

CASCADE
4-H NEWS
December 2006



DECEMBER

- 1 **IFYE Applications Due**
- 2-3 **Baby Blanket Construction**, Westgate Meeting Room
- 3 **State Make It With Wool Contest**, Billings
- 5-19 **Cross Stitch** continues, 4:00 p.m. Mondays
- 5 **Deliver Baby Blankets**, 6:00 p.m., Benefis East
- 5 **Horse Leaders Meeting**, 7:00 p.m., Extension Meeting Room
- 6 **Cloverbud Club**, 4:00 p.m., Extension Meeting Room
- 6 **Foods Committee Meeting**, 6:30 p.m., Extension Office
- 6 **Livestock Leaders Meeting**, 7:00 p.m., Extension Meeting Room
- 9-10 **Shooting Sports Instructor Training**, Kalispell
- 10 **Livestock Judging Clinic**, Choteau; call Extn Office for details
- 13 **Crochet, 4:00 p.m.**, Extension Office
- 15 **Teen Leader Project Plans Due**
- 26&Jan 2 **Holidays - Extension Office Closed**
- 28 **Quilting Workshop**, 9:00 - 3:00 p.m.



CLUB MEETING DATES	
All Americans	1 st Monday
Bootlegger Bandits	1 st Saturday
Cascade Clovers	2 nd Monday
Discovering MT	3 rd Tuesday
Five Falls	2 nd & 4 th Thursdays
Giffen Coulee	2 nd Sunday
G. F. Giggles	2 nd Monday
Happy Hooligans	2 nd Monday
Highwood Hustlers	1 st Sunday
Missouri River Riders	4 th Mon.
Montana Sunsets	2 nd Sunday
Psychedelic Rasp	1 st Tuesday
Running Free	2 nd Sunday
Tiger Butte	1 st Sunday
Ulm Pishkun	1 st Sunday

ALSO:

- Enrollment Forms
- Yearly Calendars
- Club Minutes
- Ambassador News
- Welcome to New Clubs
- Greytak Calendars
- People Partner Grants

- Community
- Service Opportunities
- Foundation Scholarships,
- Get Fit 4-H
- Nut Sale
- Western Regional Leaders Forum

LOOKING AHEAD TO JANUARY

- 2 **Holiday- Office Closed**
- 3 **Nut Sale Begins**
- 3 **Cloverbud Club**, 4:00 - 5:00, Extension Meeting Room
- 3-31 **.22 Rifle**, 6:00 p.m., Great Falls Rifle and Pistol Club
- 3 **Livestock Leaders Meeting**, 7:00 p.m., Extension Meeting Room
- 5&19 **Robotics**, 6:00 p.m., MAFB
- 6-27 **Archery**, Archer's Den
- 8 **Weigh-In for Beef Rate of Gain Contest** - Yeager's C-Bar Enterprises, 1-3 p.m.
- 9-30 **Cross Stitch** continues, 4:00 p.m., Mondays
- 9 **Horse Leaders Meeting**, 7:00 p.m., Extension Meeting Room
- 10 **Crochet Workshop**, 4:00, Extension Office
- 13 **Speech Registration Due**
- 13 **KMON Registration Due**
- 13-15 **Alberta Leader's Forum**
- 16-30 **Home School Communications**, 10:30 - 12:00, Extension Office
- 16 **Holiday- Office Closed**
- 16 **Clothing Committee meeting**, 7:00 p.m., Extension Office
- 17 **Beef Intent to Enter forms due**
- 18 **Cat Workshop**, 4:00 p.m., Extension Office
- 19-21 **Citizenship Seminar**, Helena
- 21 **KMON Meats, Crops, Livestock Judging Contests**
- 23 **Teen Activity Night**
- 28 **Babysitting Workshop**, 9:00, Campfire Office
- 30-31 **Speech Contests**, First Congregational Church
- 31 **People Partner Applications due**
- 31 **Last date for Late Intent to Enter Beef forms**



📣 REMINDER 📣

Enrollment forms of all returning 4-H members and leaders should now be in the Extension Office! If we have not received your form, you will be dropped from the mailing list for the next 4-H newsletter. Leaders - be sure you have checked on your enrollment form any committees you want to serve on this year. Additional enrollments and changes in projects will be accepted until May 1. All livestock and horse members must also turn in their signed risk/permission forms by Dec. 15.

4-H YEARLY CALENDAR

The 2006 yearly **4-H calendar** is now available for organizational leaders to pick up for their clubs (one per family) if they have not already done so. Watch the calendar in the monthly newsletter for any changes.

CLUB MINUTES

Just a reminder that our office should receive a copy of the minutes of your club meetings. Submit these however it is most convenient. Club secretaries may write them on the forms provided in the secretary's book. We would be glad to make a copy for you, or they may be typed on your computer submitted in hard copy, faxed to our office (454-6984) or e-mailed to sknowles@montana.edu.

AMBASSADOR NEWS

by: Kelsey Anderson

October 20-22 junior ambassador Kelsey Anderson and senior ambassador Jacob Hansen attended Montana 4-H Fall Training at Fairmont Hot Springs. Through lots of leadership and other fun workshops they got in touch with their "4-H Superhero Powers" and learned many valuable skills. Fabulous keynote speakers for the event included Travis Malone and Montana State Senator, Jesse Laslovich. An elegant banquet, exciting dance and pool party topped off a terrific weekend.

Last month on November 1 ambassadors Kelsey Anderson, Jeanette Carlisle, and Jacob Hansen led a Cloverbud meeting about pumpkins. Cloverbuds got to see and feel the insides of a pumpkin and later got to taste its seeds and try some yummy pumpkin doughnuts. They also got to decorate their own paper pumpkins. This year there is a large Cloverbud group and some extra teen help would be greatly appreciated. If you would like to volunteer to assist with a session, contact the Extension Office or one of the ambassadors.

WELCOME To Our Newest 4-H Clubs

We want to welcome these new clubs for the 2005-2006 4-H year and thank the organizational leaders for making the 4-H experience available to some terrific new members.

Jennifer Hirschfield	Rocky Mountain Dust Devils
Heather Boberg and Jill Lorang	Eden Livestock
Susan Wanke and Jennifer Pospisil	Crazy Creative Creatures
Crystal Martinich	Gettin' Together

GREYTAK CALENDARS

Greytak calendars are still available for purchase at the Extension Office. These calendars make a great gift, and all illustrations are suitable for framing. Calendars are \$10.00 each. Clubs may also choose to sell the calendars and will earn \$2.50 per calendar. All payment must be made upon receipt of the calendars.

PEOPLE PARTNERS GRANTS

The People Partner grant program offers an opportunity for clubs and individuals to make a difference in the community with projects involving 4-H members in determining a need, completing a grant application and implementing the project. Applications are available at the Extension Office and are due February 1. Up to \$5000.00 will be awarded to Montana 4-H clubs.

COMMUNITY SERVICE OPPORTUNITIES

A 4-H member in Powder River County is doing an independent study 4-H project. He would like to contact clubs around the world to learn about kids and their clubs. You can send your information to Cameron at angeny@rangeweb.net

Golden Triangle Mental Health's Youth Case Management supports mentally ill children, many of them low income. They are in need of items to help these children during the holidays. A list of items they could use can be obtained from the Extension Office.

Salvation Army is in need of Bell Ringers for the holiday season. If your club would like to do a shift, please call them at 453-0391.

FOUNDATION SCHOLARSHIPS

The Cascade 4-H Foundation will award a \$1,000.00 Fred Sanborn Scholarship for 4-H Agricultural project members, a \$400 Doug A. Dear Memorial Scholarship for beef breeding or market beef projects and up to seven, \$500.00 scholarships to **first time applicants** and four \$500.00 scholarships to **previous winners** for overall 4-H work. These scholarships are available to 4-H members who are 2006 graduating **seniors or students who have** completed one or more quarters or semesters of college, university, vo-tech or trade school. All applications are due March 31 and are available at the Extension Office. Recipients will be announced at the April 19th 4-H Foundation meeting.

GET FIT 4-H

Building **strong bones** is a life-long project. Our bones get strong - and stay strong - through a combination of food and fitness. Preventing osteoporosis in old age is something that begins in childhood.

You can be on the road to good bone health by enjoying 3 cups of milk or its equivalent each day, making most of your daily dairy intake of fat-free or low-fat foods and getting energized with dairy snack treats.

PLAY every day, inside and outside, in the yard and at the park, at the gym and on the field. To maintain their strength, bones require daily stimulation with weight bearing activity like walking, basketball, biking, dancing, or water aerobics.

NUT SALE

This year we will be selling nut products, replacing our former candy sale in order to support the programs of the Montana 4-H Foundation and the Cascade 4-H Foundation. The sale begins January 3 and runs through February 5. Club leaders will have all of the order information for club members. Each person is asked to sell \$25.00 of nut products or donate \$7.00. Sales materials will be available by late December for club leaders to begin picking up.

Western Regional Leaders Forum March 1-5, Salt Lake City

Registration and information can be found on the web at <http://Utah4-H.org>. If you do not have access to the web, contact the Extension Office. Early bird registration is due December 2.

PROJECT NEWS

AIR RIFLE: State Fair shoot for air rifle will be held on Tuesday, November 29. A very special thank you to Jim Mitchell and Emil Nygard who have so generously donated so many hours to provide instruction for our 4-H members. We also wish to thank all parents who assist in any way at the range.

ARCHERY: January 6 marks the beginning of our county-wide **archery** program. It will continue for 8 weeks with State Fair target to be shot March 10th or 11th. To participate you must be enrolled in the Archery Project (6230). If you have not already enrolled and would like to participate in archery, contact the Extension office.

You must shoot at least **6 of the 8 sessions** to be eligible to shoot the *State Fair Match*. Complete copies of **ARCHERY GUIDELINES** are available at the Extension Office or at the first archery session.

SAFETY Is Our First Concern. Any member not complying with the safety rules will be asked to leave the range and may not return for the remainder of the sessions this year.

Your **4-H Journals** are an important part of the project. Each member should complete the first section, "What I Plan to Do" before beginning on January 6th.

Participants will need to buy a target the first night at a cost of **\$1.50**. The range fee is **\$2.00** each session if you have your own equipment and **\$3.00** if you use the equipment at the range.

All archery sessions will take place at the **Archer's Den, 1520 River Drive North**. Watch the January newsletter for times.

CLOVERBUD CLUB: Any Cloverbud in Cascade County is invited to join us the first Tuesday of each month for a variety of activities conducted by our teen ambassadors. If you missed the first two sessions, be sure to join us December 6. Cost is \$5.00 for the remaining 6 sessions or \$1.00 per session. If you have not already pre-registered, please call (454-6980) and let us know your Cloverbud will be in attendance so we will have adequate supplies.

We will create holiday fun at our December session.

CROCHET: Tuesday, December 13 from 4:00 until 5:00 anyone wanting to crochet will meet with teen leader, Billy Hansen. Bring a size "H" crochet hook.

FOODS COMMITTEE: The foods committee will meet at 6:30 p.m. Tuesday, December 6 at the Extension Office.

We will be planning activities for Funtastic Foods Day which is scheduled for February 18 as well as plans for Foods Festival and other foods activities for the year. Any leader, parent or **teen leader** interested in our county foods program is encouraged to attend.

PHOTOGRAPHY: All levels of photography will want to be aware that beginning with the 2005-2006 4-H year, **digital photos** may be used for any entry at State Fair. Keep this in mind as you begin taking photos this year.

QUILTING: Wednesday, December 28 join us from 9:00-3:00 at the Extension Office to construct a table topper while learning to make four different quilt design squares. Members must have good basic sewing skills and know how to thread their own machines. Register, pick up a supply list and look at sample projects at the Extension Office before December 20. Come on December 28 with all supplies, your sewing machine and a sack lunch.

RIFLE BEGINS: .22 Rifle begins Tuesday, January 3rd. All members enrolled in rifle need to attend the 6:00 p.m. **registration and orientation session on Jan. 3rd**. Registration fee is \$20.00 to cover cost of targets and range usage. Equipment is provided. Ammunition may be purchased as needed at \$1.00 per box. Be sure to take your *4-H membership card* verifying your enrollment for this year. **Shooting will begin on January 3rd** as soon as your registration and orientation are completed and continue on Tuesday evenings. All rifle activities will take place at the Great Falls Rifle and Pistol Club.

SHOOTING SPORTS LEADER TRAINING: This workshop will be held in Kalispell December 9 and 10 to certify 4-H leaders to teach this sport. Possible workshop choices will be Archery, Rifle, Pistol, Shotgun and Muzzleloading. A pre-test must be completed before attending.

If interested, please contact the Extension Office for more information and registration which is due November 28. Cost is \$50.00. Part of your expenses will be supported by the Cascade 4-H Foundation.

TEEN LEADERSHIP: Any member, 13 or older, who is enrolled in the Teen Leadership Project must turn in a copy of their *Teen Leader Plan* to the Extension Office by **December 15**.

This project is designed for teens who are assisting other members in their club or throughout the county with any project or activity. If this description fits you, and you have not signed up for the teen leader project, you may want to consider doing so. Sheryl would be glad to assist any of you

with your plans. Forms are available at the Extension Office if you need one.

ATTENTION HORSE AND LIVESTOCK 4-H'ERS

If you have not yet turned in your *4-H Permission, Release and Assumption of Risk for Participation* form, remember you must do so by Dec. 15, 2005. These forms are available at the Extension Office.

Attention At Large Members!! -- Livestock *Intent to Enter Forms* are available at the Extension Office. Remember to come here for your forms. Be sure you complete and sign forms before bringing them to the office.

LIVESTOCK LISTINGS

LIVESTOCK LEADERS MEETING

Tuesday, December 6th at 7:00 p.m.

Agenda Items - MT ExpoPark Advisory Board decision and its impacts on exploring a county show and sale. Bring your favorite cookies or snack to eat and a wrapped gift of \$5 or less to play **Eskimo Bingo**.

Reminder - The 4-H member needs to fill out and sign the *Intent to Enter forms* and parents also need to sign it. **The Extension office will not accept forms parents fill out in the office.** Be sure these forms are complete before you bring them in.

We have **resource books and Learning Labs for Swine, Sheep and Beef** projects. They are excellent and cover a range of topics. You are welcome to borrow these books from our Lending Library at any time. If you want your own copy, please see Jan in the Extension Office. Each book is **\$15 and must be pre-paid**.

NILE RESULTS -

Congratulations and Good Job to the NILE livestock Judging Team of Bridget McNulty, Ryan Warner and Shayna Warner. The team placed 14th and Ryan placed 20th in the individual results. Many thanks to Greg Warner for chaperoning the Team to Billings.

Livestock Judging Event - Choteau, Dec. 10th

This event is open to 4-H and FFA members. Cost is \$8 per person and includes lunch. The MSU Judging

Team is doing the clinic and judging the competition. Call Milford at 466-5424 or 5305 by December 1st to register. If you judge, remember to give the Extension office a copy of your scores!

2006 Montana State Fair Jr. Livestock Show

Anyone wanting to show at the 2006 Montana State Fair in Great Falls will need to contact Montana ExpoPark at 727-8900 regarding entry information.

2006 MontanaFair Jr. Livestock Show

Anyone wanting to show in the 2006 MontanaFair in Billings is required to bring their animals to PAYS on January 28th from 9 am to 12 p.m. for weighing and tagging. Each exhibitor can tag two animals per species and they must be tagged specifically for the MontanaFair. Call the Yellowstone Extension Office for more information, 256-2828.

FSA Loans to Rural 4-Hers - -

Remember Farm Service Agency if you need a loan to get your livestock project going. Call Janet Smith at 727-7580, ext. 108 for more information.

Junior AG Loans Available -- The Montana Department of Agriculture, funds are available for its Junior Ag loans. Contact Sam Antonick at (406) 444-2402 for further information, brochures or application forms. A limited number of forms are at the Extension Office.

Mark Your Calendars:

- Dec. 10** Livestock Judging Clinic, Choteau; call Extn Office for details
- Dec. 28** Golden Triangle Livestock Judging, Wallewien Farm north of Shelby; free, bring sack lunch
- Jan. 1** All market beef ear tagged & in possession
- Jan. 3** Livestock Leaders meeting, 7:00 p.m.
- Jan. 8** Beef Rate of Gain at Yeager's, 1-3 p.m.
- Jan. 17** **All Market Beef Intent to Enter the Cascade County Livestock Show Forms are DUE in the Extension Office with \$10 fee. Late entries accepted until Jan. 31 with a \$25.00 per animal fee. If you have not received your form from your livestock leader, contact him/her or the Extension Office.** Remember, the Intent to Enter **does not** automatically enter your animal in the 2006 County Livestock Show.
- Jan. 21** KMON Meats/Livestock Judging Contest
- Jan. 28** 2006 Montana Fair beef tagging, Billings

Rabbit Courtesy Announcement:

To give away - 1 yr old Mini Rex rabbit, cage and harness. Call Carla at 771-0089.

For Sale - French Lops, Dutch, Mini Rex, Holland Lops, Jersey Wooley and Californian - call Josh, 727-7230

HORSE AND LIVESTOCK JUDGING:

If you wish to receive notices on judgings held AFTER the newsletter has gone out, you must sign up by calling the Extension Office, and we will notify you only when there is a judging that was **not** published in the newsletter.

HORSE HAPPENINGS

HORSE LEADERS MEETING

Monday, December 5th, 7:00 p.m.

Extension Meeting Room

Rule Changes will be voted on. The Policy and Rule book will be updated and available in February. One copy per family will be made available.



HORSE EDUCATION -- Do you have a great idea for an education class or a riding clinic? Call the Extension office (454-6980) to share that with us. We are looking for as many ideas as possible to work on for the next year. The first education session is scheduled for February 6th. More information to come on this.

NEEDED: Do you have or know of anyone who has riding helmets they are willing to loan or donate to riders at the clinics? If you do, please call the Extension Office.

Reminder: The horse leaders have a number of videos in the Extension lending library on a variety of subjects. See also the Horse-Lover's Encyclopedia and Talk to your Horse book! Come in and check them out from our library.

4-H VIDEOS AND MATERIALS OUT ON LOAN

If you have **4-H materials or videos** checked out that are overdue, please return them to the office. Please take a minute to check through your videos, and 4-H books to see if you have any that belong to the office.

Looking Ahead:

Jan. 9 **Horse Leaders meeting**, 7:00 p.m.

THE 4-H CLOVER

The emblem of the 4-H program is a green four-leaf clover with a white “H” in each leaf. The four “H’s” stand for Head, Heart, Hands and Health and represent the ways 4-H develops the five life skills.

HEAD: Learning to think, make decisions, understand the “whys,” gain new and valuable insights and knowledge.

HEART: Being concerned with the welfare of others, accepting the responsibilities of citizenship in our local and global communities, determining values and attitudes by which to live, and learning how to work with others.

HANDS: Learning new skills, improving skills already developed, instilling pride in work, and respect for work accomplished.

HEALTH: Practicing healthful living, protecting the well-being of self and others, making constructive use of leisure time.

This four-fold development is vital to every individual. All four of the “H’s” should be an important part of the goals youngsters identify as they participate in 4-H sponsored programs and educational activities. Achieving these goals will result in helping youth develop as competent, caring, confident, connected, compassionate contribution of high ethical character.

PARENTS’ 4-H PLEDGE

I pledge my **HEAD** to give information to help my child see things clearly and to make wise decisions.

I pledge my **HEART** to encourage and support my child, whether he has successes or disappointments.

I pledge my **HANDS** to help my child’s club; if I cannot be a leader, I can help in many equally important ways.

I pledge my **HEALTH** to keep my child strong and well for a better world through 4-H, for my child’s club, our community, our country, and our world.

References: Smith, Carolyn A., “New York State 4-H Club Management, a Resource Guide,”

Sincerely,

Sheryl Knowles Wendy Wedum
Cascade County Extension Agents

CASCADE COUNTY DECEMBER 4-H NEWSLETTER



**Best Wishes
for the Holidays**

Cascade County Extension Service