



National 4-H Week
October 2 - 8, 2022

OPPORTUNITY 4 ALL

Yankton County
4-H News
October 2022



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Upcoming Events

September 30th		Record Books Due
September 30th		Kids Award Sheet Due
October 1		New 4-H Year Begins
October 2-8th		National 4-H Week
November 6th	2:00 PM	Recognition Event
November 19th		SS Coach Training Murdo



Teens selected will function as a positive role model for youth in South Dakota, while serving to support the 4-H program through public relations. State 4-H Ambassadors will strive for continued improvement of the 4-H program by serving as an agent of change. Additionally, these individuals will promote inclusion and respect for diversity across 4-H in South Dakota. Individuals selected to be on the team, will have endless opportunities to grow and expand their leadership, life, social and workforce skills.

2022-2023 SD State 4-H Ambassador

PATRICK KRALICEK

Yankton County 4-H





October 1st
Enroll in 4-H

<https://v2.4honline.com/>

Congratulations!

PREMIER EXHIBITOR AWARD

Patrick
Kralicek

THIS AWARD RECOGNIZES
A MORE COMPREHENSIVE
DEVELOPMENT OF LIVESTOCK
PROJECT KNOWLEDGE IN
ALIGNMENT WITH THE
4-H LIVESTOCK MANAGEMENT TRIANGLE
(SKILLATHON, SHOWMANSHIP,
LIVESTOCK SHOWS)



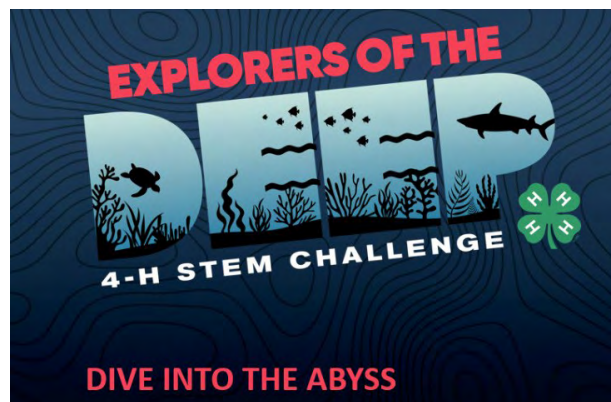
PREMIER EXHIBITOR AWARD

Mackenzie
Steinbrecher

THIS AWARD RECOGNIZES A MORE
COMPREHENSIVE DEVELOPMENT OF
HORSE PROJECT KNOWLEDGE.
THE PREMISE OF THE AWARD MIRRORS
THE THREE POINTS OF THE
MANAGEMENT TRIANGLE
(HIPPOLOGY, SHOWMANSHIP,
HORSE SHOW)



2022 4-H STEM Challenge Information: This year's challenge is Explorers of the Deep: Dive into the Abyss! It has been released and is ready for purchase. This is a great activity for National 4-H week, but also year round. The challenge is about ocean exploration using robots. For more information including a webinar for educators go to: <https://4-h.org/parents/4-h-stem-challenge/>



September 2022 United Way Volunteer of the Month - Mary Fiedler

"I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living, for my club, my community, my country, and my world." This is the 4-H Pledge and Mary Fiedler embodies those values through her volunteerism to Yankton County 4-H and the greater Yankton community.

Because of her dedication to 4-H and the Yankton community, United Way & Volunteer Services of Greater Yankton was honored to present Mary Fiedler with the September 2022 Volunteer of the Month Award.

Mary has been involved with 4-H for many years, and while her children are grown and have graduated out of 4-H, she continues to give 4-H much of her time! Mary is the Yankton County Leaders Association Treasurer and a leader of the Yankton Clovers 4-H Club. These two things keep her very busy within 4-H. Recently, Yankton County 4-H held their County Fair.

Katie Doty, Yankton County 4-H Youth Development Coordinator said about Mary, "Mary spent many hours helping get ready for the County Fair and doing a lot of the behind-the-scenes work. She makes sure the 4-H Building is well cared for and organized and plans wonderful activities and community service projects for her club to do."



We asked Mary to share more about her volunteerism, in her own words.

I have lived here in the Greater Yankton area since 1975 to attend Mount Marty College. In 1979 I met a young man named Donald who convinced me that Yankton should be my home.

I began volunteering when I was a youth by helping teach religious education with my mother in our church. I began volunteering in the Yankton area in 1997 when our third child entered Kindergarten. Helping in the classroom was a lot of fun and it was so rewarding watching the students learn and grow thru the years and graduate. I have continued volunteering since then just in different capacities.

I volunteer at Yankton County 4-H as a 4-H leader for the Yankton Clovers 4-H Club and as the Treasurer of the Yankton County Leaders Association; Avera Majestic Bluffs on the Country Neighborhood; At the Nursing Home I do the majority of the seasonal decorating, have helped with some craft activities, and visit with residents. I also volunteer at the United Way thru RSVP with mailings, clothing drive, school supplies collection, toiletry collection and distribution and Food for Thought helping at the Food Pantry as a substitute worker.

I volunteer approximately 550 hours per year.

Volunteer work is enjoyable because it is wonderful to help others and to see the smile on someone's face for what you did for/with them. It is nice to make a difference in someone else's life.

My best volunteer experience is 4-H. It is great to work with the club members and see their many accomplishments. Even more rewarding is to see the individual they become over the years.

The advice I would give to those thinking about getting out there and volunteering in their communities is just "DO IT" cuz you will never regret it!!

Thank you, Mary for your extraordinary efforts.

NEW!

QUARTERLY

4-H PROJECT CHALLENGE

OCTOBER, NOVEMBER, DECEMBER 2022

FOODS & NUTRITION: QUICK BREAD VS. YEAST BREAD

These challenges are designed to have fun, while also learning something new!

- How do I participate?
 - You must:
 - Fill out the form on the challenge sheets.
 - Take photos/selfie while doing each recipe (3 total)
 - Exhibit at the fair. Can be a Foods exhibit, Educational Display, or Curriculum
 - Share the experience with a Club or County level Demonstration or Public Presentation
- A Celebration or Project Workshop related to the project area will be offered each quarter. This quarter will be Clover Cookie Factory!

Look for the challenge details in each month's newsletter. The challenge will run for 3 months each. You may begin at any time.

This is a great way to earn premium points and be able to fill out award forms!

** Special Prizes will be awarded at the 2023 Recognition Event to those who complete the challenge requirements! **



2022 Soil Health Demonstration Video Contest

Open to all South Dakota K-12 students!



Top Prize: \$1,000 Second Place: \$500

The South Dakota Soil Health Coalition wants to see your best soil health demonstration videos! Rainfall simulation, water infiltration, “soil your undies,” slump test, slake test... if it demonstrates soil health, then it qualifies! Get creative with your scripts and video editing!

This contest is only open to South Dakota students in grades K-12. No more than 5 students per team. Videos may be no longer than 4 minutes. If any music is used in your video, you will need to submit the music license code! By submitting videos for this contest, you give permission for the South Dakota Soil Health Coalition to publish and display it in part or in whole in any media, venue, or format. If you need supplies for your demonstration, please email sdsoilhealth@gmail.com or call 605-280-4190.



Deadline: October 14, 2022

Download submission forms at:

**[www.sdsoilhealthcoalition.org/
2022-video-contest](http://www.sdsoilhealthcoalition.org/2022-video-contest)**



South Dakota

Soil Health Coalition



10 Ways to Celebrate National 4-H Week



1. **Host a 4-H Rally** - With permission, host a 4-H rally at a school or community center. It's a great way to bring the community together to celebrate and show the pride of your local 4-H program
2. **Give Back** - Local programs are always looking for resources to continue growing the programs. Help programs like the Flying Squirrels or Green Turtles (not real clubs, by maybe) thrive by making a donation that can help provide supplies to kids in the area.
3. **Wear Your 4-H Gear** - Nothing says 4-H pride like a 4-H tee! Dress yourself (or the entire family – pets included!) in 4-H green and clover gear, available at Shop 4-H.
4. **Set Up Information Booths** - If your local grocery or hardware store allows, set up a table to share information about your local 4-H program. You can display 4-H posters, hand out flyers, or showcase the work of local 4-H'ers.
5. **Shout-Out a 4-H'er** - Kids love 4-H. They enjoy the time they spend with 4-H friends, look forward to their next 4-H meeting, and plan all year to show off what they've learned. Recognize the hard work and dedication of 4-H'ers by shouting out one or an entire club on social media.
6. **Storefront Displays** - In some communities, you can ask local businesses to display 4-H posters. Many may be willing to dedicate their entire storefront to 4-H signs, memorabilia, and décor for the week.
7. **Become a 4-H Volunteer** - If you are a 4-H alum, you might be looking for ways to reconnect with 4-H. Consider giving your time to a local 4-H club by becoming a volunteer.
8. **Share Your 4-H Story** - Take to social media to share a 4-H memory, express how 4-H shaped who you are today, describe what 4-H means to you, post an old 4-H photo, or shout-out your 4-H club. Use and follow the hashtag #InspireKidstoDo, share your story, or read stories similar to yours.
9. **Have a 4-H Reunion** - 4-H alumni often credit 4-H for the connections they've made, remembering the friends they made and those who they may still keep in touch with today. Gather your old 4-H friends and spend some time together reminiscing on your 4-H experience or recreate your 4-H project together!
10. **Send a 4-H 'Thank You'** - We all have a reason to thank our local 4-H leaders. Whether you grew up in 4-H, you have kids in 4-H, or you've witnessed the positive work of 4-H in your community, send a 'thank you' note to your local Extension/4-h office to show your appreciation,



FARM *stress*

Farm stressors can come from many directions including the agricultural system, farm and family finances, mental and physical health challenges, and relationship difficulties.

A healthy response to these challenges involves paying attention to the stressors within all of these areas and determining coping strategies that are useful in each area.

STRENGTH TAKES *courage*

If you feel overwhelmed in your situation or are struggling with emotions like anxiety, depression, stress, sadness or fear, you are not alone. Your feelings are an understandable human response to frustrations such as extreme weather conditions, production challenges, machinery breakdowns, price and market uncertainties, and long hours that prevent time with family. Finding a healthy way to work through these feelings is important for you and everyone around you. Help is available to farmers, ranchers, and their family members.

Please get the support you need from people who care. We're here 24/7.

Farm and Rural Stress Hotline **1-800-691-4336**

SDSU Extension <https://bit.ly/SDSUExtension>

Call **211** or visit 605strong.com



Agriculture Behavioral Health Voucher Program
Managed by the Division of Behavioral Health
South Dakota Department of Social Services



10th

ANNIVERSARY

Tripp County



Prospect Show

Saturday, November 5, 2022
Tripp County Fair Grounds
899 W 13th St., Winner, SD

CASH PRIZES AWARDED

Top 5 Prospect Heifers
Top 5 Prospect Market Animals
Top 5 Showmanship in 3 Divisions
*100% payback based upon class
placing & #/class.*

➤ Door prizes
➤ Anniversary gift
to each exhibitor
➤ Awards for Breed
Champions

Come help us celebrate the 10th year of our show!!

Electronic pre-entry is preferred - please find the link on the Tripp County Prospect Show Facebook page or <http://www.sdjps.com>

Payment can be made the day of the show. \$25/hd if entered by 11:59p.m. CST on 11/3/2022, \$30/hd after that time.

You can also mail or e-mail your entry form to: Dawn Covey, 26063 319th Ave., Hamill, SD 57534 dec.63@hotmail.com

➤ Cattlewomen will
have a lunch stand!

Contact Information:

Dawn Covey— (605) 840-1334 or (605)842-3250, E-mail:
dec.63@hotmail.com , Ross DeMers (605)840-4188 or Jeremy
Schroeder (605)840-0510 or Rhonda Schroeder (605)840-0217

Check In: 8:00 a.m.—10:00 a.m.

Show will start at 11:30 a.m.

\$25 entry fee/hd - \$30/hd after 11:59 pm CST on Thursday, November 3, 2022.

• Showmanship divisions will be Senior, Junior, and Beginner - \$5 entry fee

• Show Order:

1. Showmanship 2. Prospect Breeding Heifers 3. Prospect Mkt. Heifers & Steers

• Exhibitor Age limit: 8—21 years old as of January 1, 2023, as stated in the S.D. Junior Point Show Association Beef rules, however, we will conform to ages for specific breeds that may be different.

• Breeding Heifers - must have been born after August 1, 2021

• Prospect Breeding Heifer classes will be broken down by breed & age

• All Prospect Mkt. Steers & Heifers must have been born in 2022

• Prospect Market Steer classes will be broken down by breed & weight

• All Market Heifers will show in one division.

• All animals must be registered or eligible for registration to show in a breed. If this does not apply you will show as commercial.

• Health Papers Required

• Must bring your own woodchips

• This is a **NO FIT** show. Any changes to these rules will be announced the day of the show. All decisions of show committee are final.

• Not responsible for accidents.

• Generators Recommended

• Pre-entry is encouraged but you may also enter the day of the show.

Save
T.H.E
DATE



NDSU

ANIMAL SCIENCES



Harvesting Success



Livestock Judging Clinic

October 22 & 23 2022

NDSU Shepperd Arena

Join the herd for a two-day hands-on clinic focused on improving your livestock judging career!

Saturday will feature several workshops, tours of NDSU facilities, and dinner provided by BBQ Bootcamp

Sunday will feature a full livestock judging contest, with awards!

Registration will be open soon!
Follow "NDSU Animal Sciences"
on FB for more events!

Early Bird Registration before 10/1/22

\$50/youth Sat & Sun

\$20/youth Sunday only

\$15/Coach

Includes Meals, T-shirt & Giveaways

Contact: Devin Cunningham
devin.cunningham@ndsu.edu
701.231.1895



South Dakota 4-H Regional Volunteer Training



An opportunity for 4-H Volunteers to come together to network, learn and ask questions of state 4-H staff. Hosted in partnership with the South Dakota 4-H Leaders.

We hope to see you there!

DATES/LOCATIONS

- November 5 | Webster
- November 19 | Howard
- December 3 | Belle Fouché
- January 28 | Miller
- March 25 | Winner

**Dates are subject to change based on any weather or local conflicts that arise. Registration materials found on the SDSU Extension website will be up-to-date as these situations arise and county 4-H offices will be informed.*

COST/REGISTRATION

The cost for each event is \$15 if you register 2 weeks prior to the event date. After that time, it will be \$20 up until the Wednesday before each event. Lunch will be provided for registrants.

Registration is required and can be found at the link or by scanning the QR code.

For more information:

Jenae Hansen-Gross | SDSU Extension 4-H Volunteer Development Field Specialist
(605) 626-2870 | jenae.hansen@sdstate.edu

TENTATIVE TRAINING SCHEDULE

- 9:00 a.m. - Check-in
- 9:20 a.m. - Welcome
- 9:40 a.m. - QPR (Question, Persuade, Refer) Suicide Prevention Training
- 11:00 a.m. - Break
- 11:10 a.m. - 4-H Projects Open Space Discussion/Learning
- 12:00 p.m. - Lunch
- 12:30 p.m. - Youth Project Highlight
- 1:00 p.m. - Q & A
- 1:30 p.m. - Feedback and Evaluation

Schedule subject to change.

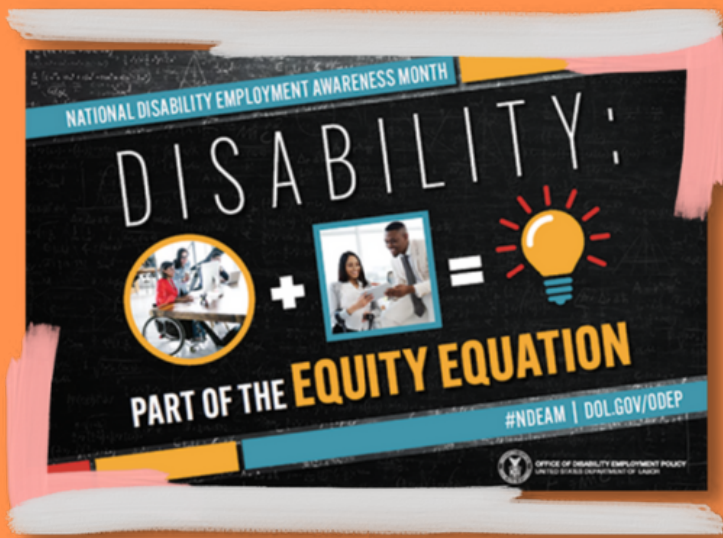


[extension.sdstate.edu/
south-dakota-4-h/supporters](https://extension.sdstate.edu/south-dakota-4-h/supporters)



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

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2022 NATIONAL DISABILITY EMPLOYMENT AWARENESS MONTH

Upcoming Events!

October 5th - Examining Disability Stereotypes (Virtual Training)

8:30 a.m. - 9:30 a.m. CST

This free interactive training will address how to better understand stereotypes and reactions to common disabilities.

Registration link: <https://state-sd.zoom.us/meeting/register/tJwpf-yprjgvGdEH92h-w5x05V9SDdDrSDQz>

October 18th - Oyate Circle "7th Generation" Documentary Viewing & Training (In person - Grand River Casino, Mobridge)



3:30 p.m. - 5:00 p.m. CST

Viewing of the documentary film "7th Generation" with Mr. Warne and Mr. Weston sharing perspectives on historical and current views with a focus on a positive future for youth including vocation and independence.

Registration link: <https://forms.office.com/Pages/ResponsePage.aspx?id=fFSvcKtpbUG0plQ7XOUrmdunqUTX-r9KhNaeDxtJ8JxUMEs3UjZKVzNVRIVJQjUzMUFNFPVE5KUy4u>

November 4th - Long-COVID and the ADA (Virtual Training)

8:30 a.m. - 9:30 a.m. CST

In this training, participants will receive an overview of the ADA, Title I, and reasonable accommodations, explain long COVID and its relation to the ADA, long COVID symptoms, whether it is considered a disability under the ADA, and possible COVID accommodations will be discussed.

Registration link: <https://state-sd.zoom.us/j/93355719823?pwd=ODNMauUlaV2NWNS8vY3ZLd2FNQk5KQT09>

CALL US FOR MORE INFO



605-626-2398

Any individual who will require auxiliary aids and services for a disability in order to participate should submit a request to Kim Ludwig 10 days prior to the training at (605) 626-2313 or kimberly.ludwig@state.sd.us.

Board of Vocational Rehabilitation
Statewide Independent Living Council
221 South Central Avenue, Suite 33
Pierre SD 57501
Phone: 605.494.3613 Fax: 605.224.8320

