



Advisor Comments...

CALENDAR OF EVENTS

March 2	Fruit Delivery @ Dakota Country
	Feed & Seed
March 10	4-H Bingo @ 2:00-
	4:00 PM—
	Courthouse
	Community Room
March 14	Let's Go Shopping–
	CDM @ 10:00 AM-
	Hartman's Foods
March 14	YQCA Training
	(Beginners ONLY) @
	2:30 PM—
	Courthouse
	Community Room
March 30	Great 4-H Baking
	Show @ 5:30 PM—
	Speedway
April I	4-H Scholarship
	Applications Due to
	the State 4-H Office
April 4	Office Closed (Staff
	Training)

Grant County Extension Office

210 E. 5th Ave. Milbank, SD 57252 605-432-9221 Fax: 605-432-9109



I feel the weather has dampened our attitude as I came across an article titled "Why Your Attitude is Everything," published on *Success.com*. They outline a tool kit to improve your attitude: **I. Self-Coaching Through**

Affirmations: Affirmations repeated several times each day, every day, serve to reprogram your subconscious with positive thinking.

2. Self-Motivation

Through Discovering Your Motives: Discover what motivates you—what incites you to take action to change your life.

3. The Power of Visualization: Use affirmations and visualizations either consciously or subconsciously to enhance and focus their skills.

4. Attitude Talk for Positive Internal Dialogue: Attitude talk is a way to override your past negative programming by erasing or replacing it with a conscious,





What you need: Plastic lid, School Glue, Toothpick, Food coloring

Instructions:

Step One: Pour a generous amount of glue into one of your plastic lids and swish it around to cover the entire inner surface.

 Step Two: Have your child put one or two drops of each color of food coloring around the glue.
 Step Three: Use toothpick to swirl

Step Three: Use toothpick to swirl

positive internal voice that helps you face new directions.

5. The Power of Words—WOW:

Learn the concept of WOW—watch our words. What we speak reflects what is already in our hearts based upon all the things we have come to believe about ourselves.

6. The Power in a Positive Greeting: When people ask me how I am doing, I say, "Super-fantastic."

7. Enthusiasm: Vital Tool for Staying Motivated: Enthusiasm is to attitude what breathing is to life.

8. Lighten Up Your Life with Humor: The more humor and laughter in your life, the less stress you'll have, which means more positive energy to help you put your attitude into action.

9. Exercising Will Help Keep You Motivated: One of the best ways to move to a more positive and motivated frame of mind is to exercise.

> the colors around in the glue. Stop swirling before the colors get too combined or the final result will be muddy and brown. This is an exercise in restraint!

- **Step Four:** Let dry. As the colors settle they will continue to expand and create a dyed psychedelic effect. Depending on how much glue you used, the suncatcher will take one to three days to fully dry. You will know it's ready when the edges start to peel off the lid.
- **Step Five:** When fully dry, peel the suncatcher off the lid, punch a hole through the top, add a string, and hang in a sunny spot.

Announcements...

4-H Fruit Sales

On Saturday, March 2 will be our fruit delivery!

Our fruit delivery time is 7:30 AM. Only club fruit coordinators and 2 volunteers are asked to be on hand for sorting at Dakota Feed & Seed and are to be there by 8:00 AM.

Remaining club members needing to pick up are to show up at 9:00 AM.

Congratulations to the 2019 County T-Shirt Winner!

Voting has ended for the 2019 County 4-H shirt design. We had a great response and thank you to

4-H

those who participated.

The winner of this year is Kylene Bowen.



Save the Date: 4-H

June 3-7, 2019 for ages 13-18 at South Dakota State University. Registration opens April 1.

SDSU Livestock Judging Camp: June 10-12 or June 13-15. Registration due May 24, 2019.

4-H Camp Bob: June 17-19 or June
19-21 for ages 8-12 at Custer, SD
4-H Camp Poinsett: June 3-5, June
5-7, June 10-12 for ages 8-12 at
Arlington, SD.

Attention: 2019 4-H Animal Information & Updates

Many families are planning out their animal projects for the year. Please utilize this article for pertinent information. As more information comes available, it will be communicated through the newsletter and weekly email updates.

YQCA Training

Moving forward this year, the South Dakota State 4-H program will require the Youth for Quality Care of Animals (YQCA) program certification. Those planning to exhibit in the 4-H division at the South Dakota State Fair and Grant County 4-H Achievement Days will be required to complete the training. All animal exhibitors are required to complete the YQCA training in 2019. Se more information on page 4.

<u>Rodeo</u>

The official Rodeo packet is now available on <u>SDSU Extension website</u>. The entry process is due May 1st!

To highlight important steps: members must enroll on 4H Online and in the SD 4-H Rodeo Project, complete official rodeo entry form and notarized waiver to be mailed to the 4-H Rodeo Finals Secretary. The Grant County 4-H office will only receive the Insurance Declaration Form 1.

The 2019 South Dakota State 4-H Rodeo will be held August 16-18 at the Stanley County Fairgrounds in Fort Pierre, SD. Youth qualify for the South Dakota 4-H State Finals Rodeo, through competition and placing at regional rodeos held throughout South Dakota.

<u>Horse</u>

4-H members planning on participating in the county and/or state 4-H Horse Show will need to participate in a required Youth HORSE Training. Safety is still an important component of Youth HORSE Training, but our focus has broadened to include ownership, responsibility and general horse care education. Each youth during horse safety training, must complete two skill sets and a youth-in-action. Youth can start planning ahead by giving a demonstration at your club about horse.

This year's horse safety training is about evaluation and selection. Horse safety training will be held on Monday, April 22 at 3:00 p.m. at Grant County Courthouse Community Room.

Practices will be at participant's discretion. A formal practice is schedule for June 24 at 6:00 p.m.

DNA Procedure for Market Animals

Families planning to exhibit market animals at the South Dakota State Fair will need to complete DNA sample process. DNA samples will cost exhibitors \$6 per animal.

DNA envelopes are available at the 4-H Office, along with 4-H green tags. DNA envelopes will only be distributed to 4-H families for the South Dakota State Fair. If families have animals specifically for Aksarben, families need to request envelopes directly through Aksarben. All envelopes submitted for the South Dakota State Fair will be eligible for Aksarben Stock Show. Envelopes are new this year, so discard old envelopes. Families will still continue to accurately enter animal information into 4H Online. **DNA** samples must be turned into the 4-H Office on or before the enrollment deadline, June 1.

March 4-H Club Meetings Set

Jr Busy Bees: Friday, March 15 @ 10AM- Courthouse Community Room

Stateline: Saturday, March 9 @ IPM– Courthouse Community Room

Northern Lights: Saturday, March 30 @ 9:30AM– Peace Lutheran Church Saddle Pals: meeting information pending.

Madison Jr Livestock: Monday, March 18 @ 6PM– Courthouse Community Room

Meeting Minutes

Kountry Kids: Saturday, March 9 @ 3 PM– Courthouse Community Room **Shooting Stars:** No planned meeting- help unload fruit truck on March 2.

Young Explorers: Sunday, March 3 @ 1:30PM– Courthouse Community Room

Dairy Fest Picowsa Entries Needed

How do you view the dairy industry in the midwest? Here is your opportunity to show off your artistic talents and put your thoughts on canvas!

The Picowsa of Dairy Fest Fine Arts Contest is opened to youth grades 3 through 12, as well as 4-H Clubs and FFA Chapters. Painting must be completed on a 16x20 or 18x24 canvas. Deadline to register is May 1st. Awards will be given to the top five. The artist can choose to donate their painting to be auctioned off. This is a great way for youth to showcase their artistic talents.

For additional information, contact Suzanne Souza at 605-237-2199, by email souza004@umn.edu or Larissa Neugebauer, Dairy Fest



Coordination at 605-770-8233, by email sddairyfest@gmail.com.

Event information and registration form can be downloaded <u>here.</u>

Scholarship Opportunities Available for Youth

During the spring months, high school seniors are busy completing scholarship application for their postsecondary career.

SD State 4-H scholarships is

available for youth who have at least

- five years of active membership in
- South Dakota 4-H. For more
- information, visit

<u>https://extension.sdstate.edu/event/s</u>

- outh-dakota-4-h-scholarship-
- deadline.

Application deadline is April I, 2019. SD Riverview Advocate is

program was created to enhance agriculture literacy and develop strong rural leaders in our community this scholarship program will provide leadership training and advocacy opportunities for the young leaders in your school. Please consider spreading the word to your current Junior students who are interested in teaching, agriculture or just want to gain more leadership skills. It is also available for students at:

https://www.riverviewllp.com/agvocat

e-scholarship-program.html. Application Deadline is March 31, 2019.

SD Association of Weed & Pest Scholarships is for high school senior or collage students pursuing studies in agriculture production, precision farming, agronomy or entomology in a South Dakota college or technical school. Please find more information at http://sdweedandpest.com/scholarshi ps/.

Mark Your Calendar! 4-H Fun Youth Rabbit Show & Clinic Saturday, April 13, 2018 • Grant County 4-H Exhibit Building • 9:30 a.m. Registration

Rabbit Showmanship practice, rabbit judging and skillathon and educational displays will be offered!

Youth for the Quality Care of Animals Program

Last year, YQCA program was implemented in South Dakota counties, requiring youth exhibiting swine to attain a certification. For 2019, the YQCA program is required for youth exhibiting beef cattle, dairy cattle, sheep, meat goats, dairy goats, swine, poultry, and rabbits.

The YOUTH standards for YQCA in South Dakota 4-H include:

- Youth ages 8 to 21 exhibiting swine projects at 2018 county and/or the State Fair will be expected to complete YQCA certification.
- Youth ages 8 to 18 (4-H age as of January 1st) should complete an instructor led YQCA training with a YQCA Trainer for the first year. Please check with your county or surrounding counties for class dates.

- YQCA certification needs to be completed and uploaded to 4-H Online by June 1, 2019.
- Youth ages 8 to 21 exhibiting beef cattle, dairy cattle, dairy goats, meat goats, sheep, swine, poultry, and rabbits at county-level fairs or State Fair will be required to become YQCA certified for the 2018-2019 4-H year.

Youth completing the instructor led is free, as the 4-H Leaders has purchased coupons. A registration fee for the online training (open to all ages) is \$12 per person and for a test out option.

For additional information, please refer to <u>SDSU Extension website</u> for Youth Standards and Frequently Asked Questions document.

Attention Livestock Exhibitors!



Youth must register for a training through the YQCA website, <u>https://yqca.learngrow.io/Account/L</u> ogin. Please sign in through your 4H Online credentials. Contact the Grant County 4-H Office with any online registration issues.

Check out the Calendar of Events for training dates. More dates will continue to be added.

JOANN Stores to Grow 4-H with Clovers for Kids Campaign

JOANN stores want to see more South Dakota kids learning by doing, creating and making. The Clovers for Kids campaign kicks off in 865 JOANN stores nationwide March I and will extend through April 31. Supporters will have a chance to show their support by purchasing \$I and \$4 Paper Clovers to equip local clubs with resources to reach more kids in need. With the \$4 Paper Clover, customers will also receive a coupon for \$4 off their next purchase.

In addition, JOANN supports individuals 4-H'ers involvement by providing a rewards card for current and lifetime 4-H members, parents of members, volunteers and 4-H staff. The rewards card gives holders 15 percent off total in-store



and online purchase every day. JOANN will give a minimum of 2.5 percent of every eligible transaction to 4-H.

Lawn Mowing Bids being requested

The Grant County 4-H Association are seeking lawn mowing bids for the 2019 year. The person selected will be in charge of lawn maintenance at the 4-H Grounds.

This year, the 4-H Association put in requirements such as trimming around buildings and picking up debris A form can be picked up at the 4-H Office, or call 605-432-9221 for more information. The 4-H Association would like 4-H youth to have the first opportunity.

If bids have not been submitted by March 16, bids will be open to the community.



ACT FAST: Future Foodies Workshop

The SDSU Food Science Club is putting on a workshop for 6-8th graders on <u>Saturday, March 16,</u> <u>2019 from 10:00 am to 2:00 pm at</u> the <u>Young Brother's Seed</u> <u>Technology Laboratory in</u> <u>Brookings, SD</u>. The workshop will be focused on learning some basics of food science that apply to common food items like chocolate chip cookies, yogurt, and ice cream, as well as sensory evaluations. There will be **no cost** for the participants, and space is limited to 20 students.

We hope to get the students excited about food science and to hopefully get them thinking about a future career in food science. The plan is to have 4 sessions throughout the workshop, each about 30 minutes each, with a 30 minute lunch break where we will be serving pizzas.

The tentative itinerary is: 9:45-10:00 - people start showing up 10:00-10:30 - Welcome/divide into groups 10:30-10:35 – head to 1st session 10:40-11:10 - Session 1 -Cookies 11:10-11:15 - rotate sessions 11:20-11:50 - Session 2 -Yogurt 11:50-11:55 - head to lunch 12:00-12:30 – Lunch 12:30-12:35 - rotate sessions 12:40-1:10 - Session 3 -Sensory 1:10-1:15 - rotate sessions 1:15-1:45 – Session 4 - Ice

Cream

1:45-2:00 – Wrap up & Send off 2:00 and after – Tour of the lab with Padu (if interested)

We have also made a sign up sheet on Google Forms at this link:

https://docs.google.com/forms/d/ e/IFAIpQLSdOdOeiVOmI5MFuE dBbMF9jT7FV-__03kEpqe8eAKOeXhtuNpA/ viewform? usp=sf_link&fbclid=IwAR2uFEov5 __VYbi2Cu2QIqOtPqIPFgVfGIFKA DuYX3fnZZf2oP-2KjGjgTUQ

This link can be found on our Facebook page (SD State Food Science Club) and Instagram (@sdstatefoodscience).

Project launched to help youth Listen, Learn, Lead

South Dakota 4-H member, Danika Gordon, who is a nineyear Butte-Lawrence County 4-H member, has created a new leadership project as part of her role as a current state 4-H ambassador.

Gordon has established a website titled Listen, Learn, Lead – or L3 for short. For 2019, she has posted four TED Talks for youth to listen to on the site at https:// listenlearnlead4h.weebly.com/. Discussion questions developed by Gordon are also listed with each of the talks to prompt reflection either as an individual or group setting.

Gordon suggests youth might gather to watch the TED Talks

during a 4-H club, 4-H junior leaders or FFA chapter meeting, or simply during free time or as a family. She says the project was designed to be similar to a book club. After watching the TED Talk, youth can have a short discussion with others about what they learned or agreed with – or maybe disagreed with – from the presentation.

The topics Gordon selected for this year's TED Talks highlight introverts, body language, views on leadership and thoughts on what helps people be successful in school and life. Gordon hopes to select four new TED Talk presentations annually to continue fostering learning and leadership among South Dakota youth. Youth who watch the TED Talks and then post a comment on the L3 Facebook page, will also be entered into a drawing for an Amazon gift card.

To learn more check out: https://listenlearnlead4h.weebly.com/.



SUNDAY, MARCH 10 GRANT COUNTY COURTHOUSE COMMUNITY ROOM 2:00-4:00 PM

BINGO

TIME

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PLAY 12 GAMES FOR \$5.00/CARD.

PLAY **BLACKOUT** FOR \$3.00/CARD. WINNER RECEIVES 50/50!

CONCESSION STAND AVAILABLE!



Sponsored by: Grant County 4-H Life Committee

<section-header>

THURSDAY, MARCH 14 10:00 AM

ON LOCATION AT HARTMAN'S FAMILY FOODS

Each day youth make consumer decision ranging from deciding which snack to choose to which cell phone plan meets their needs. The sheer volume of choices including inperson and online options easily becomes overwhelming. The goal of the 4-H Consumer Decision Making Program is to teach youth how to make wise consumer choices.

YOUTH FOR QUALITY CARE SAMMALS

Required for ALL 4-H livestock exhibitors!

Upcoming Training Dates

Thursday, March 14 2:30 PM Grant County Courthouse Community Room NOTE: Beginners ONLY

Saturday, April 13 2:30 PM Grant County 4-H Exhibit Building NOTE: Will take place after our 4-H Rabbit Fun Show

Thursday, May 30 Training will be held in conjunction with 4-H Dairy Clinic

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Questions?

Grant County 4-H Office Email: grant.county@sdstate.edu Phone: 605-432-9221 https://extension.sdstate.edu/

How Register:

1. Go to www.yqca.org

2. Click sign-in with 4-H Online icon

3. Select South Dakota 4-H Youth Development in the drop down menu

4. Login with your 4-H Online credentials.

5. Select the youth to sign up for a training.

6. Select the course applicable to youth's 4-H age.

7. Select which training the youth will attend.

8. Enter coupon code available through the 4-H Office to cover \$3. (Only applicable for the instructor led training.) NOTE: Each child will be a separate transaction!

THE GREAT 4-H BAKING SHOW



March 30, 2019 **Speedway Event Center**

Join us for an evening full of baked goods, entertainment, & fundraising! Free-will donation pasta supper starts at 5:30 pm Awards, Entertainment, and Auction begin at 6:30 pm

Entertainment to include talent by Grant County 4-H youth!

Enter your baked goods for a chance to win grand prize!

Entry open to individuals, families and businesses. Items must be dropped off at Speedway by 1:00 pm the day of the event. Judging categories include:

Pie of any flavor Single-tier Cake or Cupcake Display (min. dozen) Decorated Cookies (baker's dozen)

All items will be auctioned with proceeds going to support

Grant County 4-H Grounds improvement!

For more information on contest entry and auction participation contact Melissa Mueller @ 320-760-9613 or Hannah Barthel @ 712-592-0380



SATURDAY, APRIL 13, 2019 FUN YOUTH RABBIT SHOW AND CLINIC

Location: Exhibit Building on Grant County 4-H Grounds-517 Flynn Drive, Milbank, SD

Come join the fun with a rabbit show, showmanship workshop, skillathon station, educational breed displays, silent auction and cage building workshop!

YQCA training will be held at the conclusion of the rabbit show events. Please register at <u>https://yqca.learngrow.io</u> by using your 4-H Online sign in.

CCB Rabbit Supply will be offering a FREE stacker rabbit cage raffle to all youth who attend. Please call 605-860-8916 for equipment questions and pre-orders.

Carrier Cage Building Workshop

CCB Rabbit Supply will be teaching you how to build your own take home single carrier cage!

Cost is \$20- Please RSVP by April 9th by calling 605-432-9221 to reserve a spot!



9:30 AM REGISTRATION COST \$1 PER RABBIT

10:00 AM SHOW

SHOWMANSHIP & JUDGING TRAINING FOLLOWING SHOW

12:30 PM CAGE BUILDING WORKSHOP

2:30 PM YQCA TRAINING

WATER AND BARS AVAILABLE ON SITE. FEEL FREE TO BRING FOOD OR HARDEE'S AND PIZZA HUT ARE NEARBY.

SPONSORED BY:

Grant County 4-H Leaders and South Dakota Rabbit Breeders Assoc.

This is Not a ARBA or SDRBA point show.

Questions: Call Jody at 605-432-5049 or 4-H Office at 605-432-9221 Page 10

Calendar of Events

(Dates are subject to change.)

March 2 — Fruit Delivery—Dakota Country Feed and Seed (tentative) March 10-4-H Bingo at 2:00-4:00 p.m.- Courthouse **Community Room** March 14—Let's go Shopping: Consumer Decision Making at 10 a.m. at Hartman's Family Foods March 14—YQCA Training (BEGINNERS ONLY) at 2:30 p.m.—Courthouse Community Room March 30—Community Pie Auction at 5:30 p.m.— Speedway April I—Shooting Sports Scholarship Applications due April I—South Dakota 4-H Scholarship Applications due to State 4-H Office April 4—Office Closed (Staff Training) **April 15**—State Shoot Registration Deadline April 22—Babysitting Clinic at 9:00-3:00 p.m.— **Courthouse Community Room** April 22—Horse Safety Training at 3:00 p.m. at **Courthouse Community Room** April 26-28 — SD State 4-H Shooting Sports Match, Fort Pierre May 1—4-H Rodeo Finals Packet postmark on/before to 4-H Rodeo Finals Inc. May II—Kids College Event– Courthouse Community Room May 27—Office Closed (Memorial Day) May 29—Top Chef Event at 9:00 a.m.—Milbank High School May 30—4-H Dairy Clinic **June I**—ALL Animal Ownership Affidavits and Lease Forms Due on 4-H Online! June I—Late Rodeo Finals Packet Deadline June 3-5—4-H Malt Wagon – Milbank City Office parking lot June 3-7—Teen Leadership Conference at South Dakota State University campus, Brookings, SD June 9-15—Performing Arts Troupe Camp, Aberdeen June 15-19—Citizenship Washington Focus, Washington D.C

June 26—Let's Go Shopping: Fashion Revue Workshop at 2:00 p.m. at Community Thrift Store June 27—Let's Go Shopping: Fashion Revue Workshop at 10:00 a.m. Grant County 4-H office. June 28—Grant County 4-H Horse Show at 9:30 a.m at Grant County 4-H Grounds. July I—"Youth for the Quality Care of Animals" Certification Deadline July I—Breed Registration Papers due on 4-H online. July I—State Horse Show Registration Deadline July 4—Office Closed (4th of July) July 9—Grant County 4-H Youth-in-Action Day (Special Foods, Public Presentations, & Fashion Revue) July 22-24—SD State 4-H Horse Show, Huron **August I**—State Dog Show Registration Deadline August 5-7—Grant County 4-H Achievement Days August 17-19—State 4-H Rodeo, Ft. Pierre August 20—State Fair, State Livestock Judging & Skillathon Contest Registration Deadline (Livestock, Display Exhibits & Youth-in-Action) August 24—State 4-H Dog Show, Huron August 29-September 2 – South Dakota State Fair, Huron September 2—Office Closed (Labor Day) September 26-29—AK-SAR-BEN, Grand Island, NE October I – 4-H Record Books due to the 4-H Office October 7-13—National 4-H Week October — Western Junior Livestock Show & 4-H FCS Show, Rapid City October 1-5—World Dairy Expo, Madison, WI October II—4-H Junior Leader Lock-In October 14— Native American Day (Office Closed) October 30 – Club Financial reports are due (from Club's treasurer's books) November 4—Grant County 4-H Recognition Event — Milbank High School Cafeteria (tentative) **November II** – Office Closed (Veterans Day) **November 28-29**– Office Closed (Thanksgiving Holiday) **December 25**—Office Closed (Christmas Holiday)

DEADLINES!

It is each families responsibility to adhere to deadlines. If the deadline date falls on a weekend date, you will have the next business day to turn in any materials.

Junior Leaders Corner

Junior Leaders is designed to provide members with the opportunity to learn about the qualities and competencies needed to be a leader. Leadership is a set of skills and attitudes that can be learned and developed that will help the leader influence the actions of others.

Upcoming Activities

4-H BINGO Event

Sunday, March 10 at 2:00-4:00 p.m.

Junior Leaders will be lending a hand in making the BINGO event successful with the 4-H Life Committee. Junior Leaders will help run the concession stand and serve as BINGO callers.

⇒ The Great 4-H Baking Show

Saturday, March 30 at 5:30-8:00 p.m.

Do you have a talent? Showcase your talent during the event. In addition, youth and their families are encouraged to enter in their baked goods. Junior Leaders will serve as emcees for the event.

Junior Leader Phonathon

Mark Your Calendars: Junior Leaders are going to be making phone calls! Junior Leaders will be holding their annual phonathon on Sunday, April 14 at 6:00 p.m. at the Grant County 4-H Office. Pizza will be served at 5:30 p.m.



South Dakota State University, U.S. Department of Agriculture, and counties 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 veteran status.

Grant County Extension Office 210 East 5th Ave.—Courthouse Milbank, So. Dakota 57252

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To:



Have you enrolled yet? If yes, GREAT and Thank you!! If no, let's get it checked off your list. https://sd.4honline.com/Login.aspx?403D40776B4A2B324C45333732733D