You learn how to purchase used clothing (i.e. what to look for when buying used clothing, how to repair items, take out stains, learn to match clothing and accessories, realize a good deal, and find out who found the best deal in town, etc.). You will also learn how to model just for the fun of it. **WHAT COULD BE MORE FUN!** If you need further information, contact the 4-H Office.



Youth 13+ who receive a purple ribbon in fashion revue may go to model at the State Fashion Revue at State Fair. Additional paper work is required if going to State Fashion Revue and will be available that day.



NEW State Fair Livestock Entry Fee

There is a **New Entry Fee** for 4-H Livestock at the 2011 State Fair. This is a non-refundable fee and will be assessed on a per animal basis to offset expenses for judges, awards, maintenance, etc. This entry fee does not include bedding and stall fees nor guarantee stall space. See page 14 of the 2011 State Fair book for more details or contact the Extension Office with questions.

Achievement Day—August 18

ALL Pre-Registration DUE July 8, 2011. Available on line at:

<http://www.co.pennington.sd.us/extension/extsvc.html>

This includes all Fashion Revue and Clothing Entries

- **LEADERS/FAMILIES:** Achievement Day packets will be ready for pickup on June 6. Each family is responsible for picking up their own information unless arrangements have been made with their leader. It is very important that everyone has a **CURRENT 2011 State Fair Book** because ALL lots have been changed. State Fair Books are available on line at <http://4h.sdstate.edu> or can be purchased at the office for \$2.00.
- **Achievement Day Judging will be held on Thursday, August 18th, 2011 from 8:00 am. until 12:00 noon in the 4-H Building.** Exhibits can be entered from 8:00 a.m. – 12:00 noon. Judging starts at 8:30 a.m. 4-H'ers are encouraged to participate in the interview judging process.
- **All youth must pre-register their exhibits on or before July 8, 2011.** Link for static exhibits, dog and small animals. **Static Form** **Dog Form** **Small Animals** Entries can be faxed by 5:00 p.m. or postmarked by July 8, 2011. **A late fee of \$5.00 will be assessed per 4-H'er. Absolutely NO LATE entries after August 5. Late entries will forfeit their premium money and will not be able to go on to State Fair.**
- **All static exhibits except clothing will be judged on this day, including flowers.**
- **Entry Tags****—We will be printing the front side of the tag and will have all your entry tags ready for you the day of check-in for all the entries that you pre-registered. Entry tags will be generated from our 4-H Plus program again this year. We will be printing the front side of the tag only — you will need to pick up the back side of the tag and fill each one out for each exhibit. Back entry tags are available at the office or at this link: **Entry Tag**
- **Clover Bud Entry Tags – All clover buds will be using a clover bud entry tag instead of the 4-H entry tag.** LEADERS, please make sure if you have any clover buds that they use the correct tag. Here is the link: **Clover Bud Entry Tag**
- **LEADERS/CLUBS**—We will need to watch the 4-H Building on August 20, 21, 22, 23, 24, 25, 26, and 27. Please call the office to sign up for a shift.
- **We will need volunteers the day of judging. Please call the office to sign-up.**
- **Livestock Show** – The livestock show will be **Saturday, August 13th, 2011 at the Custer County Fair.** More information will be mailed directly to all livestock enrolled 4-H members by July 1.
- **Fashion Revue—July 23** All of the Fashion Revue Forms can be found on this link: **Clothing & Fashion Revue Forms** on line at <http://www.co.pennington.sd.us/extension/extsvc.html>

Sharon Guthmiller, Extension Educator
Food Safety Topics and Tips

Summertime, warm temperatures, food and picnics go together. Picnic foods, such as potato or macaroni salads, sandwich fillings, hamburger patties and cut watermelon often receive a lot of handling during preparation. Handling and the warm temperatures increase the risk of contamination with harmful bacteria.

Warm temperatures promote bacterial growth. Cooked foods must be rapidly cooled by placing in shallow pans and refrigerating immediately after cooking so harmful bacteria does not grow. The longer food is at warm temperatures, the more likely food-borne illness will result. Bacteria and pathogens multiply fastest at temperatures between 70°F and 135°F.

Mayonnaise-based foods such as potato salad need to be kept cold. Mayonnaise alone is acidic. Problems arise when mayonnaise is mixed with other foods like potatoes, celery, onions, etc. that are low acid, protein or carbohydrate, and moist. Bacteria can grow if this mixture is kept too warm.

Cut melons need to be kept cold. Many people do not realize that melons can cause food-borne illness. Bacteria such as *Salmonella* and *Shigella* (common causes of food-borne illness) are often present on the rind. Therefore, it is best to wash melons thoroughly before cutting then promptly refrigerate cut pieces. Melons, unlike most other fruits, are not acidic and can support the growth of harmful bacteria.

Remember a basic food safety rule: Keep hot foods hot! (135°F) or higher Keep Cold Foods Cold! (40°F) or lower.

Let's Move Campaign

As part of 4-H's involvement with Michelle Obama's Let's Move campaign, 4-H will participate in The President's Challenge for one million Americans to complete the Presidential Active Lifestyle Award (PALA). 4-H has set a goal with Mrs. Obama to have 100,000 4-H members complete their PALA by November 2011.



The Presidential Active Lifestyle Award recognizes those individuals who log their recommended physical activity for six consecutive weeks, five days a week (60 minutes for youth, 30 minutes minimum for adults). You can start at any time. For 4-H to get credit for your hard work, you must become part of the "National 4-H Program" group. Signing up for the 4-H group is simple. All you have to do is register. It's quick, and there's no cost to participate!

To join visit <https://www.presidentschallenge.org/account/register.php>, your group ID number is 96548, group name is National 4-H Program. For more information, contact your local County Extension Office.

Cruise the Plains with SD 4-H Decals on Your License Plates

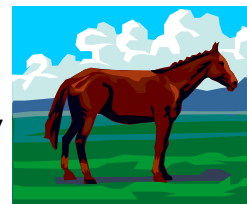


The SD 4-H Foundation in collaboration with the State 4-H Office has launched a fundraising promotion to sell 4-H decals to the public for placement on SD specialty license plates for non-commercial automobiles and motorcycles. The price for a set of two decals is \$20. In addition, supporters need to obtain a set of South Dakota specialty plates from their County Treasurer's office. For owners licensing their vehicles for the first time, there is no charge for requesting a set of specialty license plates. For currently licensed vehicles, owners need to surrender their current license plates and pay \$10 for a set of specialty plates. For more information please contact the Extension Office or <http://www.sdstate.edu/sdces/4h/fundraising/index.cfm>.

Horse and Livestock Judging Isn't Just for Contests

Information provided by Tiffany Meyer, 4-H Program Assistant

I was asked to go out talk to a 4-H group about the basics of horse judging. While preparing my lesson, I was remembering back to when I was a 4-Her and how I learned best. I learned best by knowing there was a purpose behind the new skill I was learning. Isn't that what 4-H is about? Learning by doing to create life skills I can use when I am older?



Many youth and parents get wrapped up in the competitiveness of contest but really the contest is a practice to the life skill you can use in everyday life and make a career from. When I am looking for a horse for a 4-Her, friends, or even myself, I always go back to what I had to judge when I was judging in 4-H and college. The parts of the horse or the livestock specie I am selecting, blemishes, structural soundness; all of these play a role in selecting the animal to meet your purpose.

While training youth, they get nervous because they start thinking of it as a contest, instead think of it as you are looking at these breeds or species as potential prospects and then telling a friend why you think that animal is the number one to choose and why that last animal is the worst. I know reasons are in a more formal format, but they still give you the practice for when you are looking at animals on your own time why you would or wouldn't choose that group of heifers or that Quarter Horse mare as a broodmare.

Also knowing your horse's confirmation will help you chose what discipline you can ride in. You don't see to many 14 hand Quarter Horses doing barrels professionally because you want a tall long strided horse so you cover the arena faster to get the better time. You don't see Arabians in the roping arena because their bones are to refined to take the impact of the hard stopping and pulling of steers or calves. This doesn't mean they cannot do it but you could hurt them in the long run because that isn't what they were bred to be used for.

The structure of animals is key because if your animal doesn't have sound legs then you don't have a good animal at all. Knowing your horse's structure can help you save money in the long time because if you horse is splay footed you know they are going to have to wear boots almost all the time you ride because their legs will continuously hit together. A bull legged horse probably shouldn't be used for reining because stopping with such a wide stance could cause hip problems. Knowing your animal's structure can help you save money on future vet bills and help you play off their strengths.



In all around judging horses and livestock is a tremendous life skill that will never be forgotten. I use mine practically every day either find new horses for people or to evaluate my own horse or livestock herds. I encourage all horse and livestock enthusiast to participate in a great program not to win awards but to win a life time of knowledge and possibly a future career.

Get Out and Vote...for Plants
Rick Abrahamson
SD Cooperative Extension Educator-Horticulture

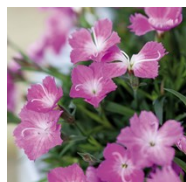
It's that time of the year again, time to get out and vote for your favorite plants. All-America Selections recently announced program called "The American Garden Award" for 2011. This is the second year for this contest, last year over 11,000 gardeners voted. They are asking for gardeners and professional horticulturists to vote on the plant they think have the most garden appeal. For 2011 AAS has selected seven different plants to choose from. They are hoping gardeners will purchase the plants and vote based on how well the plants do in their area. There are several ways to participate in the voting.

Gardeners can vote online at www.americangardenaward.com, text a code to a phone number found at AAS display gardens, mailing postage-paid postcards that are available at most garden centers, or by becoming an AAS fan on Facebook. Several public gardens have agreed to display the four plants so that the public can see them in action. The closest gardens to South Dakota are Denver Botanic Garden, Boerner Botanical Gardens, Chicago Botanic Garden, and Chicago Park District gardens. Other sites include Dallas Arboretum & Botanical Garden, Longwood Gardens, Missouri Botanical Garden, and Oklahoma State University-Oklahoma City just to name a few. This summer consider visiting a botanical garden while on traveling to see some of these plants.

The seven plants in the running are: Dahlia 'Dahlinova Hypnotica® Lavender', Dianthus 'Kahori®', Ornamental Pepper 'Uchu™', Petunia 'Easy Wave™ Neon Rose', Petunia milliflora 'Picobella™ Rose Star', Scaevola 'Surdiva® Light Blue', and 'SunPatiens® Variegated Spreading White'. Dahlia 'Dahlinova Hypnotica® Lavender' is a strong plant with amazing flower color, it looks best in a partially sunny area. Dianthus 'Kahori®' is a sweet scented carnation with summer long pink flowers, it does well in the landscape as well as in containers. Ornamental Pepper 'Uchu™' is an unusual ornamental pepper with variegated foliage and long slim fruit that starts as a cream color and turns red as they ripen. Petunia 'Easy Wave™ Neon Rose' is a spreading petunia that works well in containers or in the landscape and boasts summer long blooms that do not need cutting or deadheading. Petunia milliflora 'Picobella™ Rose Star' is a miniature petunia with small pink and white striped flowers that say jump out and yell "wow"! Scaevola 'Surdiva® Light Blue' is very heat tolerant and boasts fan shaped flowers all summer long. 'SunPatiens® Variegated Spreading White' is an impatiens that does well in full sun and doesn't mind shade or cool weather providing flowers until first frost in the fall.



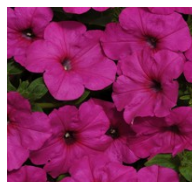
Dahlia 'Dahlinova Hypnotica® Lavender'



Dianthus 'Kahori®'



Ornamental Pepper 'Uchu™'



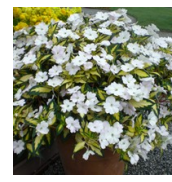
Petunia 'Easy Wave™'



Petunia milliflora 'Picobella™ Rose Star'



Scaevola 'Surdiva® Light Blue'



SunPatiens® Variegated Spreading White'

Voting will continue until August 31st but consider voting today. The AAS website has a graph that illustrates how each plant is doing. While surfing the website be sure to check out all the past All American Selection winners for the past several years.

Feel free to call on me if you have any questions about the voting process or any other horticultural issues. I can be reached at 605-394-2188 or via email at ricky.abrahamson@sdstate.edu. Also, be sure to check out our website at <http://www.co.pennington.sd.us/extension/extsvc.html>.



****Junior Leaders****



Junior Leaders is for all 4-H members 12yrs +.

Our next meeting is **JUNE 18 from 3:30 - 5:30pm.**

We will finalize plans for Noah's Ark Day Camp, July 30 and the Get Wet Camp on August 3. Both Camps are from 9am - 3pm.

Anyone interested in volunteering to help at the Day Camps should call the office.

Bring a snack to share at the June 18 meeting. Please RSVP the office if you plan to attend by phone, email, or text 391-6096

There will be a meeting July 29 from 4pm- 7pm to prepare for the Day Camps.

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Noah's Ark Day Camp 9am - 3pm, July 30, 2010

This is your chance to learn about horses, goats, chickens, rabbits, dogs and cats, and with hands on activities and LIVE animals!



Ages 6-10

Cost \$10

Get Wet! 9 am - 3 pm August 3, 2011

Explore the properties of water and learn about water conservation. Be prepared to get wet.



Ages 6-10

Cost \$10

All Day Camps will be held at the 4-H Building on the northwest corner of the Fairgrounds, 601 E Centre, Rapid City, SD, 57701. Call 605-394-2188 for more information. For registration forms go to

<http://www.co.pennington.sd.us/extension/4hprog>. Check payable to: Pennington County Leaders



Happy Father's Day

Pennington County Extension Staff

Tana Clark - 4-H Youth Educator, Ext. 2

Sharon Guthmiller - Extension Educator/Family Consumer Science, Ext. 3

Rick Abrahamson - Extension Educator/Horticulture, Ext. 4

Tiffany Meyer - 4-H Program Assistant, Ext. 8

Kathy Bruckner - Administrative Assistant & Publications Coordinator, Ext. 0

Evonne Schumacher - Expanded Foods & Nutrition Program Assistant, Ext. 7

Tamara Studioso—Expanded Foods & Nutrition Program Assistant, Ext. 6

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