

GLACIER COUNTY

4-H NEWSLETTER



NOVEMBER 2022

Lewis Family Update:

Baby Lane Lewis is getting big and sleeping peacefully, and his big sister is enjoying her new role. We wish the Lewis Family the best and look forward to having Kari back sometime in December.

From Lisa's Desk:

Be looking for workshops for 4-H members in the areas of FCS (Family Consumer Science). You do not have to be in those projects to attend. However, pre-registration with payment is required for each class.

Upcoming Events

October 31 - Club Financials & 1% assessment fee due to the Extension office

November 1st - Deadline for Innovative Programming Grants, 4-H Foundation

November 2nd - Shooting Sports Coaches meeting, 6 pm, Courthouse Annex

November 4th - Pizza Making Workshop, 10:00 am, Cut Bank HS FACS room

November 5th - Holiday Bazaar & Cheesecake Booth, Cut Bank High School, 9 am

November 7th - Small Ag/Animal committee meeting, 6:30 PM, Marias River Electric

November 7th - Cloverbud Meeting, 4:00 to 5:00 pm Courthouse Annex

November 7th - Clever Clovers 4-H Meeting, 6:00 pm, Courthouse Annex, Hjartarson's hosting, all families bring two dozen cookies for Marias Fair supporters

November 7th - Curry Comb 4-H meeting, 6:30 pm, Glacier County Library

November 14th - 4-H Council meeting, Courthouse Annex, 7 pm

November 18th - Deadline to apply for 4-H summer intern job in Glacier County

November 20th - Club officer leadership academy 3:00 pm, courthouse annex

November 23rd - Shooting sports training deadline

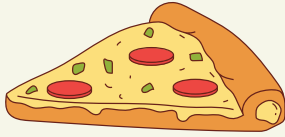
November 24 - 25 - The extension office closed for Thanksgiving Holiday

November 25-29 - National 4-H Congress, Atlanta, *Hadley Barbie attending*

December 2nd - Beef weigh-ins at Berkrams, 3:30 pm

December 3rd - Beef weigh-ins at Hibbs, 9:00 am to 11:00 am

December 8th - FCS Meat Canning workshop for adults, St. Paul's Lutheran Church, 5:30 pm, pre-registration required; call the Extension office to register, 873-2239



Don't forget the pizza workshop on Friday, Nov. 4th at 10:00 am at Cut Bank High School FACS room. \$5.00 & pre-registration required. Now open to all ages 9 & up.

4-H CLUB FINANCIALS

4-H CLUB ACCOUNTS ARE DUE IN THE EXTENSION OFFICE ON OR BEFORE OCTOBER 31ST. PLEASE REMEMBER TO INCLUDE CHECK REGISTERS, INVOICES, RECEIPTS, SUMMARIES OF ANY FUND-RAISING ACTIVITIES, AND BANK STATEMENTS FROM OCTOBER 1, 2021, TO SEPTEMBER 30TH, 2022.

HOLIDAY BAZAAR CHEESECAKE CONTEST

November 5, 2022, will be the Cheesecake Contest at the Annual Cut Bank Holiday Bazaar. There will be set up Friday night from 7-8 and then will get going at 8:30 a.m. Saturday.

Cheesecake judging starts at 9:15 a.m. Shifts will be from 8:30-10:30, 10:30-12:30, 12:30-2:30, and 2:30-4:30 will be the clean-up shift.

Please sign up to work a shift if available or text Raylee 406-450-8041. Here is the sign up link.

<https://www.signupgenius.com/go/70A084FACAA2FA0FF2-cheesecake>

Currently, there are 18 cheesecakes signed up, and entries will be accepted up until 9:00 a.m. on Saturday, whether people are registered or not. If you would like to register to bring a cheesecake, you can follow the below link:

<https://www.signupgenius.com/go/70A084FACAA2FA0FF2-2022>

Slices of cheesecake are sold for \$4 each and \$5 with a coffee or water. All proceeds will go to the general fund for the Glacier County 4-H Council.

4-H Enrollment



PLEASE BE SURE TO GET ENROLLED VIA ZSUITES IF YOU HAVEN'T DONE SO ALREADY.

ANYONE NOT ENROLLED BY DECEMBER 1 WILL BE REMOVED FROM OUR MAILING LISTS. MEMBERS MUST BE ENROLLED TO BE COVERED BY INSURANCE AT 4-H EVENTS, PARTICIPATE IN BEEF WEIGH-INS, PROJECT DAY, ETC. REMEMBER, YOU CAN ADD OR DROP PROJECTS UP UNTIL MAY 1.



Earn some Cash!

Teens 13 and older & their parents are being asked to be food runners at the Holiday Bazaar for the Chamber of Commerce.

You will get paid \$50.00 per person (parents included) to do this job.

Please contact Lisa at the Extension office immediately if you are interested in doing this. lterry@montana.edu



Important Fair News!



Local MSU Extension and the Marias Fair board is seeking your input on potentially moving the Marias Fair to the end of June long-term.

If fair was to remain the 3rd week of July, the chances of having a carnival again are extremely minimal due to scheduling conflicts with larger fairs. A fair the end of June would greatly increase the chances of a carnival and hopefully minimize other conflicts as well.

We would greatly appreciate your anonymous feedback via the online survey at https://montana.qualtrics.com/jfe/form/SV_eV4XEpBhXaEaKGy on the proposed change. Please complete this by November 30, 2022.



Beef weigh-ins will be as follows:
December 2 at Berkrams, 3:30 p.m.
December 3 at Hibbs, 9 to 11 a.m.

TAKE SURVEY



The minimum weight for 2023 Marias Fair is 1,100 pounds; max pay weight is 1,500 pounds, select steers accordingly. Each exhibitor may weigh in one spare animal/species. If doing a pen of three, four market animals may be weighed in.

Any breeding animals must have the 4-H Clover tattoo OR Association registration tattoo by the official hog weigh-in deadline (which will be in April 2023). So, if you are doing a breeding project, your animal does not need to be weighed in at steer weigh-in but must have an appropriate tattoo by April.

All steers must be dehorned before weigh-in, as horned steers are NOT allowed at the fair. Also, ensure your steer has been fully castrated and is not a stag.

All steers must have been born after January 1, 2022. 4-Her must be 10 as of Oct. 1 to show a market beef animal.

Information to bring to weigh-in:

Steer's birth date
Breed of steer (including percentages of each breed)
Breeder's name and address.



ServSafe Food Handler's Course

will be offered for Food Booth workers.
More information to come.

4-H Week Window Display Winners!

Clever Clovers, 1st Place Winners!



CURRY COMB 4-H CLUB, 2ND

Longview 4-H Club, 3rd



**4-H STATE
CALENDAR
LINK**



FOLLOW US HERE



Glacier County 4-H Ambassador Katelyn Suta attends State 4-H Leadership Conference

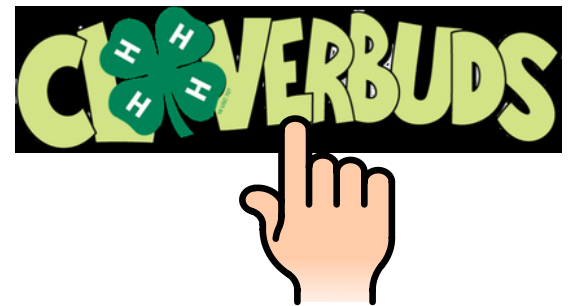


Katelyn Suta participated in workshops on communication, facilitation and leadership



Suta, attending leadership banquet

Longview Club prepares cookies for Marias Fair donors



The next Cloverbud meeting will be held on Monday, November 7th at 4:00 pm at the courthouse annex.



Hadley Barbie will attend National 4-H Congress this month. Congratulations and good luck, Hadley!





2023 Greytak Calendars

Greytak calendars are available for \$15, with proceeds benefiting the Glacier County 4-H Council. They will be available in the cheesecake booth at the holiday fair and in our office the following week. The Greytak calendars offer 13 pencil drawings of rural Montana life and make great Christmas gifts!



Compensation:

Up to \$5,250.00 for approximately eight full-time weeks

Application Procedure:

(applications due; November 18, 2022)

- 1) Letter of application addressing each listed qualification;
- 2) Current resume; and
- 3) Name, addresses, and phone numbers for three references.

Employment is contingent on successful completion of a background check.

To complete your application, provide your contact information and upload the required documents at this site

https://montana.qualtrics.com/jfe/form/SV_6o4XprDpwaDUPm6



Glacier County MSU Extension office hiring intern for the summer

Brief Description of Duties: This position is designed to assist the AG/4-H and FCS/4-H Youth Development Agents and leaders in Glacier County and three collaborating counties during the busy summer months. Summer Interns gain experience for future educational employment while learning more about Extension in Montana.

Responsibilities: Plan, coordinate, and promote educational programs under the direction of 4-H Youth Development, AG, and FCS Agents. Work cooperatively with youth, 4-H leaders, volunteers, and the general public through Extension programs.

Assist with coordinating and teaching at Extension programs such as 4-H Summer Camps, Day Camps, teen events, and quad-county fair, along with some clerical work.

Assist with field research, classes & demonstrations conducted by the County Extension staff. Prepare newsletter articles, news releases, and other program promotional materials.

Disciplines required/desired: Agriculture & Natural Resources, 15%; Community Development, 0%; Family & Consumer Sciences, 15%; and 4-H Youth Development, 70%.

Important Dates or Events: The intern will work from June until the beginning or middle of August. (June 1 to August 15) We will have Cloverbud Camp, the quad county Marias Fair, Congress, and other events during those months with which we will need assistance.

If you do not see Glacier on the link, just continue to the next page a click beside our county to apply.

Butter Braids - November 8th - Delivery, 4:30 pm

The top Butterbraid salesmen were:

Clever Clovers - Alec Morrisett - 74 items!

Curry Comb - Sebastian McKenzie - 60 items!

Longview - Brody Bengtson - 16 items!



Delivery will be Tuesday, November 8 to the Annex. Two to four members/parents are needed to help unload the truck at 4:15 p.m., please let Lisa know if you can help.

Butterbraids can be picked up between 4:30 - 5 p.m. Everyone MUST make arrangements to pick up their Butterbraids. They will be frozen upon delivery, so please be sure to either deliver right away or put in your freezer until you can make connections with your customers.

Record books

Paper record book paper forms are available from the Extension Office or website, <https://glacier.msuextension.org/4H.html>

You can also use ZSuites for online recordkeeping in an online format.

ZSuites will allow club leaders and the Extension Office to view a member's records, mark them as complete or 'needs revision,' and provide comments.

These records can also be printed out if desired. Additional information is available at http://www.montana4h.org/projects/support/record_books/zsuite.html.



Montana State 4-H Volunteer Institute will be held at the Billings Double Tree Hotel on February 17 - 19, 2023.

This is a great opportunity for leaders to receive training and connect with other leaders throughout the state.

More information will be coming soon.
Mark your calendars!

Leadership Academy Monthly Workshops for Club Officers

Join the Montana 4-H Leadership Academy workshop on Sunday afternoons in 2022/2023. The leadership academy is a network of Montana 4-H members interested in exploring and developing their leadership skills while serving their county 4-H program in new ways.

We will meet virtually at the courthouse annex with the state Ambassador Team. If you are a club officer, this is for you! Everyone bring snacks to share!

November 20th - 3:00 pm, Courthouse Annex
December 11th - 3:00 pm, Courthouse Annex
January 8th - 3:00 pm, Courthouse Annex
February 5th - 3:00 pm, Courthouse Annex
March 5th, 3:00 pm, Courthouse Annex



All workshops are Sunday afternoons from 3:00 to 4:00.

Ambassadors are expected to attend and help with these trainings.

Shooting Sports Leader's Training



**Brad Hjartarson
will become a Junior
Archery Leader for
Glacier County**



Teen Leader and Clever Clover member Brad Hjartarson will be trained as a Junior Archery leader at the upcoming shooting sports training in December.

Training dates as follows:

1. December 2-3, 2022, Kalispell, MT. The following disciplines will be offered; Archery, Rifle, Pistol, Shotgun, Muzzle-loading, Hunting Skills, and Coordinator.
2. December 9-10, 2022, Havre, MT. The following disciplines will be offered; Archery, Rifle, Pistol, and Coordinator.
3. December 16-17, Belgrade, MT. The following disciplines will be offered; Archery, Rifle, Pistol, and Coordinator.
4. April 2023 – Billings, MT. The following disciplines will be offered; Archery, Rifle, Pistol, Shotgun, and Coordinator.
5. May 2023 – Manhattan Wildlife Association. The following disciplines will be offered; Shotgun, Muzzle-loading, Hunting Skills, and Western Heritage.

**Coaches meeting, Wednesday, November 2nd,
6:00 pm courthouse annex**

Deadline to register for the trainings is November 23rd.

Click target for state
shooting sports info

Ambassador Applications are Now Being Accepted

What is an Ambassador?

A 4-H Ambassador is an official envoy, an authorized representative of our Montana 4-H Program. A 4-H Ambassador is a self-motivated, enthusiastic leader who promotes 4-H using the skill, knowledge, and leadership abilities acquired in 4-H with fellow members, area residents, community leaders, elected officials and non-4-H youth. A 4-H Ambassador serves to strengthen the 4-H program through public relations.

Enrolled 4-H youth interested in serving as ambassadors should submit a cover letter and resume to the Glacier County 4-H Council, 1210 E. Main, Cut Bank, MT 59427 by November 12th. The cover letter should address your 4-H involvement, your leadership responsibilities in and out of 4-H, why you would like to serve as an Ambassador and what skills would help you make a positive impact, and your ideas for fulfilling your ambassador role. The resume should detail your 4-H and other relevant experiences and include your GPA. You will have a formal interview with the 4-H Council on Monday, November 14th and Lisa will contact you and let you know what time to be there.



Save the Date: Montana 4-H Citizenship Seminar 2023

Sunday, January 15 - Tuesday, January 17, 2023 at the Delta Hotels Helena Colonial (early afternoon to early afternoon)

Open to youth ages 13-19 (13 as of October 1, 2022) and certified volunteer chaperones 21 years of age and older

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 traditionally 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.

The Legislative Breakfast provides an opportunity to educate Montana legislators about the work and success of 4-H in the state. It brings together youth and adult constituents from across Montana to share stories of achievement drawn from their 4-H experiences. The breakfast also reinforces the vital role of the MSU Cooperative Extension Service budget, which supports 4-H in Montana communities.

Legislative Breakfast will be held the morning of January 17th with a preparatory dinner on the evening of January 16th. Please contact our office for more details.

Parenting Tip - Don't be an emotionally abusive parent

We will provide parenting tips in the newsletter for the next several months to help us all be better parents and grandparents.

These excerpts are taken from "21 'Signs' of an Abusive Parent We Can't Keep Overlooking."

By Juliette V., Mental Health Editor for The Mighty.

Here are some “signs” of an abusive parent we need to talk about:

Withholding or Making a Child “Earn” Basic Necessities

Parents who maliciously deprive their children of their basic needs or make their children feel guilty for receiving the things a parent is obligated to provide **are abusive**.

"I [haven't] been abused by my parents, but the thing I noticed when my school friend was being abused by her parent was that the mother would always make basic needs like food, clothes, roof over their heads into a 'privilege' to be earned. If my friend did one thing wrong, it was thrown in her face." — Kirsty F.

"Using necessities as a means of control. Using necessities to make you feel like you aren't being abused. My whole life I heard: 'At least I put a roof over your head!' 'At least I feed you!' 'At least I don't beat you!' And I tried to tell myself I was selfish for feeling bad after abuse, because I had a home and food and wasn't physically abused. I didn't realize until I was an adult that those were basic human rights. I thought not getting beaten or starved were just privileges I had to earn." — Ashley B.

Incessant Teasing/Humiliation

According to Karyl McBride, Ph.D., L.M.F.T, *a classic sign of childhood emotional abuse is the use of shame and humiliation. This can include harsh, incessant teasing or putting a child down in front of an audience.*

"When a parent 'teases' a child to the point that said child breaks down into tears. It's emotional abuse, and it causes years of insecurities and self-loathing." — Sarah H.

These are two of the 21 signs from this article. We will be sharing more of these signs in future newsletters. Being an effective parent means treating a child with dignity and speaking to them lovingly and caringly. Using the kinds of emotional abuse listed above can scar your kids emotionally and will have long-lasting impacts on their self-worth and their treatment of others.

For more information on effective parenting, contact our office at 406-873-2239.

Parenting classes will be offered free of charge in 2023. Be looking for announcements on the class called "Active Parenting."

Resources

If you or a loved one is affected by domestic violence or emotional abuse and need help, call The National Domestic Violence Hotline at 1-800-799-7233

Montana youth swine exhibitors and breeders recognized

By: Rose Malisani with MSU Cascade County Extension

GREAT FALLS – The Montana Symbol of Excellence (SOE) program annually recognizes both 4-H and FFA youth and swine breeders who raise market swine that meet carcass merit standards and who demonstrate a commitment to excellence in producing quality pork products. The SOE program was created through a partnership between Montana Pork Producers Council (MPPC) and MSU Extension before the Pork Act of 1985. MPPC with MSU Extension Swine Specialists Wayne Gipp and Walt Neuman developed the SOE program to highlight the hard work of both youth and swine breeders that continues today.

Carcass and ultrasound data were collected on 2219 swine from across the state of Montana with 32% qualifying to be SOE swine in 2022. These swine were shown by 4-H and FFA youth who committed to the market swine project from beginning to end. The SOE standards are based upon live weight, hot carcass weight, back fat, loin area, marbling, color, wetness, muscle, and firmness.

The 2022 top swine are listed below in the light carcass, heavy carcass, and ultrasound divisions:

Youth exhibitors and swine breeders in the light carcass division are:

Brielle Berk, Ravalli County. Ryan Toenjes, swine breeder.

Tenley Lien, Phillips County. Caine Super Sires, swine breeder.

Kaycee Stene, Sweet Grass County. Cain Super Sires, swine breeder.

Jeremy Madruga, Ravalli County. Russ Hudson, swine breeder.

Lily Gardner, Ravalli Fair. Bolles Show Pigs, swine breeder.

Youth exhibitors and swine breeders in the heavy carcass division are:

Brooklynn Reid, Lincoln County. Cain Super Sires, swine breeder.

Reece Dennis, Ravalli County. BBB Farm Pigs, swine breeder.

Kyra Marmon, Lake County. Ted North, swine breeder.

Alaina Barger, Tri-County. Custis Show Pigs, swine breeder.

Brody Dahl, Tri-County. John Smith, swine breeder.

Youth exhibitors and swine breeders in the ultrasound division are:

Colton Anderson, Custer County. Millers Show Pigs, swine breeder.

Jessa Morris, Flathead County. Deaton Show Pigs, swine breeder.

Emily Beson, Flathead County. Cain Super Sire, swine breeder.

Riley O'Donnell, Richland County. Full Throttle Show Pigs, swine breeder.

Hannah Richman, Blaine County. Gruszkie Show Pigs, swine breeder.