



West 1 Field Education Unit 4-H HEADLINE NEWS



January 2010

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

Shannon County

Arlo Iron Cloud-4-H/YD
Program Assistant
Steve Hernandez-CIL
867-1304
shannon.county@sdstate.edu

Meade County

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

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

2010 BLACK HILLS STOCK SHOW YOUTH DAY SATURDAY, JANUARY 30, 2010

ALL EVENTS WILL BE HELD AT PENNINGTON COUNTY 4-H & EXTENSION BUILDING (Walter Taylor Building) 601 E CENTRE STREET AND THE CENTRAL STATES FAIRGROUNDS – RAPID CITY, SD

ELIGIBILITY: All Youth (non 4-H and 4-H) are invited to enter Youth Day activities. Age requirements for the Beef Cook-Off, Livestock Judging, Livestockology, Horse Quiz Bowl, Hippology and Dog Show must be at least 8 years of age by January 1, 2010 and must not have turned 19 by January 1, 2010.

INDIVIDUALS MAY ENTER A MAXIMUM OF TWO EVENTS

Awards will be presented at the conclusion of each individual event in the area the event was held. Judging awards will be available at the Stock Show Office at the Civic Center late Saturday afternoon.

ENTRY BLANKS MUST BE RECEIVED OR POSTMARKED ON OR BEFORE JANUARY 10, 2010.

MAIL TO THE RESPECTIVE CONTEST OFFICIALS. ABSOLUTELY NO LATE ENTRIES WILL BE ACCEPTED!!!!!!

Times and places for each contest is included in registration packet.

Please contact your local Extension Office for Entry Forms and contest rules or find it at <http://4h.sdstate.edu>

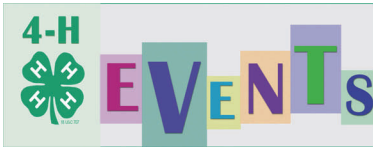
"Kids Take 'Stock' in Science and Agriculture" at the Black Hills Stock Show

If you are planning to be around the Black Hills Stock Show, make sure you check out the "Kids Take 'Stock' in Science and Agriculture" activities on February 2nd and 3rd in the Rodeo Zone from 9am-2pm each day. The hands-on activities will be put on by various Extension Educators and will focus on science and agriculture experiments. So come learn about milking cows, spreading germs, the science of bubbles, and lots of other experiments.



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January 1, Offices Closed-New Years Day
 January 10, BHSS Youth Day Registrations Due to Contest Coordinators
 January 30, Black Hills Stock Show Youth Day

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.

Shooting Sports Safety Program

The Shooting Sports Archery Club will start on Saturday, January 2 with 2 classes starting at 8:00 a.m. at the Black Hills Archery Building, 2091 Rand Road (off Deadwood Avenue). Archery will meet every Saturday from January 3rd through April, 2010.

The Black Hills Shooting Club—BB, Pellet, Rifle and Pistol begins on January 4th at 6:15 p.m. at the Walter Taylor Building and continue each Monday through April 2010. The fee this year will be \$20.00 per child plus \$3.00 membership fee which covers insurance, firearms, ammunition and targets. The class is open to children from ages 8 by January 1 to 18.

You may sign up December 7th, the day or night of the activity or sign up before at the office.

Sleep Livestock Judging School

There will be a livestock judging school on Saturday, January 2 at the Richard Sleep Ranch near Spearfish. Registration will be at 1:00 PM and judging will start at 1:30 PM. Directions: from I-90 Exit 10 take the service road, which is W Hwy 14, on the south side of I-90. Travel west about 5 miles. Address is: 10438 W Hwy 14. Look for sign by Sleep's mail box on right side of the road and turn right.

Rodeo Queen Clinic

McKenzie Haley, Miss Rodeo South Dakota 2010, will be hosting a rodeo queen clinic on February 6, 2010 during the Black Hills Stock Show and Rodeo. The clinic will run from 9:00 AM to Noon at a cost of \$75. For more information, call Erin Retzer at (605) 343-9885 or McKenzie Haley at (605) 840-0091.

Camp Bob Marshall Looking for Summer Staff

College students, teachers and school nurses, this is the summer job opportunity for you! Camp Bob, the 4-H Camp located just east of Custer, SD will be looking for summer staff starting in January.

We will be hiring program staff including the positions of Program Director, Lifeguard (must be certified), Song Leader and Camp Nurse/EMT for the 4-H Camp Sessions June 13-July 2, 2010.

And camp staff assistant cooks/camp assistants for June, July and August. If you are interested contact LaDonna McKnight at the Custer County Extension Office (ladonna.mcknight@sdstate.edu) for details and an application.

Regional Dog Project

January training classes will be held on Thursdays 6 -8 p.m. at the 4-H building on Central States Fairgrounds in Rapid City. 4-Hers will use this time to prepare for the Kids Day Dog Show January 30th. Call Lois Schmoll, Region 4-H Dog Project Lead, 430-7688 for more information.

4-H SKI NIGHT

The seventh annual 4-H Ski night at Deer Mountain is tentatively scheduled for February 26th at Deer Mtn.

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.

Prices will be printed in the February Newsletter with additional details.

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

ROLE OF PARENTS IN PROJECT WORK

While the member needs to feel "ownership" of their projects, parents often need to be the spark plug to keep members working toward their goals. How can parents help?

Talk with youth about selecting their projects. Help them get their film, fabric, calf, or whatever they need.

Encourage youth to work on their projects. Help them to manage their time.

Listen to their ideas before you give suggestions or advice. Let them do their own work!

How much help should parents give in project work?

Only enough to keep the youth from becoming discouraged as they learn new skills. Show them how, then let them do it themselves. Perfection is not as important to the learning process as satisfaction and pride in accomplishment.

Never forget that the real objective of project work is to develop youth into capable adults. Winning the most honors at the fair is not what counts most.

Such experiences may be good, but they can also be bad if they have the wrong effect on the attitude or character of the youth.

Meat Goat Show Wethers Available

South African Boer goats provide the majority of the goat meat consumed in the US. As the popularity of goat meat grows, so does the opportunity for showing this breed at local, state and national fairs and shows. This breed is extraordinarily easy to raise and handle. The South Dakota State Fair 4-H Division has a meat goat classification and can be shown at the county and state level. There are several breeders in the Black Hills area looking to promote and educate 4-H members on raising these animals. For more information please contact Tom or Susan Barnes, at 673-2986 in Custer.



Activity Corner – Get Acquainted



Supplies needed: name tag for each participant, markers.

This activity is especially helpful when new groups are forming to help individuals get to know one another better.

Each person is given a name tag. All join in a circle. Each person removes his or her name tag and places it on the floor in front of him/her. The circle then moves halfway around and stops. Everyone picks up the tag in front of them and proceeds to find the owner for a brief chat

Repeat as many times as desired.



Bright Idea!

Workout Ideas for the New Year

We may find that our exercise routine has become too routine and boring. If this is the case, we likely won't remain as committed as we should to keep fit. Some suggestions for adding fun and challenge to our routine are listed below.

- ◆ Start a new activity that you always wanted to try such as tennis, dance, or other aerobic exercise. Join a class offered at a local gym or recreational center.
- ◆ Recharge your current workout. Instead of walking on the treadmill, walk around the neighborhood, at a mall, or through the woods. As the weather improves, so will the opportunities to be outside.
- ◆ Find a new exercise partner who enjoys similar exercise options and can help challenge you to do your best.
- ◆ Play sports with family members and friends.
- ◆ Keep a positive attitude as you exercise. Imagine yourself progressing and having a healthier body as you continue your exercising.

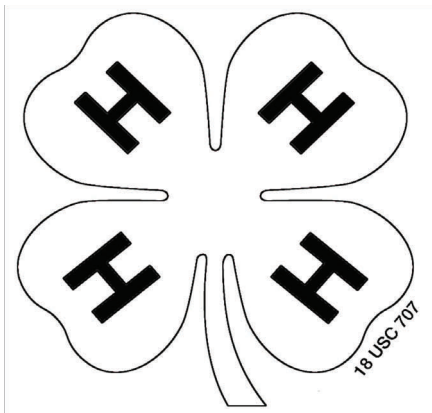
Source: WorkLife Programs, January 2008, Purdue University

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



Check Out What's Inside:



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