



Powder River County Footnotes 4-H News

April 2010

Calendar

March

- 27 Bake and Take Day
- 31 Change the Culture of Underage Drinking—Town Hall Meeting

April

- 5 Demonstration Day Forms Due
- 10 County Livestock Judging Contest
- 14 Teen 4-H, noon
- 18 Demonstration Day
- 19 Make-up Day for Demonstrations
- 19-25 TV Turnoff Week
- 30 OREO Registration Due

May

- 1 State Awards Due
- 1 Project Add/drop deadline
- 6 Camp Needmore Registrations Due
- 6 Community Appreciation Day
- 10 4-H Council Meeting, 5:00 pm

June

- 2-4 OREO Trip
- 10 Fashion Revue and Cookie Bake-Off
- 15-17 Camp Needmore
- 21-23 PRAIRIE Camp

July

- 6-9 4-H Congress

A Reason for reasons...Livestock Judging contest scheduled

Younger 4-H members, under the guidance of 4-H teens, have learned how to and have improved their ability to present a set of reasons on a class of livestock. Under the leadership of Taten and Darcy Anderson and Drew Gaskill, members met on Monday's after school and practiced reasons. Now they'll have a chance to use those skills at a County wide livestock judging contest set for Saturday, April 10th, 1:00 pm at the Powder River County Fairgrounds. There is no fee and pre-registration is not required. Concessions will be provided. Liscomb Mountain 4-H Club is sponsoring this event. For more information or questions please contact Taten Anderson at 784-2844.

4-H County Demonstration Day – April 18th

Demonstrations and speeches help youth develop public speaking skills and confidence. How are your preparations developing? Posterboard is available at the Extension Office for a cost of 75 cents per board. Schedules will be mailed to all participants. Demonstration Day is at the **Courthouse**. If you are unable to present on the 18th, you can give your demonstration the next day, Monday, April 19th at the Extension Office.

Change the Culture of Underage Drinking – Plan to attend the Town Hall Meeting

Alcohol poisoning and teen depression are two of the issues associated with underage drinking that will be discussed at a Town Hall meeting set for next Wednesday, March 31st. The event will be held at the high school library beginning at 6:30 p.m. with FREE pizza. Two educational videos will be shown including "More than Sad" and "Without Warning." All parents and community members interested in creating solutions to underage drinking are encouraged to attend.

State Awards Applications Due May 1st

Teen 4-H members...little time remains for you to complete your State Awards Application. It is due at the State Office on **May 1st**. If interested in help completing your application, please contact Julie or Mary to schedule time to work on it. Winners at the state level qualify to attend National 4-H Congress in Atlanta, Georgia. Applications for adult chaperones are due June 1st.

Powder River County Extension

PO Box 200
Broadus, MT 59317

(406) 436-2424
powderriver@montana.edu

www.msuxextension.org
www.montana4h.org



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\$100 Cash Award for Top Ewe Fleece at Fair

As the 2010 shearing season is upon us, the Tri-State Wool Marketing Association would like to invite area sheep producers, FFA and 4-H members and area youth to select an outstanding ewe fleece to show at their county fairs. This year, the Tri-State Wool Marketing Association will be sponsoring a \$100 cash award for the “Grand Champion Ewe Fleece” at the Powder River County Fair.

2010 Dakota 4-H OREO Trip

Attention 7th and 8th grade 4-H members...**OREO** is back and planned just for you! The cost is \$100 and includes lodging activities and some meals. The trip promises a variety of fun activities including miniature golf, a treasure hunt, the Medora Musical, the Dakota Dinosaur Museum, the Medora Cowboy Hall of Fame, movies, and waterslides. Registration forms are due April 30th. Chaperones are needed...plan to go! Registration forms are available online at www.msuextension.org/powderriver under 4-H and forms. If you need them mailed out, please give us a call.

“Get Animated with 4-H!” at Camp Needmore

Excitement, adventure and fun await you at 4-H Camp Needmore. At camp, you will learn new skills, make new friends and have fun. 4-H members in the 3rd through 6th grade can attend this camp scheduled for June 15-17th at Ekalaka. Experience the songs, campfires, dances, crafts and repelling! The fee this year is \$65.00. Registrations are due May 6th to the Extension Office. Forms are available on www.msuextension.org/powderriver under 4-H and then forms. If you need them mailed out, please give us a call.



Fair Reminder

All livestock shown at the County Fair **MUST** be in the exhibitors possession at least 30 days prior to the Fair.

Prairie Camp – Set for June 21st - 23rd in Broadus

Music, crafts, dance and theater are all on tap for the 5th annual Prairie Camp scheduled for June 21st through 23rd at the Broadus Schools. Local and area artists and musicians will be teaching the workshops. Registration forms will be sent home with school students the last week of school.

Bake and Take Day – March 27th

Bake and Take Day, celebrated the 4th Saturday in March is an opportunity for families and service groups to gather in the kitchen to prepare gifts of fresh-baked wheat foods. Share your time and talent to help bring joy to relatives, friends, co-workers, neighbors, the elderly and shut-ins. Show someone you care with a baked food and a visit.

Granola Fruit Bar (Makes 24 bars)

3/4 cup whole wheat flour
1/2 cup toasted wheat germ
2 1/2 cups old fashioned rolled oats
1 cup crisp rice cereal
2 tablespoon butter, melted
2 tablespoon canola oil
3/4 cup brown sugar, lightly packed
3/4 cup honey
1/2 teaspoon salt

1/2 teaspoon cinnamon
1 teaspoon vanilla
1/2 to 3/4 cup dried cranberries, raisins, sliced almonds, mini chocolate chips, or a combination of 2 or 3.

In a large bowl, combine whole wheat flour, wheat germ, oats, and rice cereal. In a small bowl whisk together melted butter and oil. Add sugar, honey, salt, cinnamon, and vanilla and mix thoroughly. Add fruit. Pour mixture into a 9x13-inch pan coated with non-stick cooking spray. Press with back of spoon or fingers. Bake in a preheated 350-degree oven 15 to 20 minutes until golden. When cool cut into 24 bars. Wrap bars with plastic wrap; may be frozen.

Banana Nut Square (Makes 28 squares)

1/4 cup butter
3/4 cup brown sugar, lightly packed
1 egg
1/2 cup buttermilk
1 tsp vanilla
3/4 cup whole wheat flour
3/4 cup all purpose flour
1/2 teaspoon baking soda
1/2 teaspoon salt
1 cup mashed bananas (2-3 bananas)
1/4 cup chopped pecans or other nuts

In large bowl, cream together butter and sugar. Add egg and beat. Add milk and vanilla; mix thoroughly. Combine both flours, soda, and salt into above mixture. Stir in bananas. Do not overmix. Spread mixture into a 9x13-inch pan coated with non-stick cooking spray. Sprinkle pecans over top. Bake in a preheated 350-degree oven 15 to 20 minutes. Cool and cut into 28 squares. Squares do not need frosting, but can be sprinkled with 1/4 cup mini chocolate chips before baking or sift a light covering of powder sugar over the top when cool.

Oatmeal Scones (Makes 16 scones)

1 1/2 cups flour
1 cup old-fashioned oats
2 tablespoons packed brown sugar
1 tablespoon baking powder
1 teaspoon cream of tarter
1/2 teaspoon salt
1/4 cup butter, melted
3/4 cup low-fat vanilla yogurt
1 egg
1/2 cup dried blueberries, cherries or cranberries

In medium bowl, combine flour, oats, sugar, baking powder, cream of tarter, and salt. In small bowl, mix together melted butter, yogurt, and egg; add berries or cherries and blend. Pour into dry ingredients and stir until just moistened. Dough will be sticky.

Turn out onto cookie sheet coated with cooking spray. Lightly spray fingers or cover dough with a square of

plastic wrap. Pat dough into a 10-inch circle. Remove plastic, if used. Cut into 16 wedges using a sharp knife. Bake 10 to 12 minutes in a preheated 450-degree oven. Cool slightly, cut wedges apart if needed and transfer to cooling rack. Serve with butter and/or jelly.

Whole Wheat Sugar Cookies (Makes 3 dozen)

1 cup packed brown sugar
1/2 cup butter, softened
1 egg
2 tablespoons low-fat milk
1/4 teaspoon almond extract
1 teaspoon vanilla extract
1 3/4 cups whole wheat flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 to 2 tablespoons granulated sugar

In medium bowl, using an electric mixer, cream together sugar and butter until fluffy, about 3 minutes. Add egg, milk, extracts, and mix well. Blend together flour, baking powder, soda, and salt. Add to egg mixture and continue to mix until well-blended.

Shape dough into balls, using about 2 teaspoons each. Roll in granulated sugar. Place about 2 inches apart on cookie sheet coated with cooking spray. Flatten cookie slightly. Bake in a preheated 375-degree oven for 9 to 10 minutes. Cool on pan for 2 minutes and transfer to wire rack.

Apple Squares (Makes approx. 20 bars)

1 egg, separated. Beat whites and set aside
1 cup cornflake cereal, crushed to make 1/2 cup

Crust

3/4 cup all purpose flour
1/2 cup whole wheat flour
1/4 teaspoon salt
1 tablespoon sugar
1/2 cup cold butter
Beat egg yolk; add milk to make 1/3 cup

Mix flours, salt, and sugar. With pastry blender or 2 knives, cut butter into flour mixture until crumbly. On floured board, roll out half of dough and line bottom of 9x9-inch pan. Sprinkle crushed cereal on bottom crust

Apple mixture

4 cups apple slices, without peels
1/3 cup firmly packed brown sugar
1 teaspoon ground cinnamon
1 teaspoon lemon juice

Mix and spread over cereal. Roll out remaining dough and place over apples. Spread beaten egg whites over top. Bake in preheated 325-degree oven 45 to 50 minutes. Cool. Glaze with a then powdered sugar frosting made of 1/2 cup powdered sugar and 1 to 2 tablespoons milk. May be flavored with almond or vanilla extract.

Fruited Wheat Bread (For Bread Machine)

Follow bread machine instructions for order to add ingredients and temperature of liquid ingredients. Add almonds or raisins as directed, toward the end of the kneading cycle.

2/3 cup milk warmed to 80-degrees
1/4 cup oil
1 egg, slightly beaten
1 3/4 cup bread flour
1 cup whole wheat flour
1/4 cup sugar
1/2 teaspoon salt
1/2 teaspoon cardamom or cinnamon
1/2 teaspoon grated lemon rind
2 teaspoons grated orange rind
1 package yeast (2 1/4 teaspoons)
1/3 cup chopped almonds
1/3 cup golden or seedless raisins

Machine may be set on dough cycle adding nuts and raisins the last 10 minutes of the kneading cycle. Remove dough from pan. Shape into a round ball. Place on greased baking sheet. Cover and let rise until doubled, about 1 hour. Bake in preheated 350-degree oven for 35 minutes. Tent with foil the last 10 minutes to prevent over-browning. May be made into 2 small loaves or 18 rolls. Reduce baking time.

4-H Council and Teen 4-H Support TV Turn-off Week

A ping-pong tournament, the High School Spring Concert and football in the park are just a few of the activities planned for the week of April 19-25th during TV Turnoff Week. Clubs are encouraged to donate prizes for the youth who participate. What a perfect time to work on those 4-H projects...and if you haven't kept records up-to-date...what a great option to turning on the TV! Just think of all the things you'll be able to complete.

Fashion Revue and Cookie Bake-Off

Mark Thursday, June 10th, for the annual 4-H Fashion Revue and something new this year...a Cookie Bake-Off! Krista Madsen and Missy Billing are organizing the event. If you would like to serve on a committee to help plan and organize the event, contact the Extension Office.



Order 4-H Publications Online – New 4-H books to look at here at the office!

You can now order 4-H Curriculum on line by going to www.msuextension.org website and selecting MSU Extension, publications and then 4-H materials. This will be continually updated with descriptions, excellent photos and lots of great information! We have several of the new books available at the office and we'd love to show them to you. Cooking, quilting, wildlife conservation and home environment are just some of them. Come check them out!

Experience another culture – host a foreign delegate

There are many opportunities for Montana families to experience another culture in-depth by hosting a foreign delegate. Every summer, foreign youth delegates come to the United States for one month. Families welcome these youth into their homes providing room, board and a loving atmosphere. Host siblings start lifelong friendships with their foreign brother or sister. Those families who want a longer experience can host a year-long, high school student from Japan or a Eurasian country. Check out www.montanah4h.org for more information.

2010 People Partner Grant Recipients

Congratulations to the Mizpah Masters, Biddle Busy Beavers and Liscomb Mountain 4-H Clubs. They each received a People Partners Grant. The Mizpah Masters 4-H Club will be making and donating blankets to the Florence Crittenton home in Helena; the Biddle Busy Beavers will be purchasing a backboard for the basketball court at the Biddle Community Heritage Center; and, the Liscomb Mountain 4-H Club will be making picnic tables for their community.

