



Audra Scheel

Audra Scheel
4-H Advisor

Sanborn County

4-H Newsletter



January 2012

New Aurora/Buffalo/Jerauld/Sanborn 4-H Advisor!

We extend a warm welcome to our new 4-H Advisor, Audra Scheel. She was chosen as the Aurora/Buffalo/Jerauld/Sanborn 4-H Advisor and began her new job on January 3rd.

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Greetings from Audra!

Greetings,

My name is Audra Scheel, I am the new 4-H Program Advisor for Aurora, Sanborn, Jerauld and Buffalo Counties. I started the 3rd of Jan.; so I will be figuring out things here for a little bit. A little bit about myself - I grew up on a ranch near Belvidere, SD. I was very involved in 4-H growing up and my family and I showed cattle at the local, state and national levels. I attended SDSU and my husband and I moved out to the Belvidere ranch to live. We recently moved to this area this past fall to my husband's family farm near Alpena, SD. We have three children and raise show cattle, sheep and goats. I am excited about serving this community. This is an exciting time for 4-H in South Dakota. As we look for new and fresh ideas to compliment 4-H and help grow this valuable organization, I look forward to meeting all of you and working to make 4-H the best that it can be!

4-H Shooting Sports Sign-Up!

Are you interested in learning more about Shooting Sports? The Sanborn County 4-H Shooting Sports program is set to begin **on Sunday, January 8th at 2:00 p.m. at the 4-H Building in Forestburg.** A parent or guardian must accompany each 4-H member this first session. After registration on the 8th, regular shooting times for Shooting Sports will be every Sunday afternoon from 3:00-6:00 p.m. until April.

This program is for 4-Hers who are 8 to 18 years of age as of January 1, 2012. Shooting disciplines taught at Shooting Sports include: Archery, BB Gun, Air Pistol, Air Rifle, .22 Pistols and Rifle. If you have any questions or would like to learn more, please contact Art or Audrey Kneen (495-4321), Robert Kneen (495-4391), or the Extension Office (796-4380).



Dues and Enrollment Forms Past Due!

Now that 2012 is here, it is essential that all the **enrollment forms, leaders dues, and volunteer enrollment forms** be turned into the Extension Office **as soon as possible!**

- ◆ If you have not paid your leader’s dues yet, please submit \$4 to Velma or the Extension Office.
- ◆ Leaders—If you have any new members, please let the office know so they can be added to the newsletter mailing list.
- ◆ All Volunteer Enrollment Forms must be sent to SDSU **by January 15th!** Please turn them in ASAP.

Thank you for your help in this matter!

2012 State 4-H Leaders Conference

SD 4-H Leaders 2012 Conference
Saturday, March 31 in Yankton
Theme: “Growing on the River of Change”

Sioux Empire Farm Show Livestock Judging Contest

The Sioux Empire Farm Show is hosting a 4-H and FFA Junior Judging Contest on Saturday, January 28 at 10:00 a.m. Current 4-H and FFA members are encouraged to participate. Participation is limited to teams of four with up to two teams per county. A non-refundable entry fee of \$15 per team is required by January 13. Teams can check in from 8:00-9:45 a.m. The contest begins promptly at 10:00 a.m. The top 10 teams and individuals will be announced at 1:30 p.m.

For more information and to register online, go to www.siouxempirefarmshow.org/juniorJudging.cfm.

Central Electric Cooperative District Supper

The Sanborn County 4-H Leaders will be serving the Central Electric Cooperative District meeting supper on **Monday, January 16** at the 4-H Building. We need donations of bars for dessert and volunteers to work.

Please let Paula Linke (796-4558) know:

- ◆ If you can provide a pan of bars
- ◆ if you can help serve – adults or junior leaders – from 5:30-7:30.



2012 Achievement Days

The Sanborn County 4-H Leaders have set the dates for the 2012 Achievement Days as follows:

Wednesday, August 1
Saturday, August 4



Please mark it on your calendar!

4-H Fruit

The 4-H Leaders are making plans to sell 4-H fruit again this year. As soon as we have more information, we will hand it on to you.



Black Hills Stock Show Youth Day Events

Saturday, February 4, is the date for Youth Day during the 2012 Black Hills Stock Show. The location is the Pennington County 4-H Extension Office (Walter Taylor Building, Central States Fairgrounds, 601 E Centre St, Rapid City, SD).

All youth are invited to enter the Youth Day activities but must register by January 10th. Youth must be at least 8 years of age and no more than 19 years of age by January 1, 2012 to participate in the Beef Cook-Off, Livestock Judging, Livestockology, Horse Quiz Bowl, Hippology and Dog Show. Individuals may enter a maximum of two events. Visit www.centralstatesfair.com/stock-show/ for more information.

Black Hills Stock Show Scholarship

During the Stock Show, a number of scholarships are awarded to high school seniors. If interested, there is an application available online for the Rapid City Chamber Ag Committee Scholarship. (www.centralstatesfair.com/stock-show/) Deadline is January 10th.

2012 SD Foundation for Life Essays

Students in 4th, 7th and 9th grade are invited to participate in the 2012 SD Foundation for Life Essay Contest. Winning essays from each school will advance to the statewide competition with the first place winner receiving \$300.

The Foundation for Life Essay contest is an easy and effective way for schools to enhance character efforts. The purpose of the contest is to inspire young people to reflect upon, express and commit to profound and enduring truths that will guide them to make ethical choices throughout their lives. The South Dakota 4-H CHARACTER COUNTS! staff is looking forward to receiving lots of contest entries. For more information, please call the Extension Office.
Essays are due by January 31st.

SDSU Science and Engineering Fair

South Dakota State University (SDSU) is hosting the 58th Annual Eastern South Dakota Science and Engineering Fair (ESDSEF) on Friday, March 23, 2012, in the Stanley J. Marshall HPER Center. Approximately 550 students in grades 6 – 12, from 15 Counties in South Dakota and Iowa are expected to compete for more than \$7,000 in prizes from SDSU and community organizations. The grand champions win an all-expenses paid trip to the Intel International Science and Engineering Fair (ISEF), May 13–18, in Pittsburgh, Pennsylvania, where they compete against 1,500 U.S. and international students for approximately \$4 million in prizes.

For more information visit <http://www.sdstate.edu/sciencefair/>, or contact the ESDSEF Science Fair Director via:

Mail: SAG 156 Box 2207, South Dakota State University, Brookings, SD 57007

Phone: 605-688-5133 FAX: 605-688-6917

Email: sdsu_sciencefair@sdstate.edu

2012 National Hall of Fame Nominations

The National 4-H Hall of Fame Task Force has opened the nomination period for the Class of 2012, which honors up to 20 people who have made a significant impact on the 4-H program and/or 4-H members through the contribution of time, energy, financial resources, etc. Eligible individuals include:

- ◆ 4-H volunteers
- ◆ Extension professions/staff employees
- ◆ Donors
- ◆ Others

FYI: Current employees of 4-H, Cooperative Extension, the Federal Extension System or the National 4-H Council and those with 4-H or Extension administrative responsibilities will not be considered until 3 years following retirement. The 3 year rule also applies to deceased employees. Unsuccessful candidates must be nominated again for future consideration.

Early to bed?

By Richard P. Holm M.D.

On Call

I must admit I am not one for getting enough sleep. Like many others, I have an internal drive and clock, which I presume comes from the combination of disparate genetic threads of many and varied ancient ancestor. Somewhere from back in the recesses of my heredity appears the desire to stay up late, revel, and dance around a campfire. Yet within this same combination of chromosomes appears also a separate and compelling force to get up early and get work done.

The result of the coming together of just such ancestral drives is a guy who cuts short his daily requirement of sleep. I'm always pushing it, and short naps are my only saving grace.

Having watched the scientific literature about sleep through the years, until now I have noted that the data has been relatively inconclusive about the value of getting more sleep. Of course grandmothers have always scolded those who wanted to stay up late, and Ben Franklin joined in with, "Early to bed and early to rise makes you healthy wealthy and wise." But where is the proof that people would benefit from getting more sleep?

A recent small study seems to clarify that question. It followed 11 male basketball players and monitored their sleep, finding the actual sleep obtained in this group was between six to nine hours. The researchers then required players to get at least 10 hours of sleep per night, including naps, for about seven weeks.

Measurement of player abilities before and after the sleep intervention found that with increased sleep the players ran faster sprints by five percent, free throw percentages increased by nine percent, three-point field goal percentages increased by 9.2 percent, and the players reported feeling and doing better during games.

Of course there is also scientific data to say that individual needs vary, and as a person ages sleep needs lessen. We also know that too much sleep can result from depression, and we don't exactly know what the ideal hours of sleep would be for what age and what individual.

That said, perhaps it is time to heed what Grandmothers have told us for years, we would do better if we got more sleep.





Attention 4-Hers!

Want to have some fun on the computer? Check out these two 4-H websites for some fun and games!

- ◆ <http://www.four-h.purdue.edu/>
(look under "Kid's Corner")
- ◆ <http://www.extension.iastate.edu/4H/>
(look under "Kids" and "Fun & Games")

\$UPPORT 4-H
Cruise the Plains with
SD 4-H Decals on
Your License Plates



The State 4-H Office is selling 4-H decals to the public for placement on South Dakota specialty license plates for non-commercial automobiles and motorcycles. The price for a set of two decals is \$20. In addition, supporters need to obtain a set of South Dakota specialty plates from their County Treasurer's office.

- ◆ For owners licensing their vehicles for the first time, there is no charge for requesting a set of specialty license plates.
- ◆ For currently licensed vehicles, owners need to surrender their current license plates and pay \$10 for a set of specialty plates.

FYI: Owners can install specialty license plates on their vehicles before purchasing a set of SD 4-H decals.

SD 4-H LEADERS WEBSITE & FACEBOOK

SD 4-H Leaders website:
<http://www.southdakota4hleaders.com>

SD 4-H Leaders Association Facebook Page:
<http://www.facebook.com/#!/pages/South-Dakota-4-HLeaders-Association/200020440024388>

**4-H Regional Center
Phone Numbers:**

Aberdeen	(605)626-2870
Lemmon	(605)374-4711
Mitchell	(605)995-7379
Pierre	(605)773-8120
Rapid City	(605)394-2236
Sioux Falls	(605)782-3290
Watertown	(605)882-5140
Winner	(605)842-1267



**4-H Clover Car Magnets
from the South Dakota
4-H Foundation**

The South Dakota 4-H Foundation has launched a fundraising campaign to sell 5½-inch round car magnets with the green 4-H clover on a white background. The price for each car magnet is \$4.72, plus tax, shipping and handling. For more information, contact LaNell Quam at 605-688-4943 or lanell.quam@sdstate.edu.

Visit the website below for an order form.

[www.sd4hfoundation.org/Files/
Car_Magnet_Order_Form.pdf](http://www.sd4hfoundation.org/Files/Car_Magnet_Order_Form.pdf)

Upcoming Events:

- January 1* Leader's Dues, Volunteer Enrollment forms, and 4-H Member Enrollment Cards due to the Extension Office
- January 8* ***Sanborn County Shooting Sports*** begins at 2:00 p.m. at the 4-H Building
in Forestburg
- January 16* Serving ***Central Electric supper*** at 4-H Building
- January 28* ***Sioux Empire Farm Show 4-H/FFA Livestock Judging Contest***
- January 31* 2012 SD Foundation for Life Essays due
- Early February* ***Sanborn County 4-H Leaders Meeting***
- February 4* ***2012 Black Hills Stock Show Youth Day***
- March 23* ***58th Annual Eastern South Dakota Science and Engineering Fair*** at
SDSU in Brookings
- March 31* ***2012 State 4-H Leaders Conference*** in Yankton