



SUMMER RECREATION 2020



A special publication of...



A letter from Redfield Parks and Recreation:

We are all living through a future history lesson and it is our job as the Redfield community to write a history we can be proud of. It is the intention of the leaders of the Redfield community to be able to write that we protected our people at a very uncertain time in the world. In many cases you may feel that the decisions of these leaders have been extreme but I ask that you remember that you have elected them to work for you. You have

asked them to serve you in this capacity to ensure the community you live in continues to be a great place for you to raise your family, work and someday retire. I assure you that the community you have always loved will return to its new normal when this chapter of our history has been written.

While we are writing this chapter, we ask for your help in making it positive. With strength and solidarity, we will

come out on the other end stronger and better than we entered. So, the City of Redfield and Redfield Park and Recreation department asks that you make the very best of this situation by finding new ways to connect with your family and stay physically active. Much of our programming will be converted to projects or activities you can do at home. Watch our Facebook page for challenges for you and your children to participate in. We will

have small challenges throughout the summer that can earn you and your family some great prizes! There is still time to get involved in the summer challenge for baseball, softball and basketball brought to us my Modern Woodmen and the Osborn Agency! Check out our Facebook page for details!

The Redfield Park and Recreation Department will be meeting on June 11th to reevaluate which activities will take place

this summer and what their start date will be. It is still the goal of the Redfield Park and Recreation Department to enrich your children's lives during this time. But we ask that you please keep in mind that we will be cautious while making our decisions to ensure that we will not impede your family's ability to return to a regular school schedule this fall.

In closing, we hope that we can all look back on this chapter of our history

knowing that we exhibited love and kindness to our neighbor, compassion for those making the tough decisions and that we have taught our children to overcome obstacles with positivity. We know the summer of 2020 will one day be just a short chapter in our life's story. Write it well.

*Respectfully,
Heidi Appel
Director of Parks and Recreation
City of Redfield*

Modified activities and dates:

Parks and Recreation, an arm of the City of Redfield, recently committed to deploying summer activities as long as proper sanitation and adequate social distancing can take place. The Redfield Parks and Recreation board of

Directors along with the Redfield City Council has laid out modifications for recreation activities. These modifications are noted in the Summer Recreation Guide.

"All activities for children eight and younger

will be cancelled or structured as a take-home activity due to the inability to ensure proper social distancing and hygiene," said Appel. Activities for the older youth participants will be slightly modified to ensure they

can take place. One of those modifications will be to begin activities on July 6th instead of early June like in years past.

Families in the Redfield area are encouraged to be more active throughout the summer months. In

addition to the programming provided by the city, the Parks and Recreation Department encourages families to make use of our walking/bike paths, baseball and softball fields, batting cages and one of the six playground

areas. These areas will be on a regular sanitation schedule seven days per week to ensure the safety and wellbeing of the citizens of the Redfield community.

SUMMER FUN FACT: *The first day of summer is between June 20th and June 22nd every year.*



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Chicago & NW Depot news and upcoming events

Train Day 2020 is another casualty of CoVID-19. What promised to be a day of motorcar rides on the tracks, barrel train rides in the lot, model train running, and more will all have to wait until June 12, 2021.

The display "A Small War in a Beer Drinking Country" is open for visitors. Guests will discover how activation to the southern border built up the National Guard's

status as an accountable militia. The story began with the establishment of Camp Hagman, north of Redfield where the South Dakota men became soldiers. It continued at a camp near San Benito, TX where they joined guardsmen from Oklahoma. And while they met up with Poncho Villa, the reason for the activation, the result was a better prepared force of soldiers as they entered World War I.

Other upcoming events include the following:

July 4th— 10 AM.

City-wide Parade.

July 4th-- Dusk. Spectacular Fireworks over Redfield Lake

July 17-31— Area-wide Art Show. Call the Depot for more information.

August 6--7 PM at the Depot-- "Pheasants Football Deep Dive." Bennet Osborn will take the audience along a picture history of Redfield High

School's football programs from inception to the present day.

September 1-30— Quilt Show. Call Depot for more information.

Contacts: 605-472-4566, Tourism@redfield-sd.com, or Facebook Chicago Northwestern Depot. The Depot is open 10 AM-4 PM Tuesday-Saturday.

TINKERGARTEN 2020:

Tinkergarten is a summer program in Redfield for preschool through 10 years old. Participants can sign up for individual classes or for the entire summer. See the Redfield Parks and Recreation pamphlet for 2020 or call Parks and Rec. at 605-472-4552 for more information.

Week of July 6th - "Nature Walk"

A fun activity based on the book "Our Walk in the Woods" kids will set out win the park to find

nature! It is fun imaginative play where your child will likely find a love for exploration, curiosity and independent play!

Week of July 13th - "Egg Head"

This project has something for everyone - sensory goodness for toddlers, introductory science of the preschoolers, and environmental awareness for all of us. Most of it can be done by the kids themselves, which fosters a sense of self-reliance and pride.

Week of July 20th - "Forrest Putty"

Play dough undoubtedly makes the short list of wonder toys. Given the right context and the relation of rules, though, it can become even more wonderful. Take the dough outdoors, rebrand it "forrest putty," shroud it with a touch of mystery and invite kids to play freely with it. Suddenly, play dough can take on new textures, colors and scents. It becomes a tool for exploring, sculpting,

attaching, building, collecting and pretending.

Week of July 27th - "Spreading Smiles"

This activity will begin with a story about filling people's buckets! Then we will draw smiley faces on acorns and rocks and spread them around the park, softball field and the pool. The activity will help them spread kindness and fill the buckets of those that find their little treasures!

Week of August 3rd - "Orange you Glad We Made This Feeder?"

Repurpose an orange to use as a bird feeder, enjoying the brilliant splash of color and marvelous summery scent it adds to wherever you choose to hang it.

Week of August 10th - "Nature Faces"

"Head" off into nature with the kids! Then create a charming self portrait with all the goodies you collect. This activity is fun for all ages!

Week of August 24th - "Nature Curtain"

Entertaining a group of kids of varying ages can feel intimidating. This activity will start with a nature walk but ends with a beautiful masterpiece. Two year olds to adults are sure to love the natural beauty of this project!

(Packets will include step-by-step instructions and supplies - delivered weekly!)

Fourth of July to be different this year...



FILE PHOTOS

Above, left, children pick up candy off the street in Redfield during the 2019 Fourth of July parade. Above, right, the Redfield Food Center's 2019 float. This year, due to COVID-19, there will be no candy-throwing during the parade.

The Redfield Fourth of July parade will still take place in Redfield on July Fourth, but there will be no candy or other objects thrown from floats during the parade due to COVID-19 precautions. There will also be fireworks in the evening. There will not, however, be any events in the park.

SUMMER FUN FACT: The last day of summer is September 20th.

Enjoy your summer activities. We are here for all your health care needs.

Community Memorial Hospital & Redfield Clinic

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Cancelled summer sports events in Redfield:

- Basketball 3 on 3 League (1st-4th Grade) — cancelled
- Basketball 3 on 3 League (5th-8th Grade) — cancelled
- Volleyball Skills and League (1st-4th Grade) — cancelled
- Volleyball Skills and League (5th-8th Grade) — cancelled
- Wiggle and Giggle classes — cancelled
- All Science Clubs — cancelled
- T-Ball (Ages 5-6) — cancelled
- Jr. Pee-Wee League (Ages 7-8) — cancelled
- Midgets League (Ages 11-13) — cancelled
- B Teeners -League (Ages 13-14) — cancelled
- Coach Pitch Softball (Ages 7-8) — cancelled

Summer sports events *not* cancelled in Redfield:

- Softball 10 and under** — Location: City Park Diamond
dates and times TBD
- Softball 12 and under** — Location: City Park Diamond
Dates: TBD
Batting Practice — Fridays at 12p.m.
Start date: TBD
Times: TBD
- Softball 14 & under** — Location: City Park Diamond
dates and times TBD
Start Date: TBD
- Softball 16 and under** — Location: City Park Diamond
Start Date: TBD
Time: TBD
Location: City Park Diamond



Redfield Parks and Recreation Q&A with Heidi Appel

Q: Will there be swimming lessons this year?

At this time the NRPA is not encouraging the “typical” swimming lessons. Classes would need to be smaller. Participants would be required to following all social distancing expectations. This would mean that students would need to be out of the water between their personal time with the instructors, 6ft apart. Lifeguards and WSI instructors would be required to wear face shields. And due to the SDDC Pool out of order, it is possible that our lessons would need to be held outdoors for the 2020 season.

Q: Is there a limit on the number of people in social gatherings in Redfield parks (such as if a pavilion were rented out for a gathering)?

At this time we have not limited numbers for gatherings at our picnic shelters. We are asking people to use their best discretion when hosting or attending large gatherings. In addition, we ask that all gatherings, large or small, are reported to the Park and Recreation office so that proper sanitation can take place following the gathering. The best way to notify us to reserve the picnic shelter and note the number of attendees. The renting of the shelters will remain free of charge but tracking activity is important when trying to ensure all the surfaces have been sanitized following your gathering.

Q: Is there anything else you would like to add as far as parks and recreation events in addition to what you have included on your Facebook page?

The Park and Recreation board will be meeting on June 11th to reevaluate all activities. Depending of the community spread in our region, we could potentially start earlier than our July 6th date or we could cancel all seasons for the 2020 season. We will take our June 11th determinations to the Redfield City Council meeting on June 15th.

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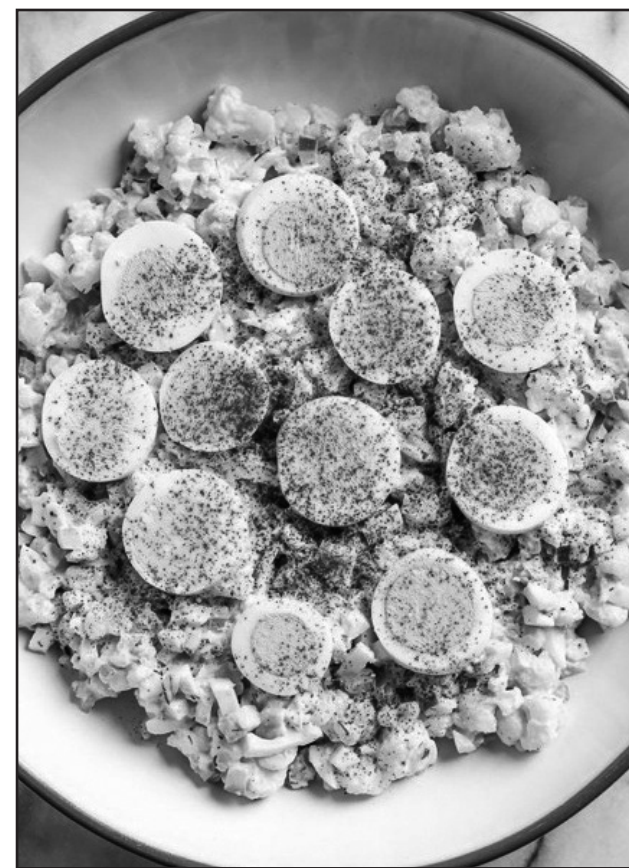
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Summer Salads 2020



By Stacy Carroll
I admit, when it is cold, dreary, and snowy in the winter I want warm comfort food, not salads. So, bring on summer and the light, fresh tastes of the garden vegetables that go along with it! I am bringing you some different salad recipes that I have made, once again from Fresh D'Lite's lunch days where I wanted to serve something healthy, yet filling and budget friendly. That is how I came across the coleslaw pasta salad recipe. Lots of veggies, but with pasta added to make it less expensive, yet filling. You can add anything to this recipe just like any other pasta salad recipe. The "potato" salad turned out great

as well. I like adding a little salt and turmeric to my water while steaming the cauliflower. Also try using half mayo and half greek yogurt for a replacement for the olive oil mayo. As for the three bean salad, it has more vegetables than most of I have had before plus the addition of herbs. It goes great with a BBQ type sandwich to cut through the rich taste of the meat. I never served the asparagus pasta dish for lunch, but it is a new quick go to this spring for week-night meals. I don't often have sun dried tomatoes on hand, so I use grape or cherry tomatoes and roast/grill them with the asparagus and I use a Tuscan flavored olive oil. Mushrooms make a good

addition as well. I usually eat it with out the egg and sometimes I cook a chicken breast to add protein to the dish. I like to serve it warm and then eat the leftovers cold like a salad. Hope you all make the best of out your summer and try these recipes!

Coleslaw Pasta Salad

Prep Time: 20 min
Fridge Time: 4 hours
Servings: 16
Calories: 300kcal
Ingredients:
1-16 oz. box ditalini pasta
1-16 oz. bag coleslaw mix
1 sweet onion, finely chopped
2 celery ribs, finely chopped
2 medium cucumbers, seeded and diced
2 Roma tomatoes, seeded and diced
1 red pepper, chopped small
4 oz. or ½ a bag of shredded cheddar cheese
1 1/2 c. mayonnaise
1/3 c. granulated sugar
1/4 c. apple cider vinegar
1/2 t. Mrs. Dash & pepper

Instructions:
Cook pasta according to package directions; drain and rinse in cold water. Transfer pasta to a large mixing bowl; add the coleslaw mix, onions, celery, cucumber, green pepper, water chestnuts, and eggs. Mix together. In separate bowl combine the dressing ingredients and stir with a whisk. Pour over the pasta salad and stir well to combine. Cover and refrigerate for 4-6 hours before

serving. This recipe can be adjusted to add in any vegetables you like. Original recipe included hard-boiled eggs and water chestnuts. I like to add carrots sometimes
Low Carb Potato Salad

Total Time: 35 min
Yield: 6 servings
Calories: 222kcal
Carbs: 5.5g
Protein: 8 g

Ingredients:
1 pound cauliflower florets, chopped into 1/2 inch pieces
½ c. olive oil mayonnaise,
1 t. yellow mustard
1½ t. fresh dill
1¼ c. finely chopped dill

pickle
1 celery stalk, finely chopped
1/4 c. chopped red onions
1 T. pickle juice
6 hard boiled eggs, sliced
Salt & Pepper
Paprika, for garnish
Instructions:
Place 1 inch of water in a large pot with 1 teaspoon salt and bring to a boil. Add the cauliflower and cook until tender, 8 to 10 minutes. Drain and set aside in a large bowl. Meanwhile, combine the mayonnaise, mustard, dill, pickle juice, and pinch of salt and pepper. Set aside. Chop 4 of the eggs and add to the bowl with the cauliflower along

with the celery, pickles, and red onion. Slice the remaining two eggs for topping. Add the dressing to the cauliflower and toss gently to evenly coat. Garnish with remaining sliced eggs and sprinkle with paprika.
Source: Skinnytaste.com

SUMMER SALADS/ pg. 6

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Summer Salads 2020

Mediterranean Three Bean Salad
 Yield: 6 servings
 Ingredients:
 15 oz. can kidney beans
 15 oz. can garbanzo beans
 15 oz. can black beans
 3 roma tomatoes
 1/2 of a red onion, diced
 1 english cucumber
 1/2 c. parsley
 1/2 c. cilantro

1 clove of garlic, minced
 1 T. apple cider vinegar
 1 -2 T. olive oil
 Juice of 1 lemon
 Salt & Pepper to taste

Instructions:
 Drain and rinse beans in a colander. Dice vegetables and chop herbs; add to a large bowl along with the beans. Combine the

dressing ingredients: garlic, vinegar, lemon, and oil in a small bowl until combined. Pour dressing over the bean mixture and toss well. Add salt and pepper to taste. Best if allowed to chill in the refrigerator for 4 hours. Omit cilantro if you do not like; add other vegetables if you desire such as bell pepper, avocado or green onions.

Pesto Pasta with Sun Dried Tomatoes and Roasted Asparagus
 Yield: 4 servings
 Total time: 25 minutes
 Ingredients:

8 oz. medium shell pasta
 1 lb. asparagus, trimmed
 2 T. olive oil
 Kosher salt and freshly ground black pepper, to taste
 1/3 to 1/2 c. pesto
 1/3 c. julienned sun dried tomatoes in olive oil, drained
 1/4 c. diced mozzarella cubes
 Fried egg, for serving

Instructions:
 Preheat oven to 425 degrees. Lightly oil a baking sheet or coat with nonstick spray. In a large pot of boiling water, cook pasta according to package instructions; drain

well. Place asparagus in a single layer onto the prepared baking sheet. Drizzle with olive oil, salt and pepper, to taste; gently toss to combine. Place into oven and roast for 8-12 minutes, or until tender but crisp. Let cool before cutting into 1-inch pieces. in a large bowl, combine pasta, asparagus, pesto, tomatoes and mozzarella. Serve immediately with a fried egg, if desired or serve cold as a salad.

Pesto Recipe:
 1 c. fresh basil leaves
 3 cloves garlic, peeled
 1/4 c. pine nuts or pecans/

walnuts
 1/3 c. parmesan
 Kosher salt and freshly ground black pepper, to taste
 1/3 c. olive oil

Instructions:
 Combine and pulse the basil, garlic, nuts and parmesan in the bowl of a food processor; season with salt and pepper, to taste. With the motor running, add olive oil in a slow stream until emulsified. I also grate my garlic before adding. Depending on your food processor you might find it helpful to prep the ingredients as well.

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1. Go for a hike
2. Scrapbook
3. Catch fireflies
4. Go to the zoo
5. Tell stories
6. Go to the playground
7. Pick flowers
8. Water gun fight
9. Take a bike ride
10. Mae S'mores
11. Fly a kite
12. Have a slumber party
13. Build a blanket fort
14. Make cookies
15. Start a lemonade stand
16. Play in the sprinkler
17. Make paper airplanes
18. Go on a scavenger hunt
19. Plant a garden
20. Swim in a lake
21. Tell jokes
22. Watch a movie
23. Go on a picnic
24. Play cards
25. Have a pillow fight
26. Make ice cream
27. Play in the mud
28. Thumb wrestle
29. Go to a museum
30. Play hide and seek
31. Blow bubbles
32. Visit the library
33. Fold origami
34. Build a sand castle
35. Take pictures
36. Sing a song
37. Make shadow puppets
38. Build a campfire
39. Slip N' Slide
40. Play "Simon Says"
41. Draw with sidewalk chalk
42. Mommy-daughter make-overs
43. Daddy-daughter make-overs
44. Start a nature journal
45. Play a board game
46. Speak pig latin
47. Make homemade popsicles
48. Play charades
49. Write a pen pal
50. Michael's kids crafts
51. Play rock paper scissors
52. Put on a homemade play
53. Start a garden
54. Water balloon fight
55. Grow a frog
56. Go fishing
57. Magnify an ant
58. Throw a ball
59. Go cloud watching
60. Go on a picnic
61. Storytime for an evening
62. Go bird watching
63. Play hopscotch
64. Have a staring contest
65. Do a puzzle
66. Play dress-up

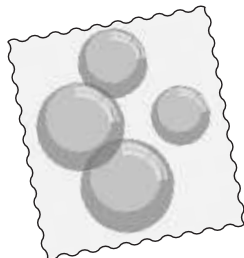


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HOMEMADE BUBBLE SOLUTION



Making bubbles is a fun summer activity!

Here is how to make this solution:

Add 1 cup of water to a bowl

Mix in 4 tablespoons of dish soap (Joy and Dawn work best)

Add 1 tablespoon of corn syrup or glycerin*

And that it is! I usually double this recipe and put it all in a big mason jar. Then just give it a shake and it is easy to pour into the little tray for the bubble wand.

A quick note on the dish soap— really you can use whatever you have on hand. Just a tiny note though that clear dish soap is prettier. If you use something that is not clear- like Dawn Hand Renewal- you will still get a nice bubble but in the jar the solution will be cloudy and not clear. I used these bubbles as a party favor recently and so the cloudy solution did not work for me. No biggie though because I used the cloudy solution with my kids later to just play.

*You should get good results with corn syrup or glycerin but I notice the very best bubbles come from glycerin. It can be a little hard to find. You can find Glycerin on Amazon or I have seen the Wilton Glycerin for about \$5 at Michael's in the cake baking supply section for 4oz. With a store coupon it is pretty affordable. Amazon actually tends to be a little cheaper for the Glycerin and you can skip the store. If you use corn syrup either light or dark works fine. I prefer light just because the color comes out a little prettier :). One important note— I usually use Glycerin. If you decide to use corn syrup be very, very careful as corn syrup attracts ants. I have personally not had an issue at my home but if there is any chance at all that you might leave this out in the yard or something, I would personally recommend using Glycerin.

Myfrugaladventures.com

THINGS TO DO/ from pg.6

67. Tour a fire station
68. Make a vehicle out of a cardboard box
69. Climb a tree
70. Throw frisbee or play frisbee golf
71. Wash the car
72. Decorate cupcakes
73. Have a tea party
74. Double dutch jump rope
75. Find a four-leaf clover
76. Visit a national park
77. Feed ducks
78. Learn to juggle
79. Camp in the backyard
80. Write poems
81. Go stargazing
82. Walk a dog
83. Play with clay
84. Make homemade cards
85. Paint with watercolors
86. Build with legos
87. Go berry picking
88. Tie die
89. Play tag
90. Make homemade ice pops

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Spink County Museum is open!

The Spink County Museum is open!

10-4 Thursday, Friday, Saturday

1-4pm Sunday

Everyone Welcome!

SUMMER READING HAS BEGUN!

Summer Reading started Tuesday, June 9th at the Redfield Carnegie Library.

In the month of June, your child can pick up a to-go bag with a fun craft and some library books every Tuesday. They will also receive a weekly prize just for reading. Every child that signs up will also receive a fun bag of goodies on the first day of summer reading. Summer Reading is open to children entering Junior Kindergarten through 5th grade.

Call the library at 472-4555 if you have any questions.

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SUMMER CRAFT IDEAS FOR KIDS AND BIG KIDS:

Here are a few fun summer crafts to make with the kids that I hope you will try and the kids will enjoy. I have one craft to make on a rainy day, one for a hot day playing outside, and one for the 4th of July. The kids can wave these at the floats going by in the 4th of July parade. I can only hope it will help keep the little hands busy! Have a safe and fun summer 2020!

Simple Cupcake Liner Flowers

Here's a list of what you'll need to make these simple cupcake liner flowers. Supplies Needed:

- 1 regular cupcake liner
- 1 mini cupcake liner
- 1 green popsicle stick
- 1 yellow rhinestone sticker
- adhesive tape runner
- green construction paper
- scissors

Flatten out the cupcake liners a little bit so they are easier to fold. They don't need to be completely flat, but you'll want to stretch and flatten them just a little bit to make them easier to work with. Fold the cupcake liner in half. Then fold it in half again, again and again. You'll be folding the cupcake liner in half FOUR times so you end up with eight petals. Using a good pair of scissors carefully cut a curve into the cupcake liner. I recommend starting your cut on the folded edge, like making a paper snowflake. Make sure you cut the curve low enough to give you distinct petal shapes when you open it up. If you didn't cut it low enough, just fold it back up and cut again. It should look like this: Then fold the mini cupcake liner the same way and cut the

curve into it as well. Gently shape the cupcake liners so the bright and bold color is facing forward and the white side is facing the back. Use the tape runner to attach the small liner to larger cupcake liner. Then add a rhinestone to the middle of the flower. Fold a piece of construction paper in half by about 1.5 inches. Then cut out two leaf shapes on the fold. Attach the leaves to the back of the popsicle stick and then attach the popsicle stick to the back of the flower. Obviously this can be modified for what you can find or have at home; color your popsicle sticks if all you have are plain brown ones, and use fun, sparkly stickers in place of the rhinestone. Source: onelittleproject.com

Sponge Water Bombs

These are fun and easy for

kids of all ages and work in the pool or bathtub. Supplies Needed:

- Plain kitchen sponges
- Serrated Knife or good sharp craft scissors
- Monofilament or fishing line

Cut the sponges into four equal pieces, lengthwise. Lay down 4 strips of sponge and then layer another 4 on top so you have 8 strips. To make it more colorful, alternate different colors of sponges. Then tie the fishing line around the middle of the sponges as tightly as possible. Cinch it so the sponge pieces start to form a ball. Double or triple knot the line so it stays tied and clip off any extra. That's it; get them wet and start throwing! Store in a mesh bag and hang it out to dry. They can be rinsed or thrown in the washing ma-



chine if they get dirty.

4th of July Parade Wands

Supplies Needed:

- Wood dowels – 1/4 x 12
- 3-10 different red, white and blue ribbons
- Screw eyes – 8 x 18mm
- Red spray paint (optional)

Spray paint the wooden dowel red if you want. Cut a variety

of ribbons different lengths, ranging from 15 to 30 inches. Screw the screw eye into one end of the dowel. Thread your ribbons through the whole. Put as many ribbons as you can squeeze in – if the ribbons are nice and tight and you might not have to tie a knot even.

Source: eighteen25.com

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