



Powder River County Footnotes 4-H News

October 2011

Celebrate National 4-H Week - October 2-8th

"Join the Revolution of Responsibility" is the theme to publicize your involvement in 4-H this year. 4-H members are fully aware of the responsibility of caring for an animal project, or preparing a Fair exhibit, or completing the records on their projects. Responsibility and 4-H go hand and hand...share what you do as responsible members in your clubs.

Teen 4-H Meeting Scheduled for October 10th

Teens will finalize 4-H Achievement plans at their meeting. Initial plans will also be made for Santa's Secret Shop and 4-H Mini-Congress.

Bugs Life "Goes Around the World"!

Experience the culture of each of the five continent's as the annual "Bug's Life" reading program travels around the world with their creative traveling instructors. The program is underway with many 4-H members serving as reading "mentors". Twenty-three participants are involved in the program. Traveling instructors are teens Taylor Rumph, Cody and Craig Earley, Lane McGill, Carter Lynch and Eric Swenson. Participants will experience games, crafts, music and other activities from each continent. PRCDHS Art Teacher Connie Barnhart will also be teaching an art project. The relationships developed between the young participants and older "mentors" can leave life long impressions. "Thank you" volunteers for making the program a highlight of the Fall.



Family Fun Night (4-H Achievement Day) -

Monday, November 14th, 5:30 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 5:30 p.m., the awards ceremony at 6:00 p.m., and the evening will conclude with roast beef sandwiches at 6:30 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.

Calendar

October

- Sept. 30-1—State 4-H Horse Show, Miles City
- 2-8—National 4-H Week, "Join the Revolution of Responsibility"
- 3—Historian, Secretary, Treasurer's Books, Ach. Of Excellence and Members Project completion lists DUE from each club
- 3, 10, 17, 24—Bug's Life Reading Program
- 4—Youth Issues Meeting, 8:30 am, Extension Office
- 10—4-H Council Meeting, 5:00 pm
Audit Clubs' Treasurer books, 6:00 pm (Leaders Needed)
- 20-22—Fall Ambassador Training, Fairmont

November

- 14—4-H Achievement Night

Contact Us

Powder River County Extension

PO Box 200
Broadus, MT 59317

(406) 436-2424
powderriver@montana.edu

www.msueextension.org
www.montana4h.org

The programs of the MSU Extension Service are available to all people regardless of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital or family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the US Department of Agriculture, Douglas L. Steele, Vice Provost and Director, Extension Service, Montana State University, Bozeman, MT 59717.



**MONTANA
STATE UNIVERSITY**

EXTENSION

Enrolling in Projects

One joy of finishing records, and completing the 4-H year, is looking toward the next year and selecting 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-Her's 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?

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.

4-H Healthy Living Information Program Underway

Ten 4-H families registered for the 4-H Healthy Living Information Program, a 10-month research and education program, for families with an 8 to 12-year old 4-H member. The newsletter program emphasizes health, nutrition, body image and physical activity. Luke and Tom Herzog, Annie and Diana Swenson, Lindsey and Margie Riley, Rebecca and Katie Ward, Becca and Lisa Gaskill, Leonard and Vanna Byrd, Brooke and Missy Billing, Kortney and Jeridee Cathey, Mary and Amy Lane and Makinna and Renee Higgins are participating. Thanks to each of you for assisting with the MSU research and education project!

