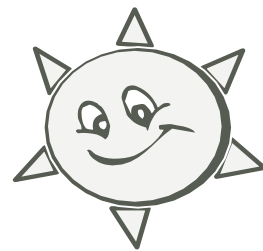




West 1 Field Education Unit 4-H HEADLINE NEWS



June 2007

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West 1 Field Education Unit Educators

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

Youth In Action Activities Scheduled for Summer

Special Foods Contests-This contest is open to any 4-H'er and provides an opportunity to learn about nutritious meals and snacks and how to serve them in a pleasant manner. 4-H'ers choose and prepare a recipe from any one of the basic food groups except fats and sugar. The Special Foods Contest will be following the new USDA MyPyramid guidelines this year so there are new materials. The Extension Offices has the new booklet.

Fashion Revue-the goal of Fashion Revue is to develop an understanding of personal presentation in public situations with regard to clothing, accessories and grooming. Either ready to wear outfits or constructed outfits can be exhibited in Fashion Revue and any 4-H member may participate in Fashion Revue but you must be enrolled in the clothing project to complete the construction portion of the judging.

Public Presentations-The only way to learn good public presentation skills is to give one; and you'll get better they more you give. Public presentations add variety, spark and interest and enthusiasm to the 4-H program. There are three types of Public Presentations-Demonstrations, Illustrated Talks and Speeches.

Contests for these different activities have been scheduled in the West 1 Field Education Unit Counties. Check with your local office for pre-registration dates, contest dates and details/rules concerning the contests. You will also find hand books for each of these contests on the South Dakota State 4-H Web Site at <http://4h.sdstate.edu>.

Competing at these events are great ways to qualify to compete at the South Dakota State Fair in Huron!

Rangeland Days- June 20-21

The 24th Annual Rangeland Days will be held in Eagle Butte, SD. Participants will spend a day out in the field learning more about range plants and utilization, then participate in the State Range judging competitions the following day. The program is tailored to each age group, and provides opportunities to exhibit displays, plant collections and public presentations. The cost (\$25.00 per person) is due to the Ziebach County Conservation District (make checks payable to the ZCCD Rangeland Days) by **June 8th**. Rangeland Days is a unique opportunity for anyone interested in plants to learn more about South Dakota's largest natural resource. For more information contact your local Extension Office.

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

Be sure to check out the SD 4-H Website at <http://4h.sdstate.edu> to get the latest updates concerning state events, Rodeo Schedules and entry forms, State Horse Show, State Fair, etc.

Region 4-H Dog Project - Summer Program

Weekly Summer classes (obedience, showmanship, agility, and rally) will begin Wednesday June 6th at 6 p.m. Classes will run for 8 weeks with the Summer Show on August 1st (no classes July 4th). Classes take place at the 4-H Building on Central States Fairgrounds, Rapid City. ***Note: June 6th and 27th classes will take place in the Fine Arts Building not 4-H.

Dog Show - Wednesday, August 1st. Check-in 5:30 pm. Start 6:00 pm. You will need to pre-register on Wednesday, July 18th, at the weekly Region 4-H Dog Project class.

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. Lois Schmoll, Project Leader, 430-7688.

Youth Livestock Judging Oral Reasons Clinic

June 6, 2007, 9:00 am - Noon
Haakon County Fairgrounds –Philip, SD
Get the Livestock Judging Advantage and Gain Skills on the Following: Market and Breeding Livestock Evaluation – Ranking the Traits – EPD/Performance/Scenarios – Note Taking – Oral Reasons. Instructor: Rod Geppert – SDSU 4-H Livestock Project Leader. Call the Haakon Co. Office for more information.

This clinic will also be offered on June 9th starting at 9:00 AM at the Butte County Fairgrounds in Nisland. Call the Lawrence Co. Office at 605-642-6200 for more information.

Don't forget Camp Scholarships are available for all 4-H members that attend 4-H camp!

See the May Newsletter for details.

5th Annual Whitney Preserve Introduction to Range & Pasture Project

Saturday June 9th, 2007

9:00 A.M. to 3:30 P.M.

Plant Identification

Plant Classification: grass/forb/shrub, season of growth, annual/biennial, poisonous/noxious/edible Proper Collection Methods, How to press plants, and Exhibit preparation Bring sack lunch, clipboard/pencil, small shovel or spade, and box to take plant specimens home for pressing. Refreshments will be provided by The Nature Conservancy.

Directions from Hot Springs: Take Hwy 18 Truck Bypass to State Hwy 71 – Follow Hwy 71 approximately 8 miles to turn-off at Cascade Springs bridge - turn right and follow dirt road through gate to Nature Conservancy building. (Watch for signs)

For planning purposes PLEASE RSVP to the Fall River County Extension Office by June 7th (605-745-5133)

For further information contact: Dwayne Breyer (605-745-4992) dwaynebreyer@yahoo.com, Mark Keffler (605-745-6990) mkeffeler@tnc.org or Bob Novotny (605-745-3586) rnovotny@fs.fed.us.

Won't you consider being a volunteer precipitation monitor?

The Cooperative Extension Service is helping to locate volunteers to report precipitation from your County to a network called CoCoRaHS.

What is CoCoRaHS? It is a volunteer organization for reporting precipitation. It is not part of the "official" National Weather Service observer network, however, the Weather Service will use this information as well as your local Farm Service Agency, the Cooperative Extension Service and you yourself may find this information helpful. Beginning June 1st, South Dakota becomes the 18th member of the CoCoRaHS network.

As a CoCoRaHS volunteer, you don't have to report every day, Just when a precipitation event goes through the area. You then only report the amount that you received. You can report by the Internet or if you don't have internet access, you can call your local Cooperative Extension Service office with your report if they are serving as a coordinator. If there is a 4-H member out there who has an interest in weather, this would be an excellent project to get involved in.

The only special equipment needed is a standardized rain gauge, one that is 4" in diameter with a funnel top and smaller internal tube to measure amount up to one inch.

Some counties are seeking local sponsorships for the rain gauges so check you're your local County Extension Office.



June 2, Pennington Co. Horse Camp 8:30 am Rounds Arena
 June 2, Camp Counselor Training, Hermosa Fairgrounds 9:00 am
 June 4, Camp Counselor Training, Sturgis Extension Office, 9:00 am
 June 5-8, Teen Leadership Conference-Brookings
 June 6, Oral Reasons Clinic, Philip 9:00 am-noon

June 7, Special Foods Contest in Martin 9:00 am

June 9, Range and Pasture Workshop, Hot Springs at 9:00 am

June 13, Special Foods Contest in Custer, 9:00 am

June 17-23 Performing Arts Camp, Aberdeen

June 23-July 1, CWF Trip

July 18, Special Foods Contest & Fashion Revue, Philip

July 24-26, State 4-H Horse Show-Huron

July 26, Fashion Revue in Martin

County Horse Shows

June 14, Bennett Co. Horse Show

June 23, Pennington Co. Horse Show June 28,

Haakon/Jackson Co. Horse Show July 12, Cus-

ter/Fall River Co. Horse Show

*Check the state 4-H website for 4-H rodeo info.

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.

Weather Issues

Crash! Bang! Boom! These are often what we might hear or think of as being associated with a severe storm. For many children even the thought of a thunderstorm or a weather watch or warning can cause anxiety and stress. For the most part, a lot of this is caused perhaps from a previous scary experience or the "unknown".

Communication is essential between parents / caregivers and children before and after a severe weather event takes place. Children should be encouraged to express their feelings and emotions openly. Some questions to help get kids talking include:

- What are you afraid of?
- How are you feeling?
- What did you see or hear?
- What would make you feel better?

Children need to know that it is okay to feel frightened at times. Both kids and adults get scared sometimes and that is completely normal.

Kids need to know what to expect if there is the threat of severe weather. Simple terms and definitions can be shared with them to help them understand what they might be hearing on the television or radio. For example, teaching the difference between a "watch" and a "warning" can help them interpret their feelings and cope easier.

WATCH – means that a severe weather event could happen and that it is important to pay attention and to prepare (conditions are favorable)

WARNING – this means that a severe weather event has happened and been reported or is going to happen and it is important to go to the safe place that has been planned for.

Parents and caregivers need to have a plan of what is going to happen during a severe weather event. It is very important that the family be included in this plan and practice it. Being prepared will help eliminate fear and help ensure everyone's safety.

Get the entire family involved in the communication process by trying some of the following activities to help children cope:

- Encourage children to talk to grandparents about experiences they have had related to storms and severe weather
- Art or drawing is a wonderful way for children to express their feelings – before and after an event
- Help children feel a sense of security and belong by providing reassurance and games that involve touch such as Ring around the Rosie, or London Bridge.
- Learning through creative play is a great activity to help prepare youth (*i.e. puppet show, fire trucks, dress-up, etc.*)
- Read! For starters you might try "Wild Weather: Lightening" by L. Hopping or "The Schoolchildren's Blizzard" by M. Figley. Contact your local library for more titles and suggestions that are developmentally -appropriate reading for your child.

For more information and to help your family become prepared for an emergency, contact your local County Extension Office.

(Sources: "Learning from Children about Severe Weather" NebFact, University of Nebraska, 2005; www.weather.gov; www.weatherclassroom.com; www.fema/kids.gov)

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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

Check Out What's Inside:



- ◇ Youth in Action Contests
- ◇ Rangeland Days
- ◇ Regional Dog Project Information
- ◇ Range and Pasture Workshop
- ◇ Precipitation Volunteers
- ◇ Extreme Weather Safety
- ◇ Oral Reasons Workshops

