# BROADWATER COUNTY 4-H



#### **Greytak Calendars**

Greytak calendars are available to purchase from the office. Don Greytak is a Montana artist that draws beautiful scenes of rural life. Calendars are \$15.00 each and make great Christmas gifts! Exact cash or checks made out to 4-H Council please.

**Beef Tagging and Weigh-in** 

The event is on Saturday, December 31st at Noon at GaLor Genetics (8393 US Hwy 287, Townsend). To respect our host, please be on time and not too early. All market beef animals are required to attend. If you can't be there, you must make arrangements for your animal(s) to be there. Breeding animals are welcomed to get weighed but are not required to attend. It is recommended to bring your brand inspection paperwork for the inspector to look over and help provide guidance on what needs to be done prior to Fair. Also be prepared to share information about your animal including breed, breeder and birthdate. A beef workshop will follow tagging so please plan to stay. If you have any questions about the beef project, contact John Ferrat at 406.949.7911 or Samantha Ferrat at 406.949.0869.

Montana 4-H Legislative Breakfast
The 4-H Legislative Breakfast is a state 4-H event that provides an

The 4-H Legislative Breakfast is a state 4-H event that provides an opportunity to share the work and success of 4-H with Montana legislators. The event will be held the morning of January 17 at 6:30 am with a preparatory dinner on the evening of January 16 at 6:00 pm. Registration is in Zsuites and closes on January 4th. The cost for the dinner on the 16th is \$25 and the breakfast on the 17th is \$30. The county 4-H Council will provide up to \$20 per person for 4-H members to attend. It is open to any age.

#### **4-H Volunteer Institute**

Registration is now open for this event on February 17-19 in Billings. It is open to all adults 4-H volunteers. Registration is \$75, and the Broadwater County 4-H Council will cover your registration to attend (reimbursed after the event)! Lodging is on your own. The institute will be a great opportunity to learn from other volunteers and Extension agents, network and celebrate the accomplishment of volunteers across Montana. More information and the registration link can be found HERE.

#### **County Contest Extravaganza**

Plans are underway for County Contest Day which has tentatively been scheduled for Sunday, March 12. County contests are a fun way for you to share your knowledge, learn new skills and be recognized for your hard work. Contests are related to communications, cooking and sewing or quilting. You don't have to be enrolled in a certain project to participate. Senior members (13-18 years old) can earn a trip to compete at Montana 4-H Congress. See page 8 for a list of county contests and descriptions so you can start preparing your entry.

#### A Letter from your Extension Agent

The new year is often a time to write new year's resolutions. It's also a good time to look at your 4-H goals. I encourage you to write SMART goals. This is an acronym for goals that are Specific, Measurable, Attainable, Realistic and Timely.

Goals that are specific are clearly defined and answer the basic questions of who, what, when, where, why and how. Goals need to be measurable. They should contain an exact number that can be measured. Goals should be attainable, meaning it is something that challenges you but isn't impossible to accomplish. Goals should be realistic. Do you have the time, resources, skills and ability to reach the goal? If not, the goal may not be realistic. Lastly, goals should be timely by setting a timeline or even a deadline for your goal.

Write goals in your record book and enjoy working to achieve them!

Happy Holidays!

Sincerely-

I W

EXTENSION AGENT
MSU EXTENSION BROADWATER COUNTY
416 BROADWAY

TOWNSEND, MT 59644 406.266.9242

ALLISON KOSTO

ALLISON.KOSTO@MONTANA.EDU

HTTPS://BROADWATER.MSUEXTENSION.ORG/ FACEBOOK: @BROADWATEREXTENSION









HEART

HANDS

**HEALTH** 

### **COUNTYWIDE 4-H ACTIVITIES**

#### **4-H Leaders Training**

Starting with the new 4-H year, all 4-H volunteer leaders will be required to complete an annual training through ZSuites. Leaders have one year to complete the training. The purpose of the training is to help provide leaders with basic information about 4-H. If you have any questions or concerns, please contact the office. We can also setup a computer for you to do the training at the office.

#### **4-H Council**

The next meeting will be <u>Tuesday</u>, <u>January 24th at 7:00 pm</u>. The meeting will take place at the Extension Office (Flynn Building, 416 Broadway, Townsend). Contact Karen Noyes at 406.949.4852 if you have any questions or agenda items. Agenda items must be submitted by noon the Friday prior to the meeting.

### Indoor Committee

The next meeting will be <a href="Tuesday">Tuesday</a>, January 24th at 6:00 <a href="pm">pm</a> at the Extension Office (Flynn Building, 416 Broadway, Townsend). Contact Karen Noyes at 406.949.4852 if you have any questions or agenda items. Agenda items must be submitted by noon the Friday prior to the meeting.

#### Teen Club

The Teen Club will be meeting on Wednesday January 18th at 4:00 pm at the Extension Office. Teen Club is open to all Middle or High School aged members. If you are not currently in Teen Club, but want to find out what it is about, please come to this meeting! Please RSVP to Karen Noyes at 406.949.4852.

# 4-H Council - recruiting for a Treasurer!

The 4-H leader's council will need a new treasurer for the 2023/2024 4-H year, as our current treasurer Samantha Ferrat will be stepping down. This is a great opportunity to help volunteer with our 4-H program. We are looking early, so that Samantha can help mentor the new treasurer through the transition! If you are interested, please reach out to the office for more information.

#### County Contest Committee Meeting

There will be a planning meeting for the county Contest on <u>Tuesday January 3rd</u> at 6:00pm at the Extension Office (Flynn Building, 416 Broadway, Townsend). If you volunteered to be a part of this committee, please attend this meeting. If you are interested in helping out with this, please contact the office.

### **Livestock Committee**The next meeting will be Tuesday

January 3rd at 7:00 pm at the Extension Office (Flynn Building, 416 Broadway, Townsend). The Animal Loss Policy Subcommittee will be meeting prior to the meeting at 6:00 pm. If you have any questions or agenda items, please contact Jason Noyes at 406.949.4851. Agenda items must be submitted by noon the

Friday prior to the meeting.

#### **Horse Committee**

The next meeting will be Wednesday, February 8th at 4:00 pm at the Extension Office (Flynn Building, 416 Broadway, Townsend). If you have any questions or agenda items, please contact Jan Finn at 406.266.4992. Agenda items must be submitted by the Monday prior to the meeting.

#### **Interstate Exchange Club**

The Interstate Exchange club will be meeting on Wednesday January 11th at 7:00 am at Infinite Hope Counseling (108 N Front St, Townsend). We will be discussing fundraising options and travel dates. If you have any questions, please contact Jennifer Beatty at 406.490.1362.

# 4-H ANIMAL PROJECT ACTIVITIES

**Beef Project** 

There is a Beef project (market and breeding) meeting scheduled for Saturday, December 31st following the mandatory weigh in and tagging event at GaLor Genetics. The tagging event starts at noon, and we will meet as soon as all animals are weighed and tagged. Please bring your 4-H record books, notebook/paper and pencil. RSVP is encouraged, so we can have enough materials for everyone. Another Beef workshop will be Sunday, February 5th from 1:00-3:00 pm at the Extension Office (416 Broadway, Townsend). This meeting will feature a beef trivia game. There are also workshops planned for March 5th and April 2nd (times and locations TBD). If you have any questions, contact Samantha Ferrat at 406.949.0869 or John Ferrat at 406.949.7911.

**Dairy Goat**There will be a meeting on <u>Saturday, January 7th at 5:30 pm</u> at the Extension Office (416 Broadway, Townsend). The monthly meetings will be on the first Saturday of each month at 5:30 pm. Meeting places will vary and will be announced before each meeting. Meat Goat members are also welcome! There are many subjects planned to be covered this year including: barn setup, shots, worming, eating habits, milking, disbudding, imprinting, milk products, testing, diseases, and showmanship. If any member would like to give a demonstration at a meeting, this can be scheduled. If you have any questions, please contact Danyel Henke at 406,980,0995.

**Poultry** 

There is a poultry workshop scheduled for Saturday January 21st from 10:00-11:00 am at the Extension office (Flynn Building, 416 Broadway, Townsend). Topics covered will be poultry project expectations and Fair information. If you have any questions, please contact Alice Kroeger at 406.547.4343.

**Rabbit and Pocket Pet Workshop** 

There will be a rabbit and pocket pet workshop on Sunday, January 22nd at 2:00 pm at the Extension Office (416 Broadway, Townsend). This will be an informational meeting to plan what topics you would like to learn about this year. No animals at this meeting please. If you have any questions, please contact Danielle Douglas at 406.465.3318

#### **Important Market Livestock Deadlines**

Beef: Posession Deadline- December 31st, 2022 Tagging Deadline- December 31st, 2022 Swine: Posession Deadline- April 15th, 2023 ID Forms with Tagging Information- May 1st, 2023 Lamb/Goat: Posession Deadline- May15th, 2023 Tagging Deadline - Middle of May (exact date tbd) Poultry/Rabbit: Posession Deadline-June 25th, 2023 ID Forms with Tagging Information-June 26th. 2023

Please Note: These are HARD DEADLINES. If they are not met, animals can not be entered into Fair.



# 4-H NON-ANIMAL PROJECT ACTIVITIES

.22 Rifle Workshops

The .22 rifle project will meet at the Broadwater County Rod and Gun Club Canton Range (96 Canton Lane, Townsend) on the 2nd and 4th Thursday of each month, from 6:30 to 8 p.m. Participants must be age 9 or older. Participants will learn firearm safety (first and foremost), firearm nomenclature, shooting skills, shooting positions, and much more. Participants will shoot almost every meeting starting after the third meeting. Parents are encouraged, but not required, to remain on-site during the meeting. The gun club provides .22 rifles for participants that do not have a rifle, or participants can bring their own rifle to the meetings. Scopes and semi-auto rifles are prohibited. Contact John Pavao at 406.422.9590 if you have any questions, if you would like to help out, or if you know of kids that may be interested in joining this project.

Food & Nutrition- Cooking and Baking Workshops
Foods workshops are planned for January 12th, 19th and 26th at
6:00 pm for ALL members. Workshops will be held at the Trailhead
Christian Fellowship Church (20 Trailhead View Dr, Townsend). On
January 12th, members can arrive early at 5:30 PM (optional) to
help set tables, and at 6 PM we will have a meal together learning
and practicing table etiquette. On January 19th, Angie Wintrow,
owner of Mountie Moose Bakery, will be our guest speaker. On
January 26th, members are encouraged to prepare a
cooking/baking-related demonstration or talk that they will present
this night. This will provide an opportunity for members to present a
cooking/baking-specific topic as well as be prepared to give the
same demonstration/talk at their club meeting and even at the
County Contest Day, if they so choose. If you have any questions,
please contact Jennifer Beatty at 406.490.1362

**Hunting and Wildlife Workshops** 

Did you know that there is a Hunting and Wildlife Shooting Sports project? This project includes sections on firearm and bow safety, but also focuses on conservation, wildlife habitats, tracking and outdoor survival. We have a newly certified leader in our county! Workshops will be held every 3rd Saturday from January to June. The first meeting will be <a href="Saturday, January 21st at 2:00 pm">Saturday, January 21st at 2:00 pm</a> at the Extension Office. Contact Brandon Henke at 406.980.0992 if you have any questions.

#### **Photography Workshops**

The first photography workshop is scheduled for <u>Sunday</u>, <u>January 29th 1:00 pm</u> at the Extension Office (416 Broadway, Townsend). Thereafter, we'll plan for 4 – 6 indoor and outdoor workshops through winter and spring on dates that work best for the group. Please watch for an email coming soon with more details. If you have any questions, please contact Lee Nelson at 406.521.0748

### Broadwater County Fair Board is looking for new members

The Broadwater County Fair Board has two openings for board members. If you have been looking for a way to be involved with your community and are passionate about the Fair, please reach out to Jessica at the office for more details.

#### **Cloverbuds Meetings**

Cloverbuds will be meeting on Tuesday, January 10th at 6:00 pm at the Extension Office. If you have any questions, please contact Jessica Crusch at 406.949.0057

**Sewing Workshops**The next workshop will be held

The next workshop will be held Saturday, January 14th at 9:30am. Sewing workshops are generally held the second Saturday of the month at the Extension Office. If you have any questions, please contact Sarah Holland at 406.266.3473

#### **Archery Workshops**

The archery project will host workshops in January and February on <u>Tuesdays from 6:00-8:00pm</u> at the Fairgrounds. If you have any questions, please contact Barry McDonald at 406.580.0079, Andrew Christensen at 406.589.7747 or Eric Crusch at 406.521.0275.

# **Embroidery Workshops**

The first embroidery workshop is scheduled for Monday, January 23rd from 6:30-8:00pm at the Extension Office. Also save the dates for the other workshops, January 30th, and February 6th and 27th. If you have any questions, please contact Melissa Meissner at 406.521.0745.

#### **Quilting Workshops**

The first workshop will be held Saturday, January 14th from 1:00-3:00pm at the Extension Office. The next quilting workshop will be on February 11th. If you have any questions, please contact Melissa Meissner at 406.521.0745.

# **STATEWIDE 4-H ACTIVITIES**

Join the Montana 4-H Leadership Academy workshops on Sunday afternoons in The leadership academy is a 4-H members network of Montana 4-H members interested in exploring and developing their ow leadership skills while serving their county 4-H program in new ways. Local county leadership groups will have an opportunity to join with groups around the state as well as the Montana 4-H ambassador Officer team virtually and inperson when possible, to work on skill building, planning and mentorship. Registration is online <u>here</u> and is open to 4-H members ages 12+. The dates for the leadership academy workshops are: January 8th, February 5th and March 5th and they are scheduled from 3:00-4:00 pm.

# Shooting Sports Matches

There are several shooting sports matches cheduled during the next few months. Some are in-person events and others are postal matches. For additional information on any particular event, please contact the office. Lewis & Clark County Invitational- Saturday.

January 7th in Helena. Archery only. National 4-H Shooting Sports Quizbowl- January 16–20th. Registration details and study guide available Jan. 1st at the National Shooting Sports website.

·Flathead County 4-H Invitational Shoot - Saturday, January 28th in Kalispell. Register by January 21st. ·Marias Fair 4-H Only Archery Invitational – Sunday, January 29th in Shelby.Register by January 25th. Choteau County Archery Shoot- February 25th in Fort Benton. Archery only.

State 4-H Shooting Invitational- March 3rd – 5th in Bozeman.

·Custer County Invitation January 13th and 14th in Miles City. Archery and air events.

# This event is taking place on Sunday, January 15 -

ACTIVITATION A-H Citizenships

Inis event is taking place on Sunday, January 15January 17 (early afternoon to early afternoon)

It is open to youth ages 13-19 (13 as of ord certified volunteer chaperones 21

Registration is done through ory 2nd. The cost for this one may be available or Mike Ferrat

Registration is done through ory 2nd. The cost for this ore may be available or Mike Ferrat Tuesday, January 17 (early afternoon to early afternoon) in Helena. It is open to youth ages 13-19 (13 as of October 1, 2022) and certified volunteer chaperones 21 years of age and older. Registration is done through Zsuites and closes on January 2nd. The cost for this program is \$85. Funding assistance may be available through the county 4-H Council and the Mike Ferrat

What is Montana Citizenship Seminar? Montana Citizenship Seminar is designed to inspire 4-H youth as they learn about the rights and responsibilities of citizenship. Youth delegates gain hands-on experience with the legislative process by participating in a mock legislature, create and debate bills, work with other youth from across the state, meet with elected officials, tour the capitol, and participate in a service-learning project. Citizenship Seminar is held in Helena in the years when the legislature is in session. Youth delegates share their 4-H experience with current legislature representatives during the Legislative Breakfast which is hosted on January 17 by Montanans for 4-H.

Partner Grants. Months Partner Grants and financial support to 4-H clubs, groups and the contents the individuals for programs that enhance the quality of living for people in their communities. Applications should meet the following criteria: Youth should be involved in determining, planning, conducting, and evaluating the project.

- The project will make it possible for people to accomplish something educational and worthwhile that helps them reach a higher quality of life.
- There is community support and acceptance of the project, as evidenced by "partners" listed in the grant application, additional funding sources, and resource persons and agencies involved.
  - The project has lasting benefits. Applications can be found here and must be postmarked by February 1.

#### **Scholarship Opportunity**

Montana 4-H Foundation is happy to inform you that we are now accepting applications for higher education scholarships. Please note the due date has been changed this year to February 14, 2023. This deadline will provide more time to review and score applications, inform county agents, and notify all applicants of results prior to school graduation dates. To begin the process, please review all scholarship eligibility and criteria on the Montana 4-H Foundation website. To apply you will need an electronic copy of your transcripts and letters of

recommendation. Be sure to gather those in advance.

## **STATEWIDE 4-H ACTIVITIES**

The schedule for the upcoming Shooting Sports Lead Trainings has been finalized. Any adult interest training in that particular disciplination of the schedule four online training in that particular disciplinations are supported by the schedule for the upcoming Shooting Sports Leader include four online training in that particular disciplinations are supported by the schedule for the upcoming Shooting Sports Leader include four online training in that particular disciplinations are supported by the schedule for the upcoming Shooting Sports Leader in training in that particular disciplinations are supported by the schedule for the upcoming Shooting Sports Leader in training in that particular disciplinations are supported by the schedule for the upcoming Shooting Sports Leader in training in that particular disciplinations are supported by the schedule for the upcoming Shooting Sports Leader in training in that particular disciplinations are supported by the schedule for the upcoming Shooting Sports Leader in training in that particular disciplinations are supported by the schedule for the upcoming Shooting Sports Leader in training in that particular disciplinations are supported by the schedule for the upcoming Shooting Sports Leader in the schedule for the upcoming Shooting Sports Leader in the schedule for the upcoming Shooting Sports Leader in the schedule for the upcoming Shooting Sports Leader in the schedule for the upcoming Shooting Sports Leader in the schedule for the upcoming Shooting Shooting Sports Leader in the schedule for the upcoming Shooting Sports Leader in the schedule for the upcoming Shooting Shooting Sports Leader in the schedule for the upcoming Shooting Shooti The schedule for the upcoming Shooting Sports Leaders
Trainings has been finalized. Any adult interested in
becoming a Shooting Sports Leader must complete training in that particular discipline. The trainings include four online training modules and an in-person training portion. Dates are as follows:

April 2023 - Billings, MT. The following disciplines will be offered; Archery, Rifle, Pistol, Shotgun, and Coordinator.

May 2023 - Manhattan Wildlife Association. The following disciplines will be offered; Shotgun, Muzzleloading, Hunting Skills, and Western Heritage.

The 4-H Council can help cover registration fees for a few more adults and junior leaders to attend. For more information, please contact the Extension Office for

The event will be August 11th-19th in Billings. Animals participating in this show must be tagged on the following dates: Beef on Sunday, January 8th from Noon-3:00pm and Swine/Sheep/Goat on Saturday, May 6th from 8:00-11:00 am. Both tagging events are at the Public MontanaFair Junior Livesto

Montana 4-H District 4 (Valley, Richlar Roosevelt, Daniels, Sheridan, McCand Dawson Counties) is hostillability in Culbertson March 17 and is seeking workshop Saturday Montana Syrec lability Proposition Montana 4-H District 4 (Valley, Richland, Roosevelt, Daniels, Sheridan, McCone and Dawson Counties) is hosting Rec Lab in Culbertson March 17-19, 2023 and is seeking workshop proposals for

Saturday March 18.

https://montana4h.org/programs/event
s/rec lab/rec lab workshop.html
Proposals are due January 13 to Valley

County Extension Office (Shelly Mills) Save the Date: Rec Lab 2023 in Culbertson March 17-19. Youth 13 + 4-H age. Proposals from teens, volunteers, and Extension staff welcome!

#### **MSU Extension and MSGA announce 2022 Steer of Merit** certifications

A program offered by Montana State University Extension and the Montana Stockgrowers

Association that provides an opportunity for students throughout the state to raise cattle and learn about various elements of beef quality recently announced its annual winners.

The top five steer entries in the ultrasound division were: Kayli Cook, Montana Fair (Vanek Club Calves, breeder) Sy Carda, Richland County (Brent Carda, breeder) Dani Hess, Montana Fair (Shay Family Livestock, breeder) Dallas Berkram, Marias Fair (Diamond Box Livestock, breeder) MaRae Smail, Marias Fair (Dunbar Brothers, breeder).

The top five steer entries in the carcass division were: Shelby Taylor, Lake County (Shelby Taylor, breeder) Ladahlia Hook, Flathead County (Toby Hook, breeder)
Colton Noyes, Broadwater County (KD Cattle Co, breeder) Samuel Simonson, Phillips County (Shon Simonson, breeder) Isaac Eaton, Prairie County (Frank Eaton & Sons, breeder).

The 2022 Steer of Merit program winners were recognized Dec. 8 at the Montana Stockgrowers Association annual convention and trade show in Billings.

MSU Extension and MSGA distinguished 154 "Steers of Merit" out of 1,288 entries. Of 555 steers entering the carcass division, 78 were deemed Steers of Merit. In the ultrasound division, 76 out of 734 entries received the distinction. The number of Steer of Merit certifications for 2022 declined slightly compared to 2021, according to Megan Van Emon, MSU Extension beef cattle specialist. More counties participated in the ultrasound contest this year due to the lack of packing plant facilities and space, Van Emon added.

The Montana Steer of Merit program started in 1967 as a joint effort between the Montana Stockgrowers Association and MSU Extension to measure, record and improve carcass traits in beef cattle. Over time, significant increases have been made in quality grade and yield grade, or cutability, indicating that cattle can be selected for leaner carcasses with higher cutability while maintaining high-quality grade as reflected by their marbling, Van Emon said.

To be a Steer of Merit, carcasses are evaluated for yield of lean meat and eating quality. Beef carcasses must meet criteria set by

the Steer of Merit Committee in the areas of hot carcass weight, dressing percent, fat thickness over the 12th rib (back fat), rib eye area, yield grade, percent cutability and quality grade. Data is compiled and used to rank carcasses for state and county awards, and it is analyzed periodically to track genetic and feed management progress. The minimum standards for Steer of Merit are reviewed each year.

### OTHER OPPORTUNITIES

#### **Paint the State**

Montana Meth Project graciously extends an invitation to all Montana educators and youth organization leaders of 7th-12th graders to participate in this contest.

Registration Period: October 2022-April 2023

Art installation deadline and online photo submission is June 30, 2023. Students who participate in Paint the State will:

- Learn about the risks of Meth use and the Meth problem, the state's top drug problem.
- Engage in authentic peer-to-peer conversation about drug use.
   Create monument-size pieces of art that spark community dialogue and raise awareness.

Inspire Montanans to live vibrant drug-free lives.

- Enter to win cash prizes up to \$3,000 for the winning teams
   Sign-up at PaintTheState.org to express your interest in leading a student team and reserve your spot to receive a \$250 stipend toward art
- supplies.

  2. Form your student team (or multiple teams) with a class or student group.
- 3. Register your student team(s). A registration link will be emailed to you in Fall 2022 when team registration opens. A \$250 Amazon gift card will be mailed to the first 250 educators who sign up and register student teams. A separate \$250 gift card is available for each team you advise.
- 4. Utilize the Montana Meth Prevention Lesson Video to help students understand the risk of Meth use and the Meth problem in our state.
- 5. Brainstorm and concept the art piece with students and follow the tips and rules at PaintTheState.org.
- 6. Create the artwork and install in a public location that will engage your community!
  - 7. Submit a photo of the installed artwork by June 30, 2023, for students to enter to win regional and statewide cash prizes.

### Montana Small Pork Producers Conference

This is an opportunity for pork producers, 4-H members, FFA members and others to come together to learn about swine genetics, pork production, herd health and pork recipes. This year's conference will be held April 29th, 2023, in Great Falls. Registration information will be out in early 2023.

This is a great way to earn a point on your Market Livestock requirements!

# International Exchange Programs for Youth

Are you curious about daily life, culture, and youth programs in other countries? Travel abroad with States' 4-H and enter a world that most tourists rarely get to see.

States' 4-H Summer Outbound programs provide 4-H youth with the opportunity to travel to foreign countries for a month-long cultural immersion experience. Delegates live with volunteer host families and engage in experiential learning about a new way of life.

2023 Travel Dates:

Japan 8-week: June 14—August 10,

2023

·Costa Rica: June 21—July 20,

2023

Japan 4-week: July 12-August 10,

2023

South Korea: July 17—August 15,

2023

4-H youth ages 12 - 18 for Japan & South Korea, and ages 15 - 18 for Costa Rica For specific fees on any of the destinations, please contact the office. Application deadline is December 31. For more information go to <a href="https://www.states4hexchange.org">www.states4hexchange.org</a>.

#### **What are County Contests?**

Here are the descriptions of each of the contests being held at the County Contest Extravaganza! Read through them and decide which contest you want to enter!

Communications—This contest recognizes the importance of developing high level communication skills as an essential life skill. Here you have an opportunity to practice and demonstrate communication skills through a variety of different methods. The following are components of the contest: illustrated talk, commercial, impromptu speech, demonstration, video, career communications and prepared speech. You may participate in one or multiple components of the contest. Each component of the contest has a unique set of rules, so be sure to review them before participating.

Fashion Revue— This contest emphasizes skill development in selecting, constructing, accessorizing and modeling garment(s). You also develop skills in communication, self-confidence, poise and decision making. There are two categories of the contest. The traditional category is where you bring a new garment that you made. Items can be sewn, hand-knitted or crocheted. The refashioned category is where you take an existing clothing item and repurpose it into a significantly wearable garment or look. Participants interview with a judge in addition to modeling the item.

Hooked on Cooking – This is an opportunity for members to demonstrate cooking skills. It is open to junior members (8-13 years old) as individuals or teams. The contest emphasizes having fun while cooking and developing skills for safe, nutritious and proper presentation of food. Each year is a new theme and participants create a meal and place setting and interview with a judge.

Stir-Ups— This is an opportunity for participants to showcase cooking skills and nutritional knowledge. It is open to any members who are 13 years old or older as individuals or teams. Participants will prepare an appealing, nutritious meal and participate in an interview with the judge. Each year there is a new and a list of possible ingredients. Participants must use specific ingredients from the provided list to come up with your own creation.

Quilting —Participants in this contest demonstrate the principles of design and an understanding of the techniques required to construct a quilt or quilted item. Participants will interview with the judge while he/she looks at the construction of the quilt.

# January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	New Year's Day- Observed Office Closed No Schod!	County Contest Committee 6:00pm @ EO Livestock Com- mittee 7:00 @ EO Archery 6:00-8:00pm @ FG	4	5	6	7 Dairy Goat 5:30 @ EO
Leadership Academy	<b>9</b> Club Meeting	Archery 6:00-8:00pm @ FG Cloverbuds 6:00pm @ EO Club Meeting	11 Interstate Exchange Club 7:00am @ IHC	12 .22 Rifle 6:30 @ BRGC Canton Range Food & Nutrition All Members 6:00pm @ Trail- head Church	13 Cake Decorating 5:00-6:00 Level 1,5:00- 6:30 Level 2 @ EO	14 Sewing 9:30 am @ EO Quilting 1:00- 3:00 @ EO
15 Club Meeting	16 MLK Jr Day Office Closed No School!	Legislative Breakfast Archery 6:00-8:00pm @ FG	18 Teen Club 4:00 pm @ EO	19 Sheep 7:00pm @ Greene's House Food & Nutrition All Members 6:00pm @ Trail- head Church	20	21 Poultry 10:00- 11:00 @ EO Hunting/ Wildlife 2:00 pm @ EO
22 Rabbit and Pocket Pets 2:00pm @ EO	23 Embroidery 6:30-8:00pm @ EO	Indoor Commit- tee 6:00 Council 7:00 @ EO Archery 6:00-8:00pm @ FG	25	26 22 Rifle 6:30 @ BRGC Canton Range Food & Nutrition All Members 6:00pm @ Trail- head Church	27 Cake Decorating 5:00-6:00 Level 1,5:00-6:30 Level 2 @ EO	28
29 Photography 1:00pm @ EO	30 Embroidery 6:30-8:00pm @ EO	FG- F	Extension Office-4 Fairgrounds 4-H B	16 Broadway, Tow		
		Ferra GaLo Trailh BRGO	t Ranch- 191 Ferr r Genetics—8393 nead Church—201 CCanton Range—	nseling- 108 N Fro rat Lane, Toston US 287, Townsend Trailhead View Dr, 96 Canton Lane, T egacy Dr #4, Three	d Townsend ownsend	

# February 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat		
			1	2	3	4 Dairy Goat 5:30 @ TBD		
5 Beef Work- shop 1:00-3:00 @ EO Leadership Academy	6 Embroidery 6:30-8:00pm @ EO	7 Archery 6:00-8:00pm @ FG	8	9 .22 Rifle 6:30 @ BRGC Canton Range	10 Cake Decorating 5:00-6:00 Level 1, 5:00-6:30 Level 2 @ EO	11 Sewing 9:30 am @ EO Quilting 1:00- 3:00 @ EO		
12 Club Meeting	13 Club Meeting	Archery 6:00-8:00pm@ FG Cloverbuds 6:00pm@EO Club Meeting	15	16 Sheep 7:00pm @ Greene's House	17	18 Hunting/Wildlife 2:00 pm@EO		
19	Presidents Day Office Closed	Indoor Commit- tee 6:00 Council 7:00 @ EO Archery 6:00-8:00pm @ FG	22	23 .22 Rifle 6:30 @ BRGC Canton Range	24 Cake Decorating 5:00-6:00 Level 1, 5:00- 6:30 Level 2 @ EO	25		
26	27 Embroidery 6:30-8:00pm @ EO	28	Locations:  EO-Extension Office-416 Broadway, Townsend  FG-Fairgrounds 4-H Building  IHC-Infinite Hope Counseling-108 N Front St, Townsend  SB-Sorenson Barn-200 Flynn Lane, Townsend  BRGC- Broadwater Rod & Cun Club-96 Centon Lane, Townsend  CCC-Cadillac Custom Cabinets shop-6 Hunters Trail, Townsend					