

## Community Development

### Chief Joseph Park Playground Renovation



Volunteers installing the new playground equipment at Chief Joseph Park.

Wheatland County MSU Extension worked closely with the City of Harlowton and the Harlowton Mom's Group to renovate the playground at Chief Joseph Park.

The Mom's Group identified that the playground was unsafe and didn't meet the needs of young families in Wheatland County. After extensive planning and finalizing a design, Wheatland County MSU Extension assisted in writing and has received \$135,000 in grant funds for the project and has helped coordinate fundraising of over \$45,000 in donations, in-kind donations, and volunteer hours.

This community project has empowered young adults to take a leadership role in our community and has brought groups from throughout the community

together. Working cooperatively, we have been able to make a significant change in the community and create a destination playground. The new equipment is a highlight in our park for the community and a draw for visitors.

### Wheatland County Community Foundation

The Wheatland County Community Foundation will be able to support community growth for generations. Wheatland County MSU Extension facilitated the formation of a diverse board which formed the foundation and got the process started. The WCCF board is actively educating the community about the vital role a community foundation plays in the future of our community and the great things it can help us accomplish. We are excited to have a community foundation to support our future.



## Family and Consumer Science



Ten participants from Wheatland County, along with 30 others from across Montana, were part of a research program that targeted the

reduction of cardiovascular disease in rural women. The participants meet twice per week for 24 weeks to exercise and participate in education aimed at improving the health of the participants and reducing their risk of cardiovascular disease.

The preliminary evidence suggests that the participants increased the amount of time they were physically active during the day and also increased their physical fitness level, so they were more able to engage in physical activity. As a result of the program and the education, participants changed their eating habits and included more fruit in their daily diet.

Research has shown that rural women are among those at greatest risk for cardiovascular disease, and the Strong Hearts for Montana program integrated aerobic exercise, nutrition education, and strength training to help women reduce their risk.

# Wheatland County 4-H and Youth Development

## Wheatland County 4-H

Communication skills are one of the many life skills developed through 4-H and MSU Extension youth development activities. Forty-five Wheatland County 4-H members learned public speaking skills, written communication methods, record keeping, and interview techniques while working on projects they are passionate about throughout the year. They practice and develop these skills by participating in contests, giving demonstrations, participating in interviews at the youth fair or for awards, and by teaching or leading workshops at 4-H camp and other events. Mastering strong



Wheatland County 4-Hers waiting to compete in 4-H Congress communications contests.

communication skills builds 4-Hers confidence and allow 4-Hers to excel in their lives and achieve their goals.



## Teen Leadership Camp

In June, 24 middle school youth attended Teen Leadership Camp in Shawmut, MT. The camp is carefully planned to improve their leadership skills and their resilience with hands-on activities and a camp setting. The high school aged counselors increase their leadership skills by participating in every aspect of planning camp. Counselors learn



Youth at Teen Leadership Camp during a team challenge event.

facilitation to help the campers process the activities a camp. Counselors communicate with adults, peers, and campers during camp and while planning the event. Our evaluation surveys have shown that campers are more willing to engage as leaders in activities they are excited about and more confident in their skills after participating in Teen Leadership Camp. Youth are also more prepared to make authentic choices and reach their goals, rather than be influenced by peer pressure.

## Contact Us



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