

# CASCADE 4-H NEWS

February 2006



## FEBRUARY

- 1 **People Partner Applications Due**
- 1 **Citizenship Washington Focus Applications Due**
- 2 & 16 **Robotics**, Westgate Mall
- 3-24 **Archery continues**, Friday nights
- 4 **Lewis & Clark Shooting Sports Invitational**
- 5 **Nut Sale Ends**
- 6-27 **Home School Communications**, 10:30 - 12:00, Extn Office
- 6-27 **Cross Stitch**, 4:00 - 5:00 p.m., Mondays
- 6 **Horse Education Workshop**, 7:00 p.m., Extn Meeting Room
- 6 **Horse Leaders Meeting**, 8:00 p.m., Extn Meeting Room
- 7 **Cloverbud Club**, 4:00, Extension Office
- 7 **Livestock Leaders Meeting**, 7:00 p.m., Extn Meeting Rm
- 7 **Speech Finals**, Extension Meeting Room
- 7-28 **.22 Rifle Continues**, Tuesday nights
- 10 **Funtastic Foods Day Registration Due**
- 15 **Foundation**, 7:30 p.m., Extension Meeting Room
- 17 **Dog Obedience Registration Due**
- 17 **Camp Junior Director Applications Due**
- 18 **Funtastic Foods**, 9:00 - 2:00, Westside Baptist Church
- 18 **Sweetheart Fur & Feathers Show**, Bozeman
- 20 **Holiday**, Extension Office Closed
- 21 **Crochet**, 4:00, Extension Office
- 21 **Mini Congress/District Leader meeting**, 7:00 pm, Extn Ofc.
- 25 **Drop Spindle Spinning Workshop**, MSU College of Technology
- 28 **Foods Festival Workshop**, 7:00 p.m., Extension Meeting Room
- 28 **Foods Festival Registration Due**
- 28 **Clothing Camp Registration Due**

## ALSO:

Foundation Scholarships  
Thank You's  
Congratulations  
4-H Discounts

## LOOKING AHEAD TO MARCH

- 1 Self Determined/Ind. Study Plans Due
- 1-5 Western Regional Leaders Forum, Salt Lake
- 2 & 16 Robotics, Westgate Mall
- 2 & 3 Nut Sale Pick Up
- 4 Health Fair
- 4-5 State Shooting Sports Competition
- 6 Horse Leaders Education/Mtg.
- 6-20 Home School Communications
- 6-27 Cross Stitch, Mondays
- 7 Cloverbud Club
- 7 Livestock Leaders
- 7-28 Dog Obedience
- 7&14 Rifle
- 10&11 Archery Finals
- 11 Clothing Camp
- 13 Foods Festival, Great Falls
- 14 Crochet
- 17 Archery Fun Night
- 17-19 Rec Lab
- 20 Teen Activity Night
- 25 Project Day/Leaders Council
- 27 Camp Planning
- 31 Foundation Scholarship Apps. due



### Club Meeting Dates

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



## GET FIT 4-H

There are many good reasons why dried beans, peas and lentils (**LEGUMES**) are the only items in the new food pyramid included in two different food groups. Beans can count in both the vegetable and meat groups.

Nutritionists recommend at least 3 cups of cooked legumes per week. Like other veggies, legumes are rich in antioxidants, folic acid, and B-vitamins, as well as low in fat and cholesterol-free. They are also one of the best sources of fiber. Like meats, they provide an excellent source of protein along with zinc and iron.

**STRETCHING** is the simplest of all physical activities and may be one of the most essential in our sedentary lives. Regular stretching reduces stress, fatigue and muscle tension while improving circulation and mental alertness. Stretch while you are talking on the phone, working at the computer or watching TV. While stretching, always breathe easily and relax into the stretch. Focus on the muscles or joints being stretched.

### Self Determined and Independent Study Plans

Just a reminder that all members enrolled in the Self Determined or Independent Study projects should be completing their project plans. These plans are due in the Extension Office by March 1.

### SPEECH CONTEST

The family of each person registered for the speech contest January 30 and 31 has been mailed a schedule indicating the day and time of their presentations. The contests are being held at **First Congregational Church**, 2900 Ninth Avenue South, right behind Dairy Queen. Remember, if for some reason you are not going to attend, please call the Extension Office (454-6980). It is not fair to keep judges waiting for members who are not going to be there.

### SPEECH FINALS Tuesday, February 7

Any member who was 14 or older by October 1, 2005, who presented a Prepared Speech at the January contest, regardless of the placing received, is eligible to present the speech at the **Finals Contest** Tuesday, February 7. Those receiving a blue placing at this contest are eligible to give the speech at Montana 4-H Congress in Bozeman. You will be mailed a schedule for this contest.

## NUT SALE ENDS

Our 2006 Nut Sale ends February 5. Just a reminder to leaders that your **club order with payment** is due in the Extension Office by 5:00 p.m. Monday, February 6.

Nuts should be ready to be picked up at the Extension Office **March 2-3**. Please call to make sure they are ready before you come. If you are donating \$7.00 rather than selling nuts, this money should also be to the Extension Office by February 6.

### FOUNDATION MEETING

The next Foundation meeting will be held Wednesday, February 15, at 7:30 p.m. Extension Meeting Room. Any member, leader or parent is welcome to attend the meetings of the Cascade 4-H Foundation.

### CASCADE COUNTY 4-H FOUNDATION SCHOLARSHIPS

The Cascade 4-H Foundation has three types of scholarships it will award this year:

#### **Fred Sanborn Scholarship, \$1000.00**

*for 4-H agricultural project members*

#### **Doug Dear Scholarship \$400**

*for 4-H work in beef breeding and/or market beef projects*

#### **Foundation Scholarships, \$500.00 each**

*Up to seven for first time recipients and up to four for previous recipients for overall 4-H work.*

These scholarships are for 4-H high school seniors and/or members who have completed at least one quarter or semester of college, trade school or vo-tech. All applications are due **March 31** and are available at the Extension Office. Recipients will be announced at the April 19 Foundation meeting. Please share this information with former 4-H members who have graduated and no longer receive this newsletter.

### **Cloverbud Club**

**Tuesday, February 7, 4:00 - 5:00 p.m.**

### **Extension Meeting Room**

Any Cascade County Cloverbud is invited to join us for one or all of the remaining sessions. In February we will learn about caring about others and make a special holiday item to share. Cost for the Cloverbud workshops are \$1.00 per session.

## AMBASSADOR NEWS

Hey everyone! This is your ambassador news from Jeanette Carlisle. On January 3 we lead the Cloverbud Club and helped them learn all about pets. First we ate animal crackers and milk. Helen Hansen then brought in her salamanders and gave a presentation on how she takes care of them, what she feeds them, where she got them, and lots of information about them. Yes, they each had a name, even. The Cloverbuds enjoyed touching them. Then each of the children shared information about their house pets such as what do you feed your pet, does it have a name and what kind of shelter does it need. We ended with the frog song game.

## PEOPLE PARTNER GRANTS

People Partner grants offer financial support to 4-H clubs to work with people in a way that will enhance the "quality of living" in a community. Applications are due **February 1** and may be obtained at the Extension Office. This is a great opportunity for your club to apply for some financing to assist with a club community service project.

## - - CAMP - -

### Junior Director Applications

4-H members who were 13 or older by October 1, 2005, and who have attended camp at least one previous year are eligible to apply to be a **junior director** for this year's camp.

Applications are now available at the Extension Office and are due **February 17**. A maximum of 18 junior directors will be selected for camp. This year's camp dates are June 8-11.

The first camp planning meeting will be held at the Extension Office at 7:00 p.m. on Monday, **March 27**.

**LEWIS & CLARK SHOOTING INVITATIONAL**, (archery, air rifle, air pistol) will be held Saturday, February 5 in Helena. Registration is due January 28 and can be obtained from the Extension Office.

**STATE SHOOTING SPORTS COMPETITION**, in Bozeman Saturday/Sunday, March 5 & 6, Registration Due February 18. Registration available at the Extension Office.

## 2006 Rec Lab

Members who were 13 or older by October 1, 2005, should mark their calendars for March 17-19 to go to

Deer Lodge for Montana 4-H Rec Lab. If you meet this age criteria, we will mail you an application as soon as they become available to us. We hope to have a bus to provide transportation to and from Deer Lodge.

## NEWSLETTERS ON LINE

Montana 4-H Council has a 4-H Volunteer Newsletter available on line at [www.montana4h.org](http://www.montana4h.org) and remember to access the Cascade County 4-H newsletter on line as well at [www.montana.edu/cascade](http://www.montana.edu/cascade). Contact the Extension Office if you do not have access to the web and would like a copy of the Montana 4-H Council newsletter.

## 4-H DISCOUNTS

As you purchase supplies for your 4-H projects, be sure to inquire whether the business gives a 4-H discount. You will need to present your 4-H membership card. Discounts at Wal Mart for fabrics and notions require an additional card available at the Extension Office.

## PROJECT WORKSHOPS

**ARCHERY** continues Friday evenings at Archer's Den with instructors: Terry, Manon, Brianna and Mary Anne Driscoll. Please remember to keep your archery project journals up to date.

**CLOTHING CAMP:** This year's Clothing Camp will be Saturday, March 11 from 9:30 - 2:30 at Westgate Mall. You do not have to be enrolled in a clothing project to participate. You will, however, need to be enrolled in the project to enter completed projects in the Clothing Division at State Fair. A registration is enclosed in this newsletter and must be returned with payment by February 28th.

**CROCHET** workshop with instructor Billy Hansen will be held on Tuesday, February 21<sup>st</sup> at 4:00 p.m. at the Extension Office.

**CROSS STITCH** continues on Monday afternoons with Carol Linafelter at 4:00 p.m. at the Extension Office.

**DOG OBEDIENCE:** Registration forms for this year's dog obedience lessons are available at the Extension Office and must be returned with payment by February

17. Include a copy of your dog's up-to-date **vaccination record** with registration. Cost for the 10-week session is \$10.00. To participate in the dog obedience, your dog *must be at least 6 months old and be current with all vaccinations*. Those with puppies not old enough to participate are welcome to bring the puppy and observe the class instruction. Classes offered will be beginning obedience, basic novice and graduate novice. Our 2006 **dog obedience program** will begin **Tuesday, March 7 at 6:30 p.m.** The first session will be in the Mall meeting room. **Do not bring your dog.**

**DROP SPINDLE SPINNING:** The Great Falls Spinners and Weavers Guild is offering this workshop to the first ten 4-H members who sign up. It will take place during their third annual Fiber Festival so participants will have access to all of the vendors and free demonstrations during the day. The workshop will be held from 10:30 to noon on Saturday, February 25<sup>th</sup> at the MSU College of Technology. Check in by 10:15. There is a \$7.00 charge for the spindle and wool kit. You will learn how to spin yarn from wool roving using a hand drop spindle. You will be provided with a kit including a drop spindle and some wool which you will take home with you. Register for this class by February 10 by calling the Extension Office.

**FUNTASTIC FOODS DAY:** All registration and payment is due in the Extension Office on Friday, February 10 for this event. Participants will meet at Westside Baptist Church, 1300 6<sup>th</sup> Street Northwest, from 9:00 - 2:00 on Saturday, February 18. Everyone will get to help make cookies for the Meals on Wheels recipients and root beer (be sure to bring an empty water or beverage container with lid). In addition, enjoy workshops on soup, salads, soft pretzels, chicken wings, stir fry vegetables, gingerbread, apple crisp and more ... At 1:00 p.m. a buffet will be enjoyed by all as we sample all the food we prepared.

A registration form was included in the January newsletter and is due February 10. This event is limited to the first **50** adults and members who register. (No Cloverbuds, please.)

**FOODS FESTIVAL WORKSHOP** - Learn all you need to know about how to plan and display your **foods festival exhibit**. See examples of the three different types of displays, *Daily Foods Exhibit, Baked Foods Exhibit and Edible Art*. This workshop will be held on Tuesday, February 28 at 7:00 p.m. in the Extension meeting room. Notebooks of past displays are also available for check out at the Extension Office to help you plan and prepare your exhibit.

**FOODS FESTIVAL**  
**Monday, March 13, 7:00 p.m. at**  
**First Congregational Church**  
**2900 Ninth Avenue South**

You do not have to be enrolled in a foods project to participate in our Foods Festival. This event is for **anyone who likes food!!** There are three categories of exhibits, *Daily Foods Display, Baked Foods Display and Edible Art*.

To participate in the Foods Festival, complete the application in this newsletter and return it to the Extension Office by February 28<sup>th</sup>. Members who are exhibiting Daily Foods and Baked Foods will need to bring a **card table** for their display. Edible art will be displayed on long tables but participants will need to remember to bring their completed **profile sheets**.

**.22 RIFLE:** continues Monday and Tuesday evenings at the Great Falls Rifle and Pistol Range. Instructor: Jim Mitchell.

**ROBOTICS:** Classes are being held February 2 and 16 at Westgate Mall under the leadership of 4-H leader Dave Dower.

## Rabbit Ramblings and Poultry Ponderings

4-H members taking Rabbit and/or Poultry projects need to take the Livestock Quality Assurance Class. Remember **parents also must attend** this informative session. Look for the date in the March Newsletter.

**Sweetheart Fur and Feathers Show February 18<sup>th</sup>, Bozeman** The annual **Wild West WinterFest**, a Rabbit, Poultry and Equipment Auction and rabbit derby is on February 18<sup>th</sup>. **Register Before Feb. 1<sup>st</sup>**. For more information please call Betsy at 388-7578.

## LIVESTOCK LISTINGS

**Livestock Leaders** will meet Tuesday, February 7<sup>th</sup> at 7:00 p.m. in the Extension Conference Room.

**42 Beef Intents to Enter received to date!!**  
**Beef Intent to Enter Forms** were due on January 17<sup>th</sup>. If yours was not one of them, you have until Jan. 31<sup>st</sup> to get your forms into the Extension Office, but you will

have to pay the \$25 late fee per animal. Late forms will be accepted until 4:45 p.m. on January 31<sup>st</sup> - in the office, NOT postmarked. Also if you enrolled in the Beef Project and have decided not to take a steer, please let the office know, 454-6980.

**\*Division and Junior Division Chair Applications** are available in the office. Division Chairs are needed to help with market and showmanship classes, and to keep things moving during the 4-H livestock sale. Junior Division Chairs gain valuable experience in leadership and public relations. Please come to the office for information about duties and fill out a form. We need both adult and 4-H members.

**Reminder - Club leaders**, please send a copy of your ear tag numbers for 4-H members taking livestock projects to the Extension Office.

**LQA Reminder** - If you are taking a livestock project for the first time, you need to take the Livestock Quality Assurance class. If you took LQA in 2004, it is time to do a refresher class. LQA is required if you want to qualify for Steer of Merit, Symbol of Excellence or Certified Lamb certificates. **Parents are required to attend this class.** Look for the date in the March Newsletter.

**Please Note: Livestock Judging** -- Remember to send your livestock judging scores to the Extension office if you have competed in other counties this winter. For example, if you competed at Winter Fair, remember to send your scores to us. All scores need to be turned in by Monday, March 31<sup>st</sup>. These will count toward determining your overall score for 4-H Congress this summer.

**2006 N-C Montana Feeder Steer  
& Breeding Heifer Show**

The show will be March 5<sup>th</sup> in the Bigger Better Barn, Havre, MT. The show is open to all youth, including 4-H, FFA and junior cattle Breed Assoc. Members must be between the ages of 10-19 as of January 1, 2006. Buckle awards given to the top Feeder Steer and Breeding Heifer. We will also be awarding coats to the top Junior and Senior Showman. **Entry deadline is February 24, 2006.** For more information or entry forms, call the Hill Co. Extension Office 265-5481 ext. 233.

**Montana State Fair - Update**

Fair manager Bill Ogg reports they do not quite have the entry information ready for the Montana State Fair **Junior Livestock Show**. He also shared that steers will

need to be entered by the end of February. For more information call 727-8900.

**Livestock Upcoming Dates to Remember**

- Mar. TBA Livestock Quality Assurance**
- May 1 Market Swine and Lambs** must be in possession, ear tagged, and on feed.
- May 15 Market Swine and Lamb Intent to Enter Forms Due**
- July 14-15 County Livestock Show**
- June 30 State Fair Entry Forms Due**

**Livestock Trophy Sponsors Needed!** We have 27 classes that still need a sponsor for livestock. If you want to sponsor a Livestock class please call the office at 454-6980. Thanks!

**NILE SCHOLARSHIP PROGRAM 2006**

If you are a graduating high school senior, enrolled in 4-H or FFA or have participated in the NILE and are planning on attending a 2 or 4 year school fall of 2006 - you are eligible to apply for one of at least ten \$500 scholarships. Application deadline is April 1, 2005 - no foolin' here! Visit [www.thenile.org](http://www.thenile.org) for details.

**For Sale:** miniature horse walker - would be great for lambs - call 727-7230.

**HORSE HAPPENINGS**



**Monday, February 6** - Extension Office

**7:00 p.m. Horse Education Workshop: Helmet Safety**

**8:00 p.m. Horse Leaders** meeting (after education).

The next horse leaders meeting is on Monday, February 6<sup>th</sup> at the Extension Office. The Education Session for February is **"Helmet Safety"** at 7 p.m. at the Extension Office. Learn the facts about how helmets protect the head, traumatic brain injury and the value of protecting yourself. Meet Mr. Egg and see if he survives the fall...

Horse Judging Contest -Saturday, February 12th

1:30 p.m. at Dee Dee Rains' ranch

Call the Extension Office for Directions 454-6980.

This will be the third **horse judging contest** held this year. Remember, you need at least two judging contests

to qualify for the *Ferguson Horse Judging Scholarship* or the *4-H Congress horse judging team*. **On line horse judging reference** - go to this website: [http://www.cals.ncsu.edu/an\\_sci/extension/horse/4h\\_Horse/horse\\_judging\\_manual/horse\\_judging.htm#giv](http://www.cals.ncsu.edu/an_sci/extension/horse/4h_Horse/horse_judging_manual/horse_judging.htm#giv)

**Horse Upcoming Dates to Remember**

- Feb. 12** Live Horse Judging
- April** Schedule your Assessments!
- May 1** **Level Assessments Due**
- May 1** **All Final Changes in Enrollment Due**
- May 5-7** 2005 State Horse Show, Dillon - Rescheduled
- June 17** Missouri River Riders Horse Show, King arena
- July 8-9** County Horse Show, Livestock Pavilion
- July 22-23** All County Horse Show, King arena
- Aug. TBA** State Fair Horse Show, Fair Grandstands
- Sept. TBA** State 4H Horse Show, Billings

**Trophy Sponsors Needed!** - We have a number of classes that need sponsors. If you are interested in sponsoring a Horse class please call the office at 454-6980. Thanks!

All riders, youth or adult, **are required to wear safety helmets at riding sessions**, and for insurance purposes be enrolled 4-H members **or** leaders in the current 4-H year. Please stop by the office before the riding sessions to complete your enrollment forms if you have not already done so. You must also fill our a Risk/Permission form. This is also a good time to sign up for the Horse Leaders Committee.

**Helmet Information** - For information on reasonably priced riding helmets, one source to check out is [www.statelinetack.com](http://www.statelinetack.com) or call their toll free phone number 1-800-228-9208.

**Horse Assessments FYI** - Level Assessments are coming up soon. These will be offered at open riding sessions, at clinics and by your club leaders. If you haven't had an assessment recently, now is a good time to have your skills evaluated. Moving up in your levels encourages you to learn new skills and challenges your abilities, and you earn 15 points (once per year) toward the year end award. A good time for assessments is April. Be sure to make an appointment with a horse leader to get your assessment done. If you want to know which leaders do assessments, please call the Extension Office at 454-6980. **All assessments are Due to the Extension office on May 1st.**

**2006 FOODS FESTIVAL REGISTRATION**

Return to the Extension Office by Tuesday, February 28, 2006.

Name \_\_\_\_\_ Club \_\_\_\_\_

Phone \_\_\_\_\_

I will be participating in the following categories at the March 13<sup>th</sup> Foods Festival: (you may do more than one)

\_\_\_\_\_ Daily Foods Exhibit - The food I will prepare is \_\_\_\_\_

\_\_\_\_\_ Baked Foods Exhibit - The theme of my display is \_\_\_\_\_

\_\_\_\_\_ Edible Art - My "art creation" will be \_\_\_\_\_

\*\*Be sure to complete the **Edible Art Information Profile** and bring with your Edible Art Display to the Foods Festival. Forms are available at the Extension Office.

**Contest to be held: Monday, March 13, 2006 Congregational Church, 2900 Ninth Avenue South  
Cloverbuds are welcome to participate in Foods Festival**

**Sincerely,**

**Sheryl Knowles                      Wendy Wedum**  
**Cascade County Extension Agents**

CASCADE COUNTY FEBRUARY 4-H NEWSLETTER