



West 1 Field Education Unit 4-H HEADLINE NEWS September 2010



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

Western 4-H FCS Show

The Western 4-H FCS Show will once again be held October 8-9, 2010 in Rapid City, SD at the Central States Fairgrounds. The show is open to all youth (4-H and non 4-H) that are interested in competing in the different events. Contest include home living, public presentations, place setting, ingredient measuring, bread baking, meat id, family life photo, vegetable id and judging, FCS skill-a-thon and Fashion Revue. New this year will be the Character Counts! Speech Contest. See the guidelines on page 2.

Detailed information about the contest is available at your local Extension Office. Registration materials will be available in August at your local Extension Office or visit the 4-H Website at <http://4h.sdstate.edu> and click on Western 4-H FCS Show.

Western Junior Livestock Show

The Western Junior Livestock Show will be held October 6-9, 2010 in Rapid City at the Central States Fairgrounds. Rules, regulations, entry blanks and trip/scholarship applications are available, contact the show secretary Jackie Maude at 605-255-4445 or your local County Extension Office. While the livestock show entry deadline has passed, there are other opportunities to participate. Be sure to check them out!

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!

National Youth Science Day – October 6, 2010

The 3rd annual National Youth Science Day is on October 6, 2010. Each year there is a special science experiment to celebrate the 4-H Science mission mandate. This year's theme is 4-H₂O. You can register online at <https://www.4-h.org/nysd/> to receive the complete experiment, youth worksheets and facilitators guide. If you have questions about the experiment, please contact your 4-H Youth Development Educator that works with your county.



Creating Opportunities for a Lifetime
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September 2-6, State Fair-Huron
 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.

Character Counts! Public Speaking Contest

The 4th Annual 4-H CHARACTER COUNTS! Public Speaking Contest in western South Dakota will be October 9th during the Western 4-H Family and Consumer Science Show held in Rapid City. Prizes will be awarded to top winners in the Beginner/Junior (8-13), and Senior (14-18) Divisions. 4-H members from throughout the state are invited to participate.

This contest provides the opportunity for participants to share why they think good character is important. Participants may speak about a 4-H project area, about current events, or speak on personal experience. They must tell how one of the six pillars of Character (Trustworthiness, Respect, Responsibility, Fairness, Caring, & Citizenship) relates to their chosen topic.

Topic Guidelines—Choose One:

1. Speak about a 4-H project area and tell how CHARACTER COUNTS! fits into it.
2. Speak about a current event and tell how CC! fits into it.
3. Speak about a personal experience and tell how CC! fits into it.

For more information see the W4-HFCS Show Book.

Livestock Judging Contest

September 19th at 2:30 pm in Edgemont at the fairgrounds there will be a livestock judging school/contest. This will be a great opportunity to tune up your judging skills for the contest held during Western Jr. For more information contact the Fall River Extension Office at 605-745-5133.

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.

2011 4-H Calendar

The 4-H photography committee wants to remind everyone that the 2011 SD 4-H Calendar will once again be for sale. All the photographs highlighted in the calendar have been taken by SD 4-Hers and selected from the state fair entries. Calendars will be \$5.00. A poster(4-H Calendar poster 2001.pub), spreadsheet (2011 calendar order form.xlsx) and thank you/receipt (calendar card.pub or 4-H photo receipt (2).docx) is attached for you to utilize in advertising and taking orders for the calendar. Checks for the calendars are made to the SD 4-H Leaders Association. Orders will be taken through September 30, 2010. These beautiful calendars can be used for Christmas gifts, premium buyer gifts, graduating senior gifts, our for use by local businesses. Please help promote our very own South Dakota 4-H product.

State 4-H Leaders Meeting Call for Committees!

March 26, 2011 is the day to mark on your calendar! Why, you ask? Because that is the scheduled date for the SD State 4-H Leaders Meeting to be held on the campus of the SD School of Mines and Technology in Rapid City! Now you may be asking why this is such a big deal? Well, the West 1 Field Education Unit (counties include: Pennington, Custer, Fall River, Bennett, Shannon, Haakon and Jackson) will be hosting this awesome event and we need your help! If you would like to take part in the planning and hosting this meeting in March, please look over the opportunities to provide leadership and assistance. The committees listed in the August newsletter needs willing and able bodies to help carry out the tasks set up to ensure the success of this opportunity to show off our side of the state. There is still time to sign up and join in the planning of this meeting. Please contact Joyce Bowman if you would like to serve on a committee (which one) and in what capacity-chair/co-chair or committee member. To contact Joyce email her at tomandjoyce3624@hotmail.com or call 605-343-9406. Please leave a detailed message with name, contact information and committee choice.

New 4-H Family Corner—It's 4-H Journal Time!!

That means that members of all ages will be telling their yearly 4-H story through words and pictures. The Journal is available from your club leader, the Extension Office or from the web at <http://4h.sdstate.edu>. For new families, it is very helpful to look at Journals from other members and to talk with a project or general leader about what goes in the Journal, and in what order to put the material. Doing your Journal is a great way to reflect on the fun, learning, friends and experiences that you have had this past year.

Please ask your club leader when the Journal deadline is for your club. Your leaders look forward to reading all about your first year in 4-H. Don't forget that page 9 that is required to be turned into your leader and then the 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>.

Rural Women in Ag Conference

Motivational speaker and author Mary Kay Mueller will be the keynote speaker at this year's Rural Women in Ag Conference in Spearfish Canyon. Mueller, who is known as "The Gratitude Guru" and is author of the book "Taking Care of Me: The Habits of Happiness," will deliver the keynote speech on the second day of the two day conference, Sept 30 and Oct 1.

The conference will be held at the Spearfish Canyon Lodge at Savoy. Registration for the conference is \$75 if paid by Sept 13 and \$90 thereafter. For more information, call the Meade County Extension office at 347-2436 or e-mail meade.county@sdstate.edu.

Activity Corner – "Sherpa Walk"

Supplies needed: long rope, blindfolds (1/person); safe obstacle course
Create a safe indoor or outdoor obstacle course for the group, using some steps or inclines if available. Be sure to have extra spotters on hand to help ensure the group's safety.



Ask the group to choose two people who will carefully guide them along the obstacle course (like the Sherpa mountain guides on Mt. Everest in Nepal). Everyone else is blindfolded and holds on to the rope in a straight line. The sighted guides' job is to safely and slowly guide the group along the obstacle course.

Follow the activity with discussion questions such as: How did you decide whom you'd choose to guide you? What characteristics are important in a leader? Did other people emerge as leaders during the obstacle course activity? What did the leaders do to support, protect, and guide you?

BRIGHT IDEA!

Avoiding Car Wrecks



Now that school's back in session, a brief refresher for new and experienced drivers is appropriate. Here's a test to measure your driving safety smarts.

Most motor vehicle crashes occur at intersections.

True—Look left, right, and left again before moving through intersections. Check for red light runners and pedestrians.

The far left lane is usually safer than the center lane.

False—Most accidents occur in the left lane. The center lane allows for more "escape routes" to avoid collisions.

The 9 and 3 o'clock positions are the safest places for your hands while driving. True—Keeping your hands at "9 and 3" provides maximum control if you need to react quickly to avoid collisions.

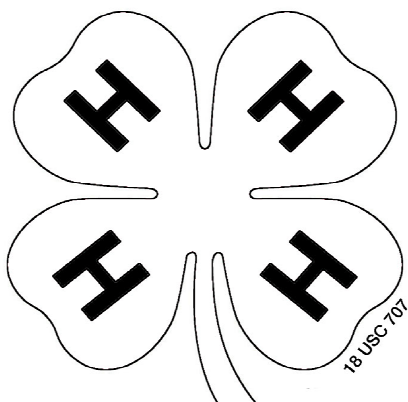
Properly maintaining your vehicle can decrease your risk for collision. True—Keep your car maintained on schedule to ensure it operates properly.

The least safe time of day to drive is the morning rush hour. False—In the dark, hazards are less visible and drivers are more likely to be tired or drunk. Always use headlights and practice extra caution.

Source: Healthy Purdue, "Choose Well Live Well", February, 2009

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- ◆ State 4-H Leaders Meeting
- ◆ State 4-H Calendar Sales

