

# Newsletter

## Pennington County Extension

January  
2011



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



*Upcoming Meetings or  
Events - 4-H Bldg  
2011 Meetings  
January 10 - 7:00 Ldrs Mtg  
(THIS IS A MONDAY)*

### **\*\*Other Important Dates\*\***

Dec 31	Office Closed
Jan 1	Happy New Year
Jan 3	SS - Gun
Jan 6	Dog Classes
Jan 7	Bee Essay DUE
Jan 8	4-H Carnival
Jan 8	SS - Archery
Jan 10	BHSS Youth Day Due
	SS - Gun
	Leaders Meeting
Jan 13	Dog Classes
Jan 15	SS - Archery
Jan 17	SS - Gun
	Martin Luther Day
	Office Closed
Jan 20	Dog Classes
Jan 22	SS - Archery
	Bread Workshop
	Jewelry Workshop
Jan 24	SS - Gun
Jan 27	Dog Classes
Jan 29	SS - Archery
January 28-February 6, 2011	Black Hills Stock Show
Jan 29	BHSS Youth Day
Jan 31	SS - Gun
Feb 5	SS - Archery
Feb 7	SS - Gun
Feb 12	SS - Archer
Feb 14	SS - Gun
Feb 19	SS - Archery
Feb 21	SS - Gun
	Presidents Day
	Office Closed
Feb 22	Horse Meeting
Feb 26	SS - Archery

### **It's a BARN YARD HOE DOWN!**

This year's theme for the 4-H Carnival is "**Barnyard Hoe Down**" and will be held **January 8 from 1:00 p.m. - 3:00 p.m.** at the Pennington County 4-H Building.



This is a fundraiser for Pennington County 4-H youth programs. We need each club to sign up for an activity. Some suggestions are: cake walk/cookie walk, bean bag toss, toilet paper toss, treasure dig, coin toss, ring toss, football toss, duck pond, gone fishin', lollipop tree, clothes pin drop, sponge toss, etc. Other suggestions are welcome.

Clubs are responsible for decorating their booth and providing prizes for their activity. Last year we had around 100 participants. Now is the time to start inviting friends and family. Contact the office if your club needs assistance with prizes.



### **SILENT AUCTION**

There will be a Silent Auction held during the Carnival. Clubs are asked to bring one item for the silent auction. It can be as simple as baking a fresh pie, crafts, or a basket of goodies.

### **\*\*Up Coming Workshops\*\***

#### **Payment is required at time of signup**

#### **Monkey Bread Workshop**

January 22 from 9am - 11am at the Pennington County 4-H Building. \$4 supply fee. Pick up list of supplies when you register.

#### **Jewelry Workshop**

January 22 from 1pm - 3pm at the Pennington County 4-H Building. \$5 supply fee.

#### **Rocket Workshop**

March 5 from 9 am - 5pm. Youth will make and launch a rocket. If you have made a rocket display, please bring it. Pick up your list of supplies when you register.

**Need Scholarships for Workshops or Classes?** We realize that there may be 4-H'ers that would like to take additional classes or workshops and with the economy do not have the funds to participate. Please contact the office for scholarships.

### *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.



## New Enrollments

**THANK YOU, THANK YOU Leaders for getting all your paperwork in for the new year with all the completed forms. If you haven't turn in your enrollments, please do right away.**

**You may stop at the office and pick up your copies. If anything needs to be changed, please let Kathy know right away.**

## The Black Hills Shooting Club

BB, Pellet, Rifle and Pistol begins on January 3rd at 6:00 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 to 18 by January 1, 2011.



## The Shooting Sports Archery Club



will start on Saturday, January 8th 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 8th through April, 2010. \$3.00 membership fee plus a weekly range fee.

## **Advanced Dog Class**

January 6 through January 28, 2011 - 6:00-8:00 pm



Participants need to have completed either Puppy Class or Canine Good Citizen.

Participants will be preparing for the BHSS Youth Day Dog Show - obedience, rally, agility, showmanship. Call the office to sign up.

Canine Good Citizen & Puppy Classes will start in March.

## **Beekeeping Essay**

The 2011 4-H Beekeeping Essay topic is "U.S. Honey: A Taste for Every Preference." 4-H'ers are encouraged to investigate the local/regional honeys of the US and see how they differ in taste and color.



Tasting is not required – just find out about some of the characteristics and write about them. The scope of the research is an essential judging criterion, accounting for 40% of your score. The number of sources consulted, the authority of the sources, and the variety of the sources are all evaluated. **New this year:** Submission deadline is **January 7, 2011** and all entries must be **submitted electronically**.

## **Leader Meeting - January 10, 2011**

Congratulations to the following officers that were elected at the November meeting: President-Angela Lytle, Vice President-Rhonda Woods, Treasurer-Ardyce Elwood and Secretary-Kathy Anderson.

## **Black Hills Stock Show & Youth Day**

January 28–February 6, 2011.

Youth Day - January 29, 2011. Open to 4-H'ers and non 4-H'ers. Sign-up for these events by January 10: dog, beef cook-off, hippology, horse bowl, livestockology and livestock judging. Information available at the Pennington County Extension Office or on our website:



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

## Schedule of Events

- |          |  |
|----------|--|
| 8:00 AM  | Scholarship Interviews: Fair Office  |
| 8:00 AM  | Beef Cook-Off: 4-H & Extension Bldg  |
| 8:00 AM  | Hippology Check-In: Fine Arts Bldg   |
| 8:00 AM  | Dog Show: 4-H & Extension Bldg   |
| 8:00 AM  | Livestock Judging Check In: Fine Arts Bldg   |
| 11:00 AM | Beef Bust Lunch: Fine Arts Bldg<br><i>Free to youth participants courtesy of Rapid City Chamber Ag &amp; Natural Resources</i> |
| 11:45 AM | Scholarship Awards Presentation  |
| 12:15 PM | Hippology Results: Fine Arts Bldg  |
| 12:30 PM | Horse Bowl Check In: 4-H & Extension Bldg  |
| 1:30 PM  | Livestockology check in: 4-H Bldg  |



Come check out our youth activities at the Stock Show. Feb. 1-5 from 9am – 1pm in the course area of the hockey arena.

## Ag and Natural Resources Scholarships

The Rapid City Chamber of Commerce is sponsoring four \$1000 scholarships for any SD college and two \$500 scholarships to Western Dakota Tech for seniors planning to make a living in any Ag and Natural Resources field. Contact your local County Extension Office for more details and application form. Websites:



<http://www.rapidcitychamber.com/chamber/committees/agcommittee/> or

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

Deadline is January 10, 2011.

## Miss Rodeo South Dakota Queen Clinic

Join Miss Rodeo South Dakota 2011, Vanessa Ternes and other past Miss Rodeo South Dakota Queens on Saturday, February 5 from 9:00 am-12 noon at the Rushmore Plaza Civic Center in Rapid City during the 2011 Black Hills Stock Show and Rodeo for instruction on horsemanship, speech, interview, modeling, appearance, and preparation for a Miss Rodeo competition. The session is open to all youth interested in queening competitions. There will also be a queen clothing sale and exchange. Bring the clothes you no longer need or buy something you do need. Please register by January 28, 2011 by contacting Vanessa Ternes at [missrodeosd2011@gmail.com](mailto:missrodeosd2011@gmail.com), 605-641-9760, or send entry to 19071 Helmer Rd. Belle Fourche, SD 57717. Entry fee is \$70.00.



## Coming March 19, 2011 - Shooting

**Sports Match** - More details coming.



## GROWING the FUTURE of the WORLD--4-H

Don't forget to mark your 2011 March calendar! The State 4-H Leaders Meeting will be in Rapid City on March 26th. The day will be packed full of educational workshops, great speakers, and wonderful opportunities to share what works and



learn a helpful hint or two that might just be the answer you were looking

for. Registration information will be available towards the end of January. The cost for the day will be \$10.00 until the 10th of March then it will be \$15.00. The registration fee will include your noon meal and snacks in the morning and afternoon. A couple workshop may have a small charge for supplies. Make plans to attend and GROW with 4-H.



## Statewide 4-H Community Service Project

The votes are in and counted! This year's Statewide 4-H Community Service Project is Children's Charity. Over the course of this next 4-H year, clubs are encouraged to fundraise, make donations, and aid in any way possible, the numerous Charities for Children. Some possible charities to support include the Children's Miracle Network, the Make a Wish Foundation, Operation: Christmas Child, Operation: Military Kids, The Ronald McDonald House, the Toys for Tots Foundation, or any other national or local charity groups. For a list of nearly 150 Children's Charities to support, visit [www.childrenscharities.org/info.asp](http://www.childrenscharities.org/info.asp).



When your club completes a service activity that is related to this year's Statewide 4-H Community Service Project, tell us about your club's efforts by contacting Kathy @ [Kathryn.Reeves@sdstate.edu](mailto:Kathryn.Reeves@sdstate.edu)

## South Dakota Junior High Rodeo Association

The SDJHRA would like to invite all 6<sup>th</sup>, 7<sup>th</sup>, & 8<sup>th</sup> grade students who are interested in rodeo this next year to go to the High School Rodeo ([www.sdhsra.com](http://www.sdhsra.com)) website and click on the junior High tab to get a membership form.



Also, the rodeos will be listed on the web site. For more information or question you may have, call Digger Rutten at 605-350-3288.

**HAPPY NEW YEAR**

## Houseplant Propagation is Fun and Easy

### Rick Abrahamson

#### SD Cooperative Extension Educator-Horticulture



Recently, a sample of a houseplant was brought into my office for identification. I had never seen this plant before and enlisted some expert help by sending digital photographs of the sample to some other extension educators. When the results came back I was surprised to find out that the sample was of a plant known as "purple waffle plant". I read a little on the plant and became interested in having one of my very own, so I placed the sample in a jar of water on my desk and lo and behold it now has roots.

Purple waffle plant (*Hemigraphis 'Exotica'*) as well as many other houseplants, is very easy to propagate using simple propagation methods. I thought it might be fun to share with my readers a little about houseplant propagation and how to increase your supply of houseplants or share some houseplants with friends. Some plants that are easy to propagation include; spider plant (*Chlorophytum comosum*), snake plant (*Sansevieria trifasciata*), Swedish ivy (*Plectranthus australis*), heart-leaf philodendron (*Philodendron scandens oxycardium*), and wandering Jew (*Zebrina pendula*) for propagation by cuttings.



Cuttings (also known as slips) can be taken from most houseplants anytime during the year. Cut off a portion of the stem and leaves about 4 or 5 inches long, 3 or 4 nodes should be present for a good cutting. A node is where leaves are attached to the stem. Remove the leaves on the bottom two nodes and "stick" in a mixture of half peat and half perlite. You may want to use a rooting powder to initiate rooting. Rooting powders (hormone powders) can be purchased at most garden centers. Dip the bottom of the cutting in water for a few seconds then in the powder to coat the cut end. Insert the cut end into the soil media. From here keep the cuttings moist as high humidity is important for rooting. Once roots are present repot and enjoy your new plant.

Care for most houseplants is similar as their requirements for light, water, temperature, and fertilizer are similar. Plants used as houseplants have been selected for adaptability inside the home. Most houseplants require medium (or indirect) light, moist soil allowing drying slightly before watering again, room temperature between 65 and 75 degrees, and fertilize only during the summer. Yes, there are exceptions to these suggestions; it is important to know what your particular plant requires. You can always give me a call and I can help you with any questions.

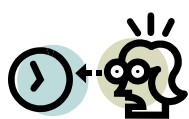
Houseplants can provide many years of satisfaction for those of us who have a green thumb and even for those of us who do not. They also help to clean the air in our homes. Research done by NASA looking at houseplants to clean the air on the space shuttle found that plants significantly reduce air born pollutants. Houseplants never cease to amaze me in how they function and reproduce. With a little knowledge and patience you can grow many different plants and enjoy them all year long both indoors and out.

If you have additional questions about houseplants or plant propagation you can call me at 605-394-2188 or e-mail me at [ricky.abrahamson@sdstate.edu](mailto:ricky.abrahamson@sdstate.edu). You may wish to visit us online at [www.co.pennington.sd.us/extension/extsvc.html](http://www.co.pennington.sd.us/extension/extsvc.html) for additional information and workshop offerings from the extension office.

## "Handling Stress for the Holidays"

*Sharon Guthmiller*

*Family & Consumer Sciences Educator*



The frenzy of Christmas shopping, preparing Christmas goodies, attempting to catch a breather between Christmas and New Year celebrations and making those New Year resolutions can have a dizzying effect on us as individuals and families. During this "in between time" of Christmas and the New Year beginning, take at least a short break from the stress of it all and find a few minutes reprieve to take a positive look at your special talents and celebrate the special person you are. Don't try to be perfect, because no such thing exists. Listen more, have more fun, be more honest with your own feelings, develop your own joys and friendships and don't sweat the small stuff (which is nearly everything.)

It is easy for us to become vulnerable targets for the attacks of stress. Stress has become a catch-all term to describe things that make an individual feel tense or angry. Stress can cause an individual to become physically ill. Unrecognized stress can seep into a person's life and that individual may not be aware of it until it reaches a pain threshold. Emotional or mental stress is generated by our personality as we interact with our environment on a day to day basis. We can unconsciously create stress and become accustomed to sustaining it. Too often we have come to accept stress as a normal part of each day. Recurring stress and a constant level of unrelieved stress leads to disease.

There can be good stress as well as the bad stress we encounter. In this mix of things, it is how we interpret or react to stressful situations that matters. If the source of stress is within your control, you can take action to change the situation. If it is beyond your control, find ways to minimize the symptoms or learn to accept it. Find ways to remove the source of stress. Better planning, more efficient use of time and being more organized in your personal and family life may help. Have a backup plan for any emergency.



Equip yourself physically and mentally. You can build physical health by eating a healthy diet, exercising regularly and having regular health check-ups. Poor diet is second only to emotional events as a cause of stress. Remember, no one food supplies all the nutrient needs for an individual so choose a variety of nutrient dense foods to eat each day and strive to be physically active each day. Physical activity is a stress reliever.

Mental health is bolstered by taking a few minutes each day for yourself to recharge your batteries. Beware of negative thinking and talk. Stress does come from negative attitudes and self talk. Talk to yourself in a positive way. Say whatever helps calm you. "Someday I will laugh about this" or "things could be worse."



Thought: LIVE, LOVE, LAUGH—Life is a gift, so UNWRAP IT!

**\*\*Junior Leaders Corner\*\***

**Youth 12 – 18 from all 4-H Clubs**

Our next Jr Leader meeting will be **January from 3:30 pm – 5:30pm**. At the last meeting the Jr Leaders decided to plan and assist with a summer Day Camp for younger kids. The theme for this Day Camp is "Noah's Ark." There will be live animals and animal activities for the kids. We will be munching on Nachos as we develop our leadership and teamwork skills.

**\*\*HORSE EVENTS\*\***

**2011 Pennington County Horse Association Officers**

Congratulations to the following officers:

- President - Shelly Graff
- Vice President - Kathy Anderson
- Secretary - Jolene Click

**Upcoming Horse Events**

- February 22 - Horse Meeting
- March 13 - Horse Safety Meeting
- June 28 - County Horse Show

**Horse Safety Training** - Deadline is May 31, 2011. Watch future newsletters for future dates on how to complete this annual training for 4-H horse project members and every 3 years for parents.



**Happy New Year!**

**Pennington County Extension Staff**

- Tana Clark - 4-H Youth Educator, Ext. 112
- Sharon Guthmiller - Extension Educator/Family Consumer Science, Ext. 116
- Rick Abrahamson - Extension Educator/Horticulture, Ext. 115
- Kathy Bruckner - Administrative Assistant & Publications Coordinator, Ext. 111
- Evonne Schumacher - Expanded Foods & Nutrition Program Assistant, Ext. 124
- Tamara Studioso—Expanded Foods & Nutrition Program Assistant, Ext. 117

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