

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



West 1 Field Education Unit Educators

Bennett County

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

Custer County

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

Fall River County

Sally Park-Hageman-FCS
Dusty Jager-Range Management
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

Rick Abrahamson-Horticulture
Brenda Biberdorf-FCS
Tana Clark-4-H/YD
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>

TEEN CAMP

Offers campers ages 13-18 the opportunity to learn about their own leadership styles and skills while getting to meet youth from all over Western South Dakota. Campers will also learn skills that will help them with their ever-busy lives while also learning the skills needed to be a camp counselor for the 4-H youth camps to be held later in the month of June. Teen Camp will be held June 16-19 at Camp Bob Marshall near Custer, so we will also be offering many of the "camping traditions" associated with a 4-H camp. Contact your local Extension Office with questions or to fill out a registration form--we look forward to seeing you there!!

Paleontology Field Trip

If there is sufficient interest, Bob Novotny will lead a Paleontology field trip onto the Buffalo Gap National Grasslands on Thursday June 25th. It will be an all day field trip to a site where a crew will be surveying and excavating paleontological resources. The project will be run by the US Forest Service. Adults as well as 4-H members are invited.

If you are interested in attending, please contact Bob Novotny at rnovotny@fs.fed.us or by phone at 745-4107 (days) or 745-3586 (evenings). This is important, since Bob will need a count to relay to the project leader and in the event of rain the site may not be accessible. The Forest Service has requested that there be 1 adult for every 5 4-H members attending. This is a chance for those interested in this area of study to get your hands dirty helping with the project.

The site is located south of Edgemont. If you will be traveling through Hot Springs we will meet at the Forest Service office (located across the road from the Mammoth Site) at 8:00 am. For those not traveling through Hot Springs please contact Bob to arrange a place to meet along the way.

Things to bring: Sack lunch **including** plenty of water (energy drinks and pop are okay, but they do not replace the need for plenty of water); a hat and sunscreen; work gloves and hiking/work boots; insect repellent, and minor first aid materials.



South Dakota
Cooperative Extension Service

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June 3-6, Statewide SET Camp
 June 9-12, Teen Leadership Conference-Brookings
 June 16-19 Teen Camp/CCT
 June 22-July 3 4-H Camp Sessions 1-3

July 21-23 State 4-H 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.

HORSE DAY CAMP

TIME: 9:00 a.m.

WHEN: Saturday, June 13, 2009

WHERE: Rounds Arena

This will be a fun filled day with presenters, door prizes, hands on and many more activities. Lunch meal will be provided. This event is being sponsored by the Shamrock Riders 4-H Club. For any questions, please contact Alan Van Bochove at 342-4042 or Patty Brunner at 393-2577.

7th Annual Whitney Preserve Introduction to Range & Pasture Project

Saturday June 6th, 2009

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

Plant Identification, Plant Classification, Proper Collection Methods, How to press plants, 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 turnoff 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 4th (605-745-5133)

For further information contact: Jeff Symstad 605-745-6990, jsymstad@tnc.org; Dwayne Breyer 605-745-4992; dwayne-breyer@yahoo.com; or Bob Novotny 605-745-3586 (evenings) rnovotny@fs.fed.us.

Parents and leaders are encouraged to attend.

The West 1 Field Education Unit Welcomes Rick!

Howdy all,

Allow me to introduce myself, I am Rick Abrahamson and have recently joined the Pennington County Extension office as the new extension educator in horticulture. I bring with me experience as a county educator in Clay County, Minnesota with the University of Minnesota Extension Service. Most recently, I was the director of education at Lauritzen Gardens in Omaha, NE. Lauritzen Gardens is a 100 acre botanical garden with a strong regional aspect to its gardens. I would often find myself lost in the rose garden or the model railroad garden taking photographs. Prior to my appointment with extension in Minnesota, I was landscape and grounds supervisor at North Dakota State University in Fargo, ND where I was "in charge" of everything outdoors, including landscaping, turf management, flowerbed design and care, campus delivery, campus mail, campus waste management, and of course snow removal. While at NDSU in this position I had the thrill of overseeing grounds during former President George W. Bush's visit to Fargo and had orders from the secret service to secure port-a-potties for the event. I also planted the first Ginko trees on the NDSU campus.

My educational background includes a B.S. in horticulture and an M.S. in soil science both from North Dakota State University. I have several years researching vegetables, including variety trials of tomatoes, peppers, celery, carrots, cabbage, muskmelon, watermelon, and Oriental radish. My thesis work was on the effects of nitrogen and potassium fertilization on carrots grown in North Dakota conditions.

My family includes four wonderful (most of the time) children, ages 24, 21, 14, and 12. My youngest son and daughter will be joining me for most of the summer. My oldest son is an Eagle Scout and his brother is following in his footsteps. I have been active with their local Boy Scout council as committee chair and Order of the Arrow chapter advisor for many years. I enjoy camping with the scouts and have taken two groups to the Florida Seabase in Islamorada, Florida.

Be sure to stop in and welcome Rick at the Pennington Co. Office.

Be on the lookout for Lost Ladybugs!

SDSU researchers need your help gathering information on some native ladybugs that are becoming rare.

Take a picture of the ladybug when you find it and then send it to: ladybug@cornell.edu

Include your name, date, time, where you found it- describe what the habitat was (Ex. Garden, wild field)

Remember that we need to keep the ladybugs alive and in the wild.



9-spotted ladybug



2-spotted ladybug

Summer Safety Tips – Sun & Heat Babies

- ◆ Babies under 6 months should avoid sun exposure.
- ◆ When outdoors dress them in lightweight clothing that covers the arms and legs.
- ◆ Brimmed hats help prevent the neck from sunburn.
- ◆ If it is absolutely necessary, use a sunscreen with an SPF of 15+. Apply lightly onto the cheeks, back of the hands, and any other small parts.

Youth to Adult

- ◆ Use a sunscreen with an SPF of 15+ for the entire family.
- ◆ Stay in the shade and avoid sun exposure between the hours of 10am and 4pm. This is when the sun's rays are the strongest.
- ◆ Stay covered. Wear light weight and light colored clothing
- ◆ When applying sunscreen, apply it 30 minutes before going outside and reapply after swimming and heavy sweating.

Symptoms of Heat Stress

- ◆ tiredness,
- ◆ thirst,
- ◆ dizziness,

- ◆ headaches or
- ◆ nausea.
- ◆ Pale or flushed skin that is clammy and moist.

What to Do?

- ◆ Remove the person from the heat.
- ◆ Make sure the person has plenty of water and rest.

Heat Stroke is much more serious and requires treatment right away. In a person with heat stroke, the body is not producing sweat and the body core temperature rises quickly.

- ◆ Watch for these symptoms:
- ◆ Confusion
- ◆ Loss of consciousness
- ◆ Convulsions
- ◆ The skin will be hot and dry.

What to Do?

Rapid cooling of the person should begin immediately. You can cool the person by immersing in chilled water, spraying with water, fanning the person, and loosening the clothing.

Kids Helping Kids/Focus on Character Project

REMINDER! In November clubs and counties received information on the 2009 4-H Community Service theme, **Kids Helping Kids**. The 4-H Youth Council provided a brochure with lots of ideas for clubs. CHARACTER COUNTS! provided information on the SD 4-H CC! **'Focus on Character' Project** .

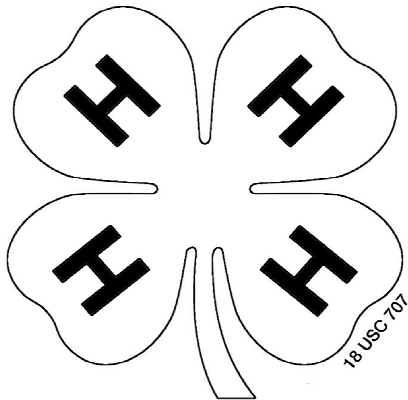
To make things more efficient, there is only one reporting form and evaluation form, which was also included in the mailing. All completed 'Focus on Character' & Kids Helping Kids report forms are due back by **July 31, 2009**. Upon completion of each character community service project, we would like you to complete one **Reporting Form** and direct mail it to following address -- SD Statewide CC! Office, SAG 109 – Box 2207E, Brookings, SD 57007; or, you can go to the South Dakota 4-H CHARACTER COUNTS! website at <http://4h.sdstate.edu/character> and click on **WHAT'S NEW** to download a copy of the form and e-mail it to: marilyn.eighmy@sdstate.edu or you can fax the form to 605-688-4939. Also, upon each club's completion of it's community service projects, each 4-H Club Leader is asked to complete one 'Focus on Character' & Kids Helping Kids **Leader and Club Evaluation Form** and return it to the CC! Office via the same options as outlined above.

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

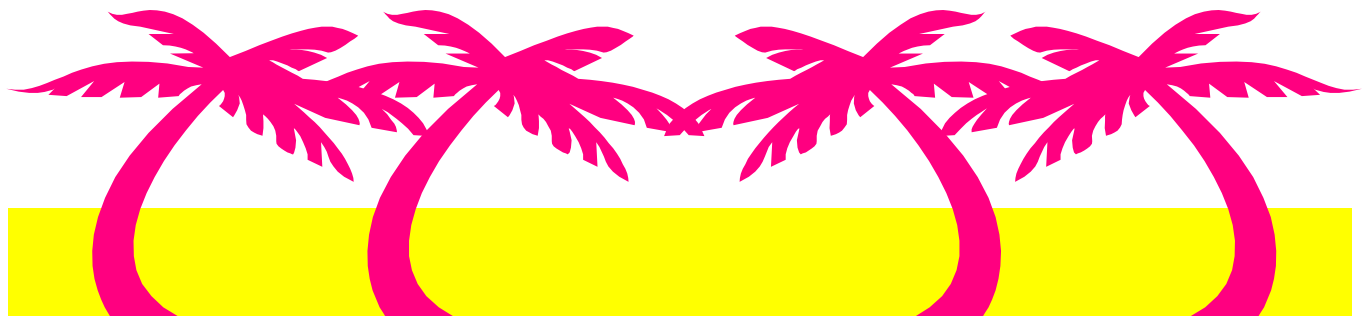
Fall River County
Extension Service
1031 N. River Street
Hot Springs, SD 57747
Phone: 605-745-5133
FAX: 605-745-5148

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:



- ◆ Welcome Rick Abrahamson!
- ◆ TEEN CAMP
- ◆ Paleontology Field Trip
- ◆ Horse Camp
- ◆ Lost Lady Bugs
- ◆ Summer Safety
- ◆ Kids Helping Kids-Reports due!



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