

# 4-H For Kodiak Youth

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# 4-H IN THE NEWS



*Pony Rides Remain A Favorite Among Crabfest Activities*



Our Crabfest Pony Rides were a huge success this year, with just about 75 riders, many of whom it was their first time up in the saddle. Many thanks to our 4-H Leaders, Libby Eufemio and Lisa Kostecky, for providing not only the horses and ponies, but their expertise as well which helped to ensure a safe and fun event for all. Velma Vining & the Lysaght family were also a crucial addition to our help this year! Kodiak 4-H looks forward to hosting pony rides at Crabfest again next year, in hopefully the same location, but perhaps a new time slot! We'll also keep our fingers crossed for a sunnier day than we had this year. Happy Trails!

# 4-H IN THE NEWS



## *Kodiak 4-H Memorial Day Sourdough Pancake Breakfast - Here's to our 30th year!*



### HISTORY OF THE KODIAK 4-H SOURDOUGH STARTER

The sourdough starter that makes it all happen consists of two different starters. The one is from a starter that came across the plains to the Salt Lake Valley with pioneers about 1845. Marie Rice acquired it in Oklahoma from a friend in about 1982 and has kept it consecutively since then.

The second starter Marie acquired from Priscilla Branson, the school nurse that worked with her as she taught school in Kodiak, in about 1965. Priscilla acquired the starter from a man by the name of Sid that lived in Sitka. We don't know its true origin. Priscilla shared a story of when Sid was traveling with some of the starter in his brief case as he traveled from Sitka to Anchorage with important papers in the same brief case. You can imagine the rest of the story as the starter rises in its container when it gets warm.

The starter has been shared with many and has been used for an annual 4-H Sourdough Pancake feed every spring during Crab Festival since about 1987.

Pictured below, clockwise from top left: A view from pancake flipper Kate Schaberg's station; this year's main pancake flipper, Velma Vining, hard at work; Our fearless leader Marie Rice in the kitchen; and Pancake Delivery 4-H member, Maya Costello.



Thanks to the generous donation of Cost Savers, the gracious hosting from the Elks Club, our fearless leader Marie Rice and her knowledge of sourdough, and of course countless hours of staff and over 30 members / volunteers - we are happy to be able to call our 30th Annual Sourdough Pancake Breakfast a: **HUGE SUCCESS!!!** According to one volunteer, "several annual attendees told me that this year's helpers were the best ever."



**Way to go 4-H'ers!**



# 4-H IN THE NEWS

## Kodiak 4-H Cloverbud Camp & 4-H Summer Camp Offers Kodiak Youth a "taste of 4-H"

In early June, 4-H hosted 13 youth ages 5-8 at our Cloverbud camp & 25 youth ages 9-18 at our 4-H summer camp. These camps offered local youth a taste of 4-H, and we all had a blast! Thanks to our local volunteers at 4-H camp, the campers got to experience archery, canoeing, gardening, crafts, & orienteering with compasses. We hiked from Camp Mueller to Mill Bay Beach, where the campers collected 3 large bags of trash from the beach. Finishing the day off with a campfire and songs, most of our campers had something to reflect on from their day. Some of the favorites were canoeing, crafts & of course what we all remember the most about camps: making new friends. Cloverbud campers completed a lots of crafts, gardening projects and of course had fun with all of the small animals at Barbara Hoedel's house. Many thanks to all who helped support our 4-H camps this year, we look forward to next year! This year we had our campers rotate being camp photographer during our hike - below are some of their photographs.



**PHOTOS FROM OUR CAMPERS!**

# 4-H OFFICE UPDATES



Kate Schaberg, our Kodiak 4-H Program Assistant moved with her family to Kodiak in 2015 and began working with 4-H in December 2016. She is new to 4-H, but excited about the opportunity to help youth in Kodiak get involved with the community in a variety of ways. She is a mom of two toddlers at home, and looks forward to getting them involved with 4-H. "I am excited to help youth from all over the Kodiak Archipelago engage in the outdoors and encourage their exploration of the interests they have. My goal is to work with the community and help grow the local 4-H Program to ultimately benefit our youth. "If you are interested in becoming involved, or have ideas for me - I'd love to hear them!"

**WE ARE LOOKING TO FILL THE ROLE OF SECRETARY ON OUR LEADERS COUNCIL, IF YOU OR SOMEONE YOU KNOW IS INTERESTED PLEASE CONTACT OUR OFFICE: 486-1534 KODIAK4H@GMAIL.COM**



Check out our new look! Kodiak 4-H website has had an upgrade. Whether you are interested in volunteering or getting your child involved with Kodiak 4-H: please stop by and browse upcoming events, information on how to volunteer with 4-H, how to enroll your child, and more. And we're not alone! Thanks to new staff at UAF, the Alaska 4-H page is looking pretty good too.

If you've looked for more information before, but found yourself leaving more confused than when you started - trust me - you weren't alone. But it's worth looking at again.

<http://www.alaska4h.org/kodiak.html>

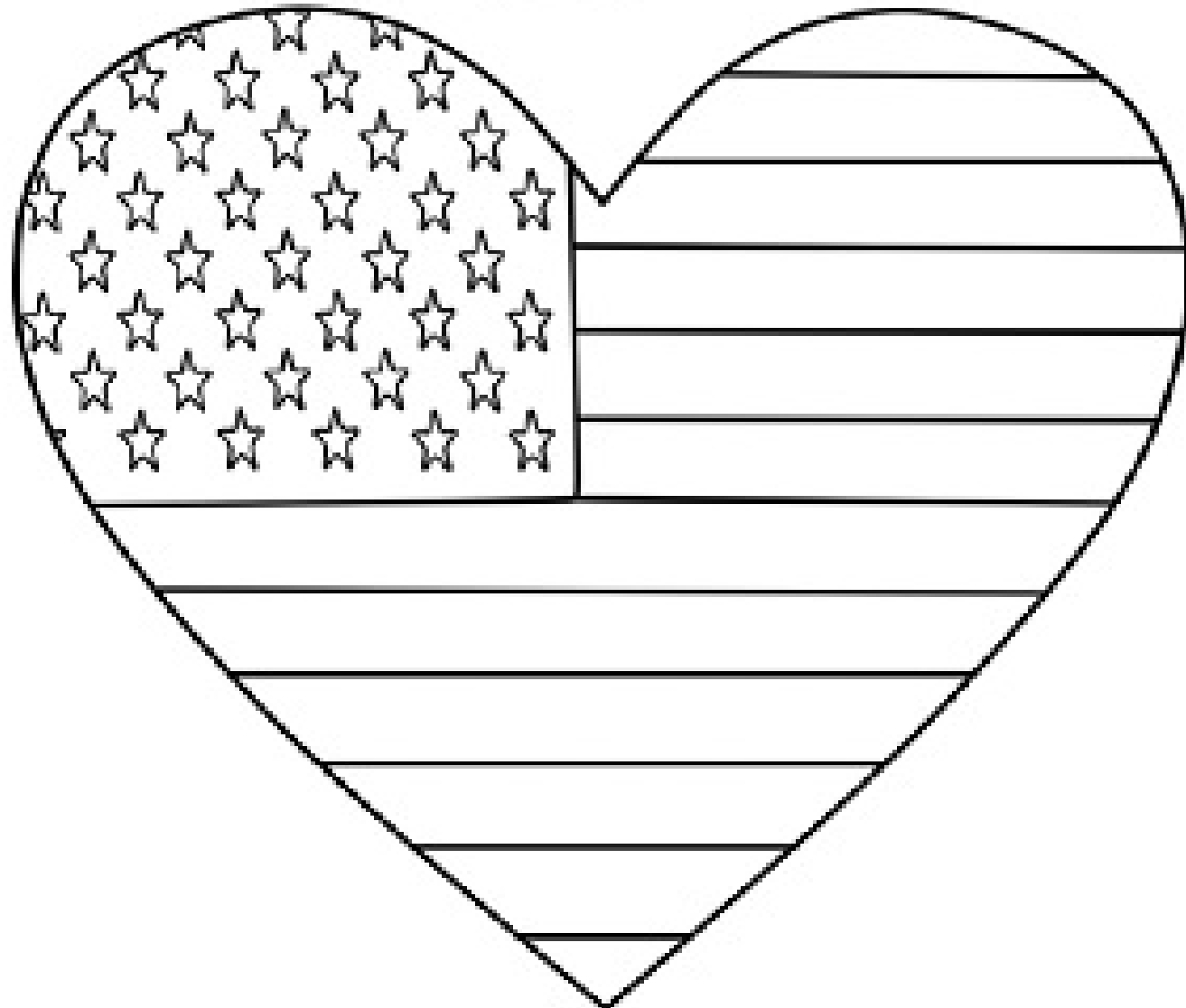
<http://www.alaska4h.org/>



# CLOVER BUDS

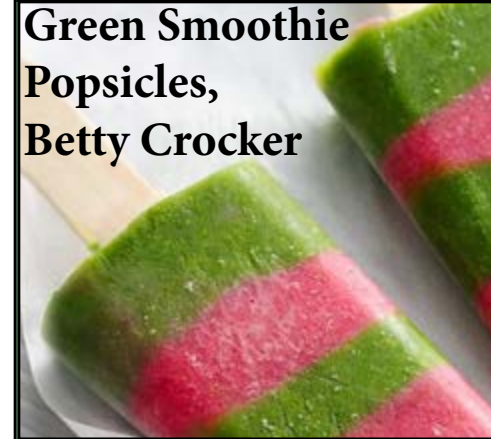
COLOR ME!

# LAND THAT I LOVE



## FROM THE GARDEN: GREENS

Green Smoothie Popsicles, Betty Crocker



### What You'll Need

- 1 6-ounce container 99% fat-free vanilla yogurt
- 1 cup strawberries, sliced
- 1 6-ounce container vanilla yogurt
- 1 cup fresh spinach leaves, packed
- 1/4 cup apple juice
- paper cups, craft sticks

In blender, place yogurt, spinach and apple juice. Cover and blend until smooth.

Spoon 2 tablespoons mixture into each of 5 (5-oz) paper cups. Cover cups with foil; insert craft stick into center of each pop. Put remaining mixture in bowl; cover and refrigerate. Freeze pops about 2 hours or until frozen.

When first layer is frozen, remove foil from pops. Pour about 1 1/2 tablespoons spinach mixture in each cup over frozen layer. Put remaining mixture in bowl; cover and refrigerate.

Return foil to pops to support sticks. Freeze about 2 hours or until frozen.

Repeat with remaining strawberry and spinach layers, freezing at least 2 hours between layers.

GROW, HARVEST, AND CREATE YUMMY FOODS WITH YOUR OWN GREENS

### STEP 1: MAKE YOUR OWN BAG

Lay the garbage bag out flat. Fold it into a 16" x 30" rectangle, which will be the basis for your hanging planter. Line up the top of that rectangle with the top of the wood, laying it over the piece of wood.

Wrap 2" to the back of the wood, stapling it securely in several places lengthwise.

Repeat on the opposite side.

Flip the remaining 6" of the bag at the bottom of the hanger up the back of the wood.

Staple in place.

At the bottom of your plant hanger, poke several small drainage holes.

### STEP 2: ADD THE SOIL

Fill the bag with soil, 2" from the top.

Water it so it's completely wet, but not soggy.

Let it drain a bit from the drainage holes.

Lay it down flat, and shape it into a rounded rectangle.



### STEP 3: PLANT THE SEEDLINGS

Cut 2 rows of evenly spaced T-shaped openings for your plants to grow out (six or eight).

Using your fingers, make an indentation for your plants in each opening.

Situate the root ball of your seedlings in the indentation you've made.

Surround with a bit of soil.

Information & Photo compliments of this Pop Sugar Article.

# 4-H PROGRAM IN THE SPOTLIGHT: THERAPEUTIC RIDING

The combination of hippotherapy, therapeutic riding & equine assisted therapy program in Kodiak started this June, and continues twice a week for 6 weeks in the summer. This program, in some form, has been going on every year since 1989 when Barbara Hoedel was first certified as a therapeutic riding instructor and equine specialist in mental health & learning. The program has positively impacted the lives of up to twenty children a year ever since. Currently the program is supported by Kodiak 4-H, Providence Kodiak Island Medical Center (PKIMC) Therapy Services & Professional Association of Therapeutic Horsemanship International (PATH Intl.).

PATH Intl defines therapeutic riding here: "Therapeutic riding is an equine-assisted activity for the purpose of contributing positively to the cognitive, physical, emotional and social well-being of individuals with special needs. Experiencing the motion of a horse can be very therapeutic. Because horseback riding rhythmically moves the rider's body in a manner similar to a human gait, riders with physical disabilities often show improvement in flexibility, balance and muscle strength. In addition to the therapeutic benefits, horseback riding also provides recreational opportunities for individuals with disabilities to enjoy the outdoors."

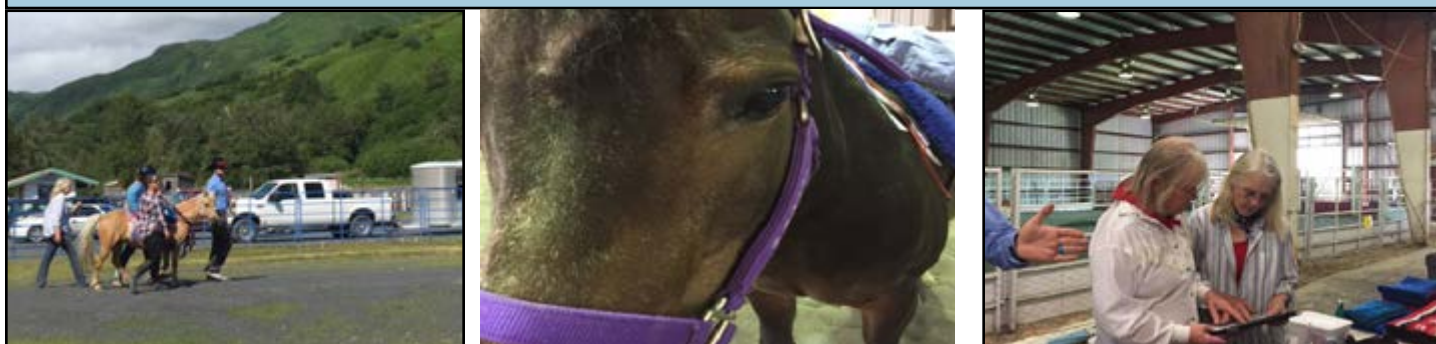
Amy Stohl, Occupational Therapist (OT), arrived in Kodiak in 1991 and quickly became involved in this program. As an OT, she is able to implement the medical treatment strategy of using the movement of a horse to facilitate change physically or neurologically with the kids, which is referred to as hippotherapy. Working with her this year from PKIMC are Keely Hallinstad (OT) and Genevieve Cook (PT). Amy notes, "This program can be used as a treatment/intervention tool for a variety of diagnoses including developmental motor delay, autism, sensory processing disorder, cerebral palsy, down syndrome and ADHD/ADD".

After learning about the program and hearing what parents of past participants had to say about it, Kate Schaberg, Kodiak 4-H Program Assistant, decided she wanted to become more involved. One parent said, "A lifetime of gratitude for all the 4-H volunteers working with the Therapeutic Horseback Riding Program! I am unable to find the words that describe how phenomenal it has been for my daughter."

Schaberg sums up her experience here: "Being a part of the therapeutic riding program this year has been a very rewarding experience for me. Some moments stand out more than others, but there is not a doubt in my mind that these kids are benefiting from their experience; for example, when I hear the riders' voices, calm and full of confidence, tell the horse to "walk on", and that moment when the horse starts walking and their nervous facial expression transforms into a great big smile - well, maybe I should say every moment is a great one. It goes without saying that therapeutic riding is beneficial to the rider but let's be clear - the rider isn't the only one benefiting; this is an experience that is therapeutic for the helpers and horses too. When I'm out there leading the horse and they take a deep breath, I can feel myself starting to breathe deeper too. The clip-clop of their hooves hitting the gravel as we walk around outdoors, it lulls me into a great state of relaxation that just doesn't exist elsewhere in this busy thing called life."

Our community is so lucky to have the awesome leaders and volunteers that commit their time to making this program happen - because without them, it wouldn't be possible. If you are interested in helping in future years or want to learn more about the program, please contact the 4-H office at 486-1634.

Photos: L to R The riders go outside to enjoy the outdoors, Danner the horse, and the master minds behind the horse part of the program, Barbara Hoedel & Karen Creelman



# CALENDAR OF EVENTS

## FAIRGROUNDS CLEAN-UP

August 26 We will be meeting to help clean up the fairgrounds in preparation for the fair this year.



## August 2

### COAST GUARD WELCOME FAIR

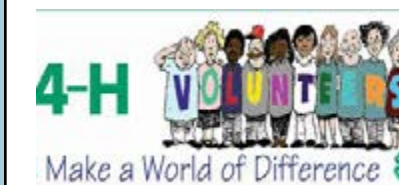
The fair will be from 1-4p, with setup from 11a-1. Contact the 4-H office for more details.



## August 12

### LEADERS RETREAT & ANNUAL MEETING

More details to come.



## September 2-3

### KODIAK RODEO & STATE FAIR

Kodiak 4-H will have pony rides and a petting zoo at this year's fair. We will also be doing our presentations in the exhibit hall from 2-2:30 both Saturday and Sunday. Talk to your project leader for more details!

## September 11

### Kodiak 4-H Annual Awards Banquet

Join us for our annual awards banquet. More details to come, closer to the date



## October 2-6

### NATIONAL 4-H WEEK

We will have tons of 4-H activities during National 4-H week, stay tuned!



## October 9

### 4-H Kick off Meeting

New this year, let's start the year off right!! Come shop 4-H! We will have all of our new leaders and programs here for you to see what you can do with 4-H. Open to the public: come one, come all!

## October 21

### Kodiak 4-H Harvest Festival

SAVE THE DATE!



For a current and updated list of upcoming events, visit our online calendar anytime at <http://www.alaska4h.org/kodiak-4-h-calendar.html> or contact our office:

kodiak4h@gmail.com  
(907) 486 -1534  
Stop by at KSMSC Building on Near Island!