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Children who often eat dinner with their families are more likely to:

- Do well in school
- Be emotionally content
- Have positive peer relationships
- Less likely to have friends who drink alcohol and use marijuana
- Have lower levels of stress and be bored less often
- Be at lower risk for thoughts of suicide
- Be at lower risk for substance abuse

(Based on a 2006 report from National Center on Addiction and Substance Abuse (CASA)

Contact Us

Park County MSU Extension

414 E. Callender St.
Livingston, MT 59047

Phone: 222-4156
Email: park@montana.edu
Fax: 222-4199
www.parkcountyextension.org

Mary Anne Keyes

4-H/FCS Agent
Phone: 222-4159
mkeyes@montana.edu

Tracy Mosley

Agriculture Agent
Phone: 222-4157
tmosley@montana.edu

Dee McDonnell

Nutrition Assistant
Phone: 222-4156, ext. 4208
dee@montana.edu

Michelle Sykes

Administrative Assistant
Phone: 222-4156
park@montana.edu

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Newsletter Item Submission:

If you have items for the Newsletter, please email them to park@montana.edu prior to the 25th of the month as we try to mail out on the last week of the month.

General Information:

Club Meeting Times and Locations:

Clubs are open to everyone! Feel free to join or look at as many clubs as you want before you choose one. You do not have to stay in the same club from year to year. Feel free to find the one that works best for you! For exact meeting times, dates, and locations of each club, please contact the organizational leader listed.

- * Bracketteers, Shannon Baukol, 220-3989,
- * Boulder Builders, Jill Boyer, 222-3421, and Sharon Baxter, 223-1101,
- * Bullet Biters, Erin Thompson, 848-9953
- * Dome Mountain, Sherry Hatfield, 848-9844
- * Livingston Rockies, Pebbles Banthem, 223-9918
- * Livingston Lariats, Beth McClish, 223-1171 and Robin Phillips, 222-4710
- * Paradise Experimenters, Sharon Malcolm, 222-2911
- * Park County Stock Judgers, Levi Keyes, 223-6900
- * Teen Leaders, Josh Otis, 223-4803, and Heather Malcolm, 223-5107
- * Wilsall Westerners, Rita Amaro, 451-6962, and Reesa Scidmore
- * Wilsall Wranglers, Patti Hoyem, 578-2134

4-H Council Meeting:

The next 4-H Council meeting will be held on February 10 at 7:00 p.m. in the Justice Courtroom of the City/County Building. Leaders and teen leaders, please remember you must have turned in your enrollment or re-enrollment form to be eligible to vote.

Check out the 4-H Council’s web page at: http://www.msuextension.org/park/4-H/Leaders%27_Council.html or click on the 4-H Council link on the right side of the main 4-H page. The Council’s page contains past minutes, the constitution, by-laws, as well as times, dates, and locations for Council meetings to come.

The Council meeting will be screened-live via the Adobe Connect platform. If you join electronically, please remember that we will be able to take your comments only in the text box.

To join the meeting:

<http://www.msuextensionconnect.org/park/>

If you have never attended a Connect Pro meeting before:

Test your connection:

http://www.msuxtensionconnect.org/common/help/en/support/meeting_test.htm

Sale Committee Membership Changes

The 4-H Council's sale committee membership was determined at the January meeting. It will be comprised of one representative from the beef, sheep, swine, rabbit, poultry, and Made in 4-H Committees, the 4-H Council President, two open seats selected from the council at large and a youth representative. Coleen Athas and Sharon Malcolm were selected to fill the open seats. The sale committee oversees the Park County Fair Sale.

Youth Representative for the Sale Committee Needed

The Park County 4-H Council is looking for a 4-H member 13 years of age or older to serve as the youth representative on the sale committee. If you are interested in this position, contact the Extension Office or attend the next 4-H Council meeting.

Teen Leaders' Council Meeting

If you are 13 or older and are interested in participating in the Park County Teen Leaders' Council, the next meeting will be January 17 at 6:30 p.m. in the West Room (downstairs) of the City/County Complex. They will have pizza. This club plans and put on 4-H camp, Achievement Night, and other activities. Contact Josh Otis at 223-4803 or Heather Malcolm at 223-5107 for more information.

Project Leaders and Committee Members Needed:

We are still looking for project leaders in four areas:

- Sport fishing,
- Arts and Crafts.

If you would like to or know anyone willing to share their time and talents in any of these areas, please contact the Extension Office.

Rodeo Committee Members Needed:

The 4-H/FFA Rodeo occurs Wednesday evening of the fair. Members from across the county participate in the many events. We need adult volunteers to serve on the committee to help organize and run the rodeo and all events. If you are interested, contact the Extension. Remember, this fun-filled event cannot happen without the support of wonderful volunteer leaders like you!

Park County 4-H Web Site Updates

Check out the calendar, projects and activities, and 4-H Council page on the 4-H web site. Go to www.parkcountyextension.org and click 4-H/Youth Development. All 4-H pages are listed on the right hand side.

Member in Good Standing Notification

In October, the 4-H Council approved a new member in good standing policy for youth to be eligible to participate in the fair. All members should have received a copy of the policy to sign. This month, the Extension Office will be notifying you, via mail, if you are failing to meet any of the criteria to be considered in good standing. You have until June 1 to rectify this situation. Please contact the Extension Office with any questions.

Project Information:

Project Leader List

Attached to the end of the newsletter is a current list of project leaders. Feel free to contact them with questions about your project.

Dog Members:

There will be a dog orientation workshop on February 26 at 12:30 p.m. in the Park County Fairgrounds Dining Room. The workshop will go over dog orientation books, skillathon, dog classes, what's needed for dog project, and fair expectations. Please **do not** bring your dogs! This workshop will go over

Horse Members:

There will be a horse orientation meeting Wednesday, February 23 at 6:00 p.m. at the Livingston/Park County Library in the downstairs meeting room. Everyone in the horse project should plan on attending. For more information contact Monica Russell at rmrussell@wildblue.net or call 600-0237.

The MSU Equine Conference is Saturday, March 5 at the GrandTree Inn in Bozeman. Youth workshops provided are: Horse Health & Care for Kids, Horse Judging, Doing What You Love—Working in the Horse Industry and the MSU Equine Science Program. Check our 4-H web site under projects and activities for more information.

Livestock Judging Members:

Cowtown Beef Breeders Livestock Judging Show will be held Friday, February 4 from 10:00 a.m. – noon in Miles City. There will be six beef classes and two reasons classes. If you are interested in attending, contact Levi Keyes at 223-6900.

Poultry Members:

Watch for upcoming clinics in March. Rich Phillips is the project leader. Please contact him at 222-4710 with any questions prior to clinics.

Rabbit Members:

Watch for upcoming clinics in March. Michelle Sykes is the project leader. Please contact her at msykes1@wispwest.net with any questions prior to clinics.

Rabbits for Sale

Shamrock Rabbits has litters of purebred Holland Lop bunnies available for 4-H projects. These kits have a pedigree and will also come with some hay, rabbit feed, emails with any questions you may have for at least three months and a free gift. Prices vary depending on the color, genetics, and/or other considerations. Bunnies are available now and there are a few litters that will be ready soon. Please learn more and see more photos by going to www.shamrockrabbits.com. Also, feel free to email Daniel at lionsden888@hotmail.com or call 406-591-7291.

The Stafford Animal Shelter has rabbits of various breeds they are willing to sell to 4-H members at a discount of \$10.00. For more information, call the shelter at 222-1313. To view pictures of the rabbits, visit their web site at www.staffordanimalshelter.org. NOTE: All Male rabbits have been neutered.

Sheep Members:

There will be a sheep project workshop for all sheep members on February 26 at 2:00 p.m. in the Park County Fairgrounds Dining Room. Please bring your project manuals. This workshop will introduce members to the sheep project, project leader, project requirements and expectations, as well as give members a chance to work through the sheep skillathon. For more information about this workshop, contact Dale Booth at 224-0071.

The sheep weigh-in date has been tentatively set for June 4. Please watch future newsletters for more information.

Shooting Sports Members:

Shooting sports practice is now offered in three sets. If you cannot make it to your regularly scheduled set, plan on attending set number 2. Please come early to help set up. Below are the remaining shooting dates:

February 13, February 20, February 27, 2011

March 6, 2011 – Tentative State Competition Date

Swine Members:

Please note, the 4-H Council approved an increase in the minimum weight of hogs at the fair. All hogs must weigh 230 pounds to be considered eligible to show and sell as market hogs. This brings the minimum weight up from the previous weight of 205. The change conforms our hog weights to current industry standard weights for finished market hogs. Any hogs weighed-in less than 230 pounds at the fair will be considered feeder hogs and will not be eligible to sell. Please let your swine breeders know about your finished swine weight requirements before you purchase your hogs. If you have any questions about this change, please contact Jason Otis at 223-4518.

The swine tagging and optional weigh-in date has been set for May 1st. Please watch future newsletters for more information.

Member & Leader Opportunities:**Park County 4-H Camp**

The Park County 4-H Camp dates are June 8-11th, 2011. More information will follow in upcoming newsletters. Unfortunately, we are unable to change these dates. We are aware that it does overlap with some of the school systems' last days. We schedule camp several years in advance and unfortunately the school do not schedule their years that far in advance.

2011 Ag Day Essay Contest

The Agriculture Council of America (ACA) is calling on 7th- to 12th-grade students to submit an original essay of 450 words or a two-minute video about the importance of agriculture. The theme - "American Agriculture: Your Food. Your Farmer" - presents an opportunity for students to address how the agriculture industry continues to feed a growing population. Entrants may choose to either write an essay or create a video that acknowledges the many ways today's growers are providing a safe, stable food supply and sustaining the significant role agriculture plays in everyday life.

· Theme - "American Agriculture: Your Food. Your Farmer."

- The 2011 Ag Day Essay Contest is divided into two categories of competition: written essay and video essay. Both are national competitions.
- Written Essay Length - Essays must contain no more than 450 words
- Video Essay Length- The maximum length of the video is TWO (2) minutes.
- Eligibility - Students in grades 9-12 in the 2010-2011 school year. Contestants must be U.S. citizens.
- National Video Essay Winner-\$1,000.
- National Written Essay Winner-\$1,000 and trip to Washington, D.C.
- Deadline - Entries must be received by: February 4, 2011.

Official rules are available at [Essay Rules](http://hpj.com/agdayessay) - from the web site - hpj.com/agdayessay

Montana 4-H Foundation Annual Phone-a-thon

The MT 4-H Foundation's annual Phonathon is taking place on campus at MSU (from Taylor Hall) evenings next week and the following week. They are looking for teens and adults interested in helping out. Dates of the Phonathon are Mon-Thur, Jan 31-Feb 3rd and Feb 7-10. Each night, dinner, dessert and prizes are given to all helpers. Dinner and training is from 5:30-6:00 pm and calling goes from 6-8:30 pm. Besides calling we also need table help. Contact student Phonathon Coordinator, Lena Heuscher at signergirl@3rivers.net if you are interested or want more information.

Montana 4-H State Awards

May 1st, 2011 is the due date for State Awards and Scholarship applications. Members who are 14 and older as of October 1, 2010 are eligible. If a member is selected as a state winner, they are eligible to attend National 4-H Congress in Atlanta, Georgia, Nov. 25th ~ 29th, 2011. There can be more than one winner in a project, or activity area. A member can apply in any project or area; an application must be completed for each project or area in which they want to be considered. State award selection committees look for excellence in 4-H work, leadership, citizenship, and community service. All state and scholarship winners are announced at State 4-H Congress in July.

To apply for state awards, members must use the Montana State 4-H Awards application. You can get an application from the Extension Office or online. For information on State Awards, visit www.4h.org click on "Programs" then on "Awards & Recognition" then "State Awards". We can get past state winners applications. If you would like to look at one, please call.

Workshops and Trainings

Big Sky Quilt Retreat

2011 is the year of the Big Sky Quilt Retreat in Billings, Montana. The retreat will be held March 9-12. One of the fun aspects of the retreat is the quilt show. Within the quilt show, there is a youth category. (Of course, there are other categories if you, the leader or parent, would also like to enter!) The \$5/\$10 entry fee has been waived for youth entrants.

To enter, go to www.bigskyquiltassociation.com and fill out the Quilt Show Entry Form. Once your completed entry is received, an entry number will be emailed back to you. If you have any questions, contact Tanith Daugherty at tanithjh@hotmail.com or 406-208-7755.

Enter a quilt in the quilt show and then bring your family and friends to see you quilt in the show. The quilt show will be open for public viewing as follows:

Thursday, March 10 from 8:30 AM to 7:00 PM Friday, March 11 from 8:30 AM to 7:00 PM Saturday, March 12 from 8:30 AM to 4:00 PM

Montana 4-H State Rec Lab Needs Workshops

When: April 1st ~ 3rd, 2011

Where: Shelby, MT at Shelby School Complex

Participants: for 4-H youth age 13 or older as of October 1, 2010

Registration Fee: Has yet to be determined

Rec Lab provides youth an opportunity to meet other youth from across the state, develop leadership skills, and learn fun recreational activities that can be used in club settings, county events and at other moments! A Leaders College track is also being offered. Event details and registration forms will be available soon online at www.montana4h.org Select Events and then select Montana 4-H Rec Lab.

Western Region Leaders' Forum: Washington and Alaska

Washington State will be hosting the 2011 Western Regional Leaders Forum on May 7th - 14th, 2011. You will want to start planning now to register for this outstanding leadership learning opportunity combined with the sights of Alaska aboard a cruise ship. The Forum "Cruisin' to 4-H Excellence" is an Alaskan Cruise that combines workshops with beautiful sightseeing and cruise ship activities. Registration information can be viewed at <http://4h.wsu.edu/conferences/2011wrlf/>

Montana 4-H Citizenship Seminar

Want to see how the legislative process works in Helena when the legislature is in session? This seminar is just the place. Starting February 27 at 1:00 p.m. and finishing on Tuesday, March 1 at 8:30 p.m. The week's activities include a 4-H legislature where delegates sponsor bills, a history bowl, and a service learning project. If you are 14 or older and are interesting in attending, contact the Extension Office for more information.

Grants and Fundraising Opportunities

Fundraiser Opportunity

The Shiloh Sharps Rifle Manufacturing Company has donated another \$2500 gift certificate to the Montana 4-H Shooting Sports program. This will be our 3rd year of this incredible fundraising opportunity. Partly due to the funding from this raffle, Montana sent its largest delegation of shooters to the national championship in 2010 (8 teams, 8 coaches, 35 in all). On top of that, we've been able to purchase ammunition and equipment for training and to loan to 4-H members competing at the National Tournament.

4-H Clubs and Projects also benefited by receiving 20% of what they sold; totaling over \$2300 to local programs.

Please contact Todd Kesner at 994-6816 or email tkesner@montana.edu if you are interested in helping us sell the 2011 tickets. I'll record the ticket numbers and mail them out to you. Club, projects, or organizations selling the tickets do not need to buy them in advance. Simply sell tickets and mail back the funds with the ticket stubs. The Montana 4-H Foundation will send you a check for 20% toward the end of the raffle.

People Partner Grants Available

The Montana 4-H Foundation awards grants to 4-H groups or individual 4-H members who improve the quality of life for people in their communities. Grants are available for up to \$500. Park County has received many grants in the past. Please consider applying for a project of your choice. Applications are available online at www.montana4h.org or from the Extension Office. The grant application is due February 1st.

Upcoming Market Livestock Shows

MontanaFair Tagging Dates

The 2011 MontanaFair will be held August 12 - 20. All individuals are required to bring their animals to one ear-tagging site on a specific date at a specific time. Those dates are listed below.

- Beef Tagging – Saturday, February 5 – 9:00 a.m. – 12:00 p.m. – PAYS
- Sheep/Swine Tagging – Saturday, June 4 – 8:00 a.m. – 11:00 a.m. – PAYS

For more information, check our 4-H web site under the projects and activities page or contact Roni Baker at the Yellowstone County Extension Office at 256-2828 or 633-2464.

Travel and Host Opportunities

Montana 4-H Center for Youth Development – Citizenship Programs

International Outbound

Leadership Opportunity – month long trip to Mongolia through the US Department of State and the University of Wyoming, June, 2011.

Criteria:

- Must be at least 15 and no older than 17.
- Must have at least one semester of high school left after the exchange is over.
- Must be able to participate in a pre-departure orientation in Wyoming from May 20-22, 2011.
- Must have an interest in environmental issues, especially related to water quality, renewable resources and land reclamation/restoration
- Must submit an application by January 15, 2011. Applications are posted at www.wyoming4h.org or by sending a request to Crawford@uwyo.edu. Initial screening of applications will be completed by the University of Wyoming staff and then by the Department of State.

International Inbound

Costa Rica (June 18-July 16), Japan (July 21-August 18), Norway (June 27-July 27). Applications for the Costa Rica and Norway programs are due by February 1, 2011. Japan Inbound applications are due April 1, 2011.

Host a Japanese Youth

Montana 4-H welcomes 34 Japanese delegates this summer from July 22-August 18. We are looking for families with kids ages 10-18 to host a Japanese youth. Families with no children or younger children may host an adult chaperone. This is a great opportunity to learn about another culture first-hand. Delegates come to experience life in a typical American family so planning special activities is not necessary. They also come with health insurance and their own spending money. To apply to host,

contact your County Extension office, Beth Foster at (406) 461-3014 (gbfosterinmt@msn.com) or Stephanie Davison at (406) 994-3502 (sdavison@montana.edu).

Available Scholarships:

Montana 4-H Foundation Scholarships

Many different scholarships are available from the Montana 4-H Foundation. Applications are available online at <http://montana4h.org/#program:30>. Applications for scholarships should be mailed to the Montana 4-H Foundation postmarked on or before April 1st. Please visit the links below for individual scholarship information. Interested persons need only complete one Montana 4-H Scholarship application to apply for the Montana 4-H Scholarships listed.

Montana Conservation District Scholarships

Two \$500 scholarships are available for high school seniors or college students who are attending an accredited post secondary institution. The application instructions may be seen at www.macdnet.org. Eligibility requirements include: US citizenship, Montana residency, minimum grade point average of 3.0, and enrollment or plans to enroll in a course of study that allows students to explore natural resource issues. Appropriate courses of study include agriculture, agribusiness, animal science, range science, forestry, environmental science, land resource science, plant science, etc. Application deadline is Tuesday February 15, 2011. Please send a paper copy of your application to the above address, and an email copy to mail@macdnet.org.

NILE Scholarship

The NILE Collegiate Scholarship is available to seniors graduating in 2011. NILE awards nine (9) general scholarships in the amount of \$500 each. Scholarship deadline is April 1st, 2011. Guidelines can be found on the NILE's website at www.thenile.org and clicking on Youth Programs, Scholarship. Questions? Call the local NILE office at 256-2495.

Other Information:

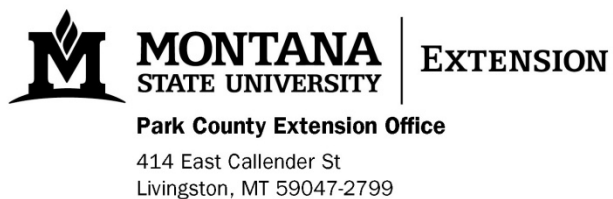
Through With Chew Week, February 20th – 26th

Montana has one of the highest rates of chew tobacco use in the nation with 13% of adult males and 17% of 12th grade students using smokeless tobacco. There is a misperception that chew tobacco is safer than smoking. The US Surgeon General emphasizes that this is not true. There are 28 cancer-causing ingredients in chew tobacco. Formaldehyde, arsenic, benzene, and polonium 210 are just a few of the deadly chemicals it contains. Due to exposure to these toxic chemicals, chew tobacco users are up to 50 times more likely to get oral cancers than non-users.

Through with Chew Week is an educational campaign that raises awareness about the dangers of using chew tobacco and encourages users to quit. In Livingston, the following dentists will be providing **free oral cancer screenings** to chew tobacco users who are concerned about their health and want information about quitting. Call during the month of February to schedule an appointment. **Dr. Gary Jagodzinski, DDS ~ 222-0636; Livingston Dental Care ~ 222-6061; Dr. Trevor Strupp, DMD ~ 222-2850; Dr. Michael Schoelch DMD ~ 222-8152; Community Health Partners Dental Practice, Livingston ~ 922-0881**

In addition, chew tobacco users can get help quitting from the Montana Tobacco Quit Line by calling 1-800-QUIT-NOW (784-8669). Free telephone coaching and a variety of medications are available at free or reduced cost. Funded by the Montana Tobacco Use Prevention Program, this service provides the help people need to be successful in kicking chew tobacco once and for all.

For more information about smoking, chew tobacco, and ways to quit, contact the Park County Tobacco Use Prevention Program at 222-8282.



Explore YOUR MSU Resource in Park County