



## Powder River County Footnotes 4-H News

October 2009

### **Celebrate National 4-H Week - October 4-10**

"Meet the Future" is the theme to publicize your involvement in 4-H this year. Let others know what 4-H means to you...recruit new members so they can join, too!

### **Family Fun Night (4-H Achievement Day) - Wednesday, November 4<sup>th</sup>, 5:00 p.m. at the VFW**

It's time to celebrate another year of accomplishments in the 4-H program!! Ice breakers and games are scheduled for 5:00 p.m., the awards ceremony at 5:30 p.m., and we'll conclude with roast beef sandwiches at 6:00 p.m. We realize it is a school night and many of you have distances to travel. The 4-H Council is providing the roast beef sandwiches and drinks; clubs are asked to bring salads and desserts to complement the meal.

### **Farm to School Fundraiser Planned to Benefit Broadus Schools**

An exciting new fundraising program has been organized to benefit the Broadus Schools. The Farm to School fundraiser raises much needed funds for the school, supports Montana farmers and food producers by purchasing their products and supports the health of children and families by offering healthier food for fundraising.

"We have so many areas that could use additional funding," explained Jim Hansen, Superintendent of Broadus Schools, "some possibilities include an electronic sign to announce community and school events to educational materials for the classroom."

Thrivent Financial for Lutherans will match the amount raised for the school.

There is incentive for the kids to sell the products. For \$150 worth of products sold, the CornerStore will donate a specially designed Hawk t-shirt to the person selling the products.

Kids (and adults, too) can sell the products through October. Fundraising forms may be picked up at the Powder River County Extension Office. Items will be delivered in time for holiday gift giving or around the first week in December. Consider the fundraising project as a community service activity for your 4-H club.

### **Calendar**

#### **October**

- 4-10—National 4-H Week
  - "MEET THE FUTURE"
- 5—Farm to Schools Fundraiser begins
- 7—Youth Issues Meeting, 8:30 am, Extension Office
- Sept. 28– Oct. 26
  - "It's A Bug's Life" Reading Program (Every Monday)
- 12—4-H Council meeting, 5:00 pm Audit Club's Treasurer Books, 6:00 pm (Leaders needed)
- 19-Nov. 15
  - 4-H Display at the Library—Share your project work!

#### **November**

- 2—Farm to School Fundraiser Forms due to Extension Office
- 4—4-H Achievement Night
- 15—Applications due for National 4-H Conference



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## 4-H Clubs Encouraged to Participate in Centennial Celebration

The Powder River Chamber of Commerce is asking all clubs and organizations to participate in the Centennial Celebration scheduled for July 2 - 4<sup>th</sup>, 2010, in Broadus. They need clubs willing to sell food, provide entertainment or organize games. The Chamber's next planning meeting is set for November 4<sup>th</sup>, at 7:00 p.m. Contact Lee Hubbard at 436-2778 at the Chamber Office for more information.

## Western Region Leader's Forum - March 11-14

Plans are underway for the 2010 Western Regional Leaders' Forum. The forum will take place in Albuquerque, NM. Sixty-four workshops include Magic of Leadership, Sciencetriffic 4-H Projects, Are you a 4-H Pig or Chicken?, 4-H on a Shoestring. Early bird registration is \$200 if postmarked by December 15<sup>th</sup>.

## Shriner's Hospital Screening Clinic - Miles City

A screening clinic will be held in Miles City at Holy Rosary Hospital on Saturday, October 17<sup>th</sup>, from 9 a.m. till 1 p.m. Shriner's Children's Hospitals treat club foot, scoliosis, hand and back problems, bowed legs, rickets, dislocated hips and problems associated with burns. For appointments, call 1-406-259-4384.

## H1N1 Workshop Set for October 12<sup>th</sup>

Darlynn Williams, Powder River County Health Nurse, will be presenting information on the H1N1 flu at the Congregational Church at 6:30 p.m., on Monday, October 12<sup>th</sup>. The program is sponsored by Caring Hands and Thrivent Financial for Lutherans. Darlynn will talk about the vaccination, prevention of H1N1 flu and how it's different from seasonal flu.

## Seasonal Flu Clinics Scheduled

The Powder River County Health Department has organized several clinics for people to receive their **seasonal** flu shot. A schedule is listed at our office. The seasonal flu shots are \$20.



## 5 Smart Ways to Stay Healthy During Flu Season...

Despite what you may see advertised, there are no miracle foods or vitamins that can help prevent or cure the H1N1 or any other flu. There are, however, plenty of smart things you can do to keep your family as healthy as possible this season.

### 1. Keep your hands clean.

One of the best ways to stay healthy is to wash your hands properly and frequently. Washing your hands well will help protect you from all germs, including seasonal flu and the H1N1 virus. Use soap and warm water—and wash for 15 to 20 seconds. When soap and water are not available, use alcohol-based hand wipes or gel sanitizers.

### 2. Eat plenty of fruits and vegetables.

Produce is packed with the nutrients that your immune system needs to fight viruses and bacteria of all types. Go for all types of brightly colored fruits and veggies. They will have more of the disease-fighting antioxidants, like vitamin C and beta-carotene. Fresh, frozen, dried, canned in juice, and 100% juice can all offer health benefits.

### 3. Drink plenty of fluids

Water is always a refreshing choice. Tea, especially antioxidant-rich green tea, can be a nice way to warm up and stay hydrated anytime. 100% orange or other juice is also good, but don't overdo it: A small glass a day is plenty. Drinking

enough fluids (6 to 8 cups a day) will help keep your mucous membranes moist and able to fight off germs.

#### **4. Choose nutrient-rich snacks**

During flu season, your body needs every drop of nutrition it can get, so don't waste your calories on 'empty' snacks. Skip the chips, cookies, and colas. Feed your body well with a variety of tasty nutrient-rich items. In addition to fruits and veggies, go for sunflower seeds, nuts, (almonds, walnuts, cashews, etc.), low-fat yogurt, and beef jerky.

#### **5. Consider a multi-vitamin/mineral supplement.**

This is the right time of year for a little extra nutrition insurance, a basic vitamin/mineral pill with 100% of the Daily Value (DV) for most nutrients. Although super-expensive supplements with mega-doses are mostly a waste of your money, you may want to look for a supplement with 1000 IUs of vitamin D. While the DV is still 400 IUs, many experts are recommending an increase for optimal health and well-being.

### **Enrolling in Projects**

The time for re-enrolling in projects is soon approaching. Projects are a teaching tool that can be used to develop skills. They provide real life experiences that help 4-Hers learn to make sound decisions. Project work is a means to an end and not the end in itself. The development of the individual is the most important purpose of 4-H. Why does 4-H rely heavily on projects? They help create a sense of ownership, provide a feeling of achievement, learn new skills, develop and understand knowledge in the project area, develop good attitudes, assume responsibility, make meaningful decisions, explore future career opportunities and participate in healthful competition. Here are some tips to remember when assisting your son and/or daughter in choosing projects:

- ✓ Is it something the member has a genuine Interest in?
- ✓ Is the project appropriate for the age and ability (both physical & mental) of the member. Will it be challenging to them?
- ✓ How much time does the member have, and how much time does the project require?
- ✓ Is the project acceptable to you as parents, and does it fit into the family needs and situation?
- ✓ How much will the project cost?
- ✓ Is adequate space and equipment available at home?
- ✓ Are there leaders available to help with the project, or are you willing to help the member with it?

### **National 4-H Conference in March**

The National 4-H Conference is a working conference held at the National 4-H Conference in Washington D.C. Youth and adults - at the invitation of the Secretary of Agriculture - assist in the development of recommendations to help guide 4-H Youth Development Programs nationally and in their communities. A Montana delegation of up to 4 participants will attend. Eligible youth are 15 to 18 years old as of January 1, 2010, and not a high school senior during the 4-H year in which they apply and attend. For more info, contact the Extension Office.

