



# Powder River County Footnotes 4-H News

## March 2017

### Powder River Sharp Shooters Right on Target!

Carter and Fallon County hosted the 4th annual Shooting Stars Invitational tournament and Powder River County shooters participated and performed well. Powder River Sharp Shooter members who competed included: **(Archery)** Kaydin Trent, Lea & Becca Aye, Grace Harrington, Grayson Arithson, Kyle Minow, Oliveah & Zason Schaffer, Jordan Jenson, and Kolton Williams; **(Air Rifle)** Kaydin Trent, Lea & Becca Aye, Kolton Williams, and Grace Harrington.

Participating in the State Shooting Match in Bozeman the first weekend in March are **Archery** – Kaydin Trent, Lea & Becca Aye, Grace Harrington, Grayson Arithson, Kyle Minow, Oliveah & Zason Schaffer, Jordan Jenson, and Kolton Williams; **Air Rifle** - Kaydin Trent, Lea & Becca Aye, Kolton Williams, and Grace Harrington. **Good luck to all these contestants and thank you to their coaches and leaders Lester Aye and Vic Ullrich!**

### 4-H Rec Lab – “It’s a Jungle Out There!” March 31-April 2<sup>nd</sup> Mountain Climbing Inspirational Speaker – Matthew Walker!



**“Equally at home hanging off a 2,000 foot granite wall, ascending ice wall at 23,000 feet in the Himalaya, and working with individuals and teams to connect their high endeavors with their personal and professional lives!”**

A weekend of fun, excitement, energy and friendship await the participants at 4-H Rec Lab. This experience is for youth ages 13 and older as of October 1st, 2015. The event provides an opportunity for youth and adults to enhance their leadership, communication and team building skills in an action packed and interactive setting. Powder River County delegate’s registration is only \$50 thanks to assistance from the 4-H Council. The registration includes lodging, snacks, meals, t-shirts, workshop fees and speaker fees. Participants have an exciting workshop selection. For more details, go to the Montana 4-H website and click on Rec-Lab, or, contact the Extension Office. Rec Lab won’t be any closer for six years – take advantage of this opportunity!

## Calendar

### March

- 4-5 State Shooting Sports Match, Bozeman
- 6 Teen 4-H Meeting, Noon
- 13 4-H Rec Lab Registration Due
- 15 Teen Counselor Applications due for Camp Needmore
- 21 Registration for Active Parenting Deadline
- 28 Active Parenting Classes Begin
- 31-April 2 Rec Lab in Miles City

### April

- 1 MT 4-H Scholarship Apps Due
- 10 Demonstration Day Registration Forms Due
- 10 4-H Council Meeting, 5:00
- 23 Demonstration Day, Courthouse

### May

- 1 Project Add-Drop Deadline
- 1-7 Screen Free Week

### **Powder River County Extension**

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**EXTENSION**

## **Come to the 4-H Council Meeting**

The next 4-H Council meeting will be held on Monday, April 10<sup>th</sup> at 5:00 p.m. at the Extension Office. The Council meeting is where decisions are made concerning the Powder River County 4-H events and activities. All ideas are welcome, and everyone, adults and youth, are encouraged to attend.

## **OREO Trip Planned for the Black Hills June 27<sup>th</sup>-29<sup>th</sup> Black Hills Rush II**

Due to the great reviews from the 2016 OREO adventure to the Black Hills, the 2017 trip will head to the same destination, the Black Hills, with a variety of exciting adventures! Thanks to great help from Powder River County 4-H youth and their parents, Powder River County 4-H has organized another super fun trip to the Black Hills. "Black Hills Rush II" is for 7<sup>th</sup> and 8<sup>th</sup> grade youth from Southeastern Montana. Activities include the aerial adventure park, paintball, Spearfish Recreational Park and much, much more.

## **Give a County Demonstration or Speech**

Are you ready to give your speech or demonstration? Just a few reminders: posterboard is available at the Extension Office for 75 cents per sheet. Senior members have the option of giving a "creative work." Everyone and anyone can participate in poetry reading at the event. The deadline for registration is April 10<sup>th</sup>. A schedule will be sent to all participants. Senior youth – this is your opportunity to qualify for 4-H Congress in the Speech or Demonstration contests. Winners at the state level can earn a trip to National 4-H Congress in Atlanta.

## **Apply for a state award – Win a trip to Atlanta**

Another way to attend National 4-H Congress is through a State Awards application. Members who are selected as state winners are eligible to attend National 4-H Congress. There can be more than one winner in a project or activity area. State award selection committees look for excellence in 4-H work, leadership, citizenship and community service.

Completed applications must be in the State 4-H office by May 1<sup>st</sup>. Most important...don't wait until the last minute to work on your application. Start today!

## **Celebrate National Screen Free Week May 1-7<sup>th</sup>**

Why turn off the TV, video game or computer? Television cuts into family time and contributes to unhealthy lifestyles. How can you be involved? The Youth Issues group is looking for donations for prizes. Your 4-H club could sponsor a prize or offer a "club challenge" to encourage others to turn off the tube. Be creative...share your ideas at the next club meeting.



## **Graduating Seniors**

Check out Montana's 4-H Scholarships. All scholarships sponsored by the Montana 4-H Foundation are on the Montana 4-H website at [www.montana4h.org](http://www.montana4h.org). The deadline is April 1<sup>st</sup>. You'll find several scholarships listed, with eligibility requirements for each. Good luck to all Powder River Co. District High School seniors as you pursue your scholarships.

## **Expanding Horizons...**

Since 1948, young people from the United States have traveled to countries on almost every continent. 4-H age youth can travel for one summer month to a country of their choice. Former Montana 4-H members, ages 18-30, live and work for three or six months with a series of host families in a country of their choice. In exchange, Montana families host delegates. This in-depth cultural experience is unique because participants truly "learn by doing." 4-H's International programs provide many opportunities for hosting and travel...what a great way to expand horizons. Check out [www.montana4h.org](http://www.montana4h.org) for more information.

## Why keep 4-H Records?

4-H records encourage members to set goals and develop plans to meet those goals as well as document how they have adapted to challenges and obstacles. Members can reflect on their achievements and growth through 4-H involvement. Records document the member's skill development and their learning experiences from one year to the next. Records teach important life skills including goal setting, organizing, planning, solving problems, financial management and written communication. And finally, when students enter their last two years of High School, 4-H records are an excellent resource for completing scholarship applications!

## Parenting Workshop Offered in Broadus

Parenting is very rewarding and incredibly difficult. It's probably the most difficult and most challenging job parents will ever do. An Active Parenting workshop will be offered in Broadus to help parents of children five to twelve years old enhance their skills as parents.

The six week workshop will be held in the Broadus Elementary School Library on Tuesday evenings, beginning March 28<sup>th</sup>, at 5:30 p.m. The workshop is free and includes free childcare and dinner.

The class will teach participants how to use nonviolent discipline that really works, open up lines of communication, teach responsibility and courage, encourage your child's school success and defuse power struggles with your child. Julie Riley, MSU Extension Agent, will facilitate the course, developed by Michael H. Popkin, PhD. The video-based program allows for group discussion.

The free 6-week workshop, dinner and childcare is being provided by the Youth Issues Coalition, MSU Extension Service – Powder River County and the Eastern Montana Service Agency. Register by Tuesday, March 21<sup>st</sup>, for the workshop by contacting the Powder River County Extension Office at 436-2424.

