



4-H Headline News October 2010



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National 4-H Week – October 3-9, 2010

The month of October marks the beginning of a new 4-H year as well as National 4-H Week. Here's your chance to promote the best youth organization to be part of! October 3-9 is National 4-H Week. A week set aside to promote the 4-H program. Here are a few ways you can promote 4-H:

Write and record a Public Service Announcement (PSA) on the radio.

Ask your local newspaper to write an article about National 4-H Week.

Ask to make a 4-H window display or hang 4-H posters in local businesses.

Ask permission to make and hang 4-H posters in your school and on your locker.

Wear 4-H T-Shirts throughout the week.

Talk about 4-H with your friends and invite a guest to your next 4-H meeting.

Visit <http://4-h.org/brandnetwork/4hweektoolkit.html> for more ideas and tools.

Thank you for your involvement in the 4-H program and we hope you will help to promote 4-H during National 4-H Week!



Mini-Grants

The SD 4-H Leaders provide Mini-Grants to use for projects by a county or FEU. The criteria for awarding funds is based on:

- * Potential for youth involvement in the planning and implementation of the project.

- * Potential impact on addressing youth issues at a local level through either a traditional or nontraditional setting.

- * Potential for increasing life skill outcomes for youth.* Potential for reaching expanded youth audiences e.g. at-risk low income, single parent families, other cultures, disabled, etc.

- * Potential for transitioning new youth audiences into more "traditional" or ongoing 4-H programs.

The application is due by December 31st. Find the application and more information on our website at <http://www.southdakota4hleaders.com>.



Creating Opportunities for a Lifetime

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October 3-9, National 4-H Week
 October 6-9, Western Jr. Livestock Show
 October 8-9, Western 4-H FCS 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.

Western Youth Rabbit Show

The Western Youth Rabbit Show will be 10:00 AM on Saturday, October 16 at the Pennington County 4-H Building, Rapid City, SD. It is open to all youth. Contests include: pedigree and pet rabbits, youth showmanship, breed ID contest, and judging clinic and contest. ARBA standards will be followed and prizes will be awarded. Bring your junior and senior rabbits and plan to have fun. Sloppy joes, chips and drinks will be available. Potluck desserts, bring a pan or plate full to share. For more information contact: Cinda Jones 605-673-3497 or email: sc4tjns@live.com

W4-HFCS Show

Don't forget to attend and participate in the 2010 Western 4-H Family and Consumer Science Show. October 8 & 9 at the Pennington Co. Fairgrounds. Contests for all ages. You don't have to be pre-registered-you can just show up. Come and check it out!!

Save the Date

March 26, will be the date of the 2011 State 4-H Leaders Conference and Business Meeting. The Conference will be held in Rapid City on the Campus of SDSM&T. All 4-H Leaders, parents and members are welcome and encouraged to attend this yearly conference of speakers, workshops and fellowship of sharing, learning and "Growing the Future of the World-4-H" which is the theme for the 2011 conference. The call for workshop proposals will be released in mid-October and will be due by December 1st. Club leaders, parents, 4-H members, and Extension Educators are encouraged to submit workshop proposals and share your knowledge and talents with the SD 4-H program. Be sure to watch for more information as it becomes available.

Citizenship Washington Focus

Take your 4-H experience to another level through Citizenship Washington Focus (CWF), a six-day intensive summer citizenship program for youth age 14-18. CWF delegates learn about the democratic process and their role as citizens while they experience our nation's capital. Get the inside scoop about how government really works from prominent guest speakers. College-age program assistants lead bill writing workshops, a national issues forum, mock elections and congressional sessions that prepare you for leadership now and in the future.

Contact your local Extension Office for more info as applications are due in September.

4-H Treasurer's Books

Each club will be responsible for turning in your 4-H Treasurer's Book with the audit pages (page 16 & 17) filled out and completed. You must turn this in for IRS purposes. Books are due October 1 to your local County Extension Office.

Prudential: Spirit of Community Awards

The Prudential Spirit of Community Awards honor young people in grades 5 through 12 who have demonstrated exemplary voluntary service to their communities. Maximum award: \$1,000 and a trip to Washington, D.C. Eligibility: Students grades 5-12 who have conducted a volunteer service activity within the past year. Deadline: November 1, 2010. Go to their website <http://spirit.prudential.com/view/page/soc> for more information.

2011 Speech Contest

Each year, the South Dakota Department of Agriculture, Division of Resource Conservation and Forestry, assists in sponsoring a speech contest for high school students. Any South Dakota student in grades 9-12 is eligible to compete for **\$2,300 in scholarships**. The 2011 topic is "Conserving Nature as I Walk in SD." If you would like more information, please contact your local Conservation District Office; or 1-800-228-5254 or the following website for more information – <http://sdda.sd.gov/Forestry/Educational-Information/ResourceConservationSpeech.aspx>.

Camp Scholarships

The SD 4-H Leader's Association will again assist with camp fees in 2010. There is a \$25 scholarship available for 4-H'ers who attended Camp Lakodia, Bob Marshall or North Central. There is a \$50 scholarship available for 4-H'ers who attended TLC or Performing Arts. Go to our website at <http://www.southdakota4hleaders.com> for the form and requirements to receive a scholarship. Applications are due by December 31, 2010.

4-H T-Shirts

The SD 4-H Leaders will continue to sell our 4-H t-shirts. You can still order your t-shirts. Go to our website at <http://www.southdakota4hleaders.com> to view the choices of t-shirts and place your order. This is just one style, there are several others to choose from.



New 4-H Family Corner—October 1st is the official start to a new 4-H year! Your first year in 4-H probably has gone by very fast. You've tried your hand at new activities, been challenged, learned new skills and had a good time. You've experienced club trips, helped with community service, met new people, went to the county fair, participated in fundraising, and have taken advantage of a variety of county activities like camp, workshops, and fun days. The next thing you'll experience is starting a new 4-H year and welcoming new families at your club meetings.

New families will participate in the same types of experiences that you have had. Now that you won't be the newest family in the club, you can play an important part in welcoming the new families. Introduce yourself, get to know them, include them in your discussions, and invite them to get involved. Everyone in the club has a role in being a mentor to new families. Since you have just finished your first year in 4-H, you will be able to relate to the types of questions new families have. This might be your role in the club! Congratulations on finishing your first year and have fun helping to make another person's 4-H experience memorable!

CHOOSING YOUR 4-H PROJECTS

The 4-H project is a teaching tool that can be used to develop many desirable traits as well as specific skills. Projects are real-life experiences that help 4-H'ers learn practical and "life" skills. They provide the basis of the 4-H program through which a member "learns by doing."

The objectives of the 4-H project work are to create a sense of ownership, to give a feeling of achievement, and to strengthen family and community ties. In addition, project work gives members the opportunity to learn new skills, develop good attitudes, assume responsibility, participate in healthful competition, make meaningful decisions and explore career opportunities.

The selection of 4-H projects has expanded greatly over the years. There are now over 50 different projects available – ranging from agriculture to computers to foods and nutrition to visual arts. Many of the projects have several different stages of developmental advancement built within them. And, a member may even choose to "self-determine" a project in an area of special interest to them. The possibilities are endless.

Western Junior Livestock Judging Contest

You do not have to be preregistered to participate in the Western Junior Livestock Judging Contest on **Saturday, October 9 at the Central States Fairgrounds, Rapid City.**

The schedule is:

8:00 AM	Jr/Sr Registration, Soule Building
8:30 AM	Jr/Sr Judging Contest Begins
9:00 AM	Beg Registration, Soule Building
9:30 AM	Beg Judging Contest Begins

REMEMBER to register for the judging contests using next year's 4-H age which is your age on January 1, 2011.

Activity Corner – "Who's the Leader?"

Supplies needed: none



Choose one person to be "it" and invite him or her to leave the room. Choose a second person to lead the remaining players sitting in a circle. The leader starts a simple motion that everyone else follows together, such as slapping hands against the knees. The motions are changed periodically, and everyone else in the group is to follow along.

Direct players (before "it" returns) to avoid staring at the leader and revealing his or her identity.

"It" comes back to the circle and has 3 guesses to try to name the leader. If "it" guesses correctly, the leader becomes the new "it." If "it" doesn't guess correctly, he or she remains "it" for a second round.

BRIGHT IDEA!



Improving Work Habits

Whether at school in a work environment or in a volunteer activity, there are some habits that we can all improve.

Spread positive energy—view issues and tasks as challenges rather than problems. This leads to the potential for good results and more pleasure when achieving them. Avoid gossip and complaints which can bring everyone down. Instead, maintain a positive, upbeat attitude which is contagious!

Plan, plan, plan—direct your energy toward the most appropriate activities so that you'll use your time most effectively. Develop task lists that identify the items that must be done, then mark them off as you accomplish them.

Clear the clutter—remove distractions and organize your work area. Include pictures of family or relaxing scenes to improve your mood.

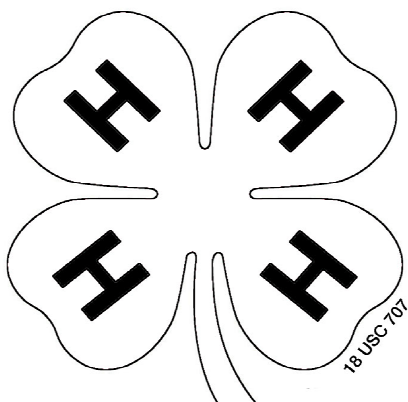
Put off procrastination—those activities that are dull or boring may be easy to put off, but may in the end create additional stress and work for you. Work on these activities piece by piece and eventually you'll accomplish them!

Stay connected—keep lines of communication open with your co-workers and fellow volunteers. E-mails, phone calls, notes and personal visits are all methods that can help you to keep each other informed.

Source: WorkLife Programs, September 2008, Purdue University

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Check Out What's Inside:

- ◆ National 4-H Week
- ◆ State Leaders Mini Grants
- ◆ Western Youth Rabbit Show
- ◆ Save the Date!!
- ◆ 4-H T-Shirts for Sale
- ◆ Camp Scholarships

TRICK OR TREAT
TIME