



HEAD



HEART



HANDS



HEALTH

Happy Holidays

Dear 4-H Families,

With 2023 just around the corner, we hope that you all are excited to start the new year with your 4-H projects and your local Extension Service! We would like to extend an invite to all of you to drop in the office if you need any help with your projects or if you have any questions. We are here to help and enjoy having you stop in! As we reminisce on the past year, we saw a lot of success with the 4-H program and we hope we will have another outstanding year!

We would like to welcome all the new 4-H members and Leaders. If you see any of these individuals make sure you take the time to welcome to our 4-H family! The following are new members and Leaders for Carter County and Fallon County.

Carter County

- Gumbo Gophers- Clancy Higgins
- Puptown Wranglers- Clover Beach

Fallon County

- Cloverbuds- Eloise Liane, Audree Losing, Brooks Losing, and Michael LaCroix
- Country Pals- Wiley Thielen
- Fertile Prairie-Emmalynn Liane
- Kidz-N-Kritters- Abagayel Stonebrink
- Tumbling Tumbleweeds- Kynlie Moore, Locklyn Moore, and Max Moore

Topics covered in this newsletter are for every member and leader. Some articles will have only a small part of the information so feel free at any time to contact the Extension Office or the resources listed for further information.

When you receive your project package, review the information on the front and make sure we have you in all the right projects and levels. If a project manual you need is on back order we will include a slip to inform you and will notify you as soon as it comes in. If you have any suggestions for workshops, feel free to contact us and we will see what we can do. Committees are an excellent way to get involved with 4-H and we are always looking for a great team player for the committees. If you would like more information on the committees available contact the office.

We look forward to working with you in the coming year.
 Merry Christmas and Happy Holidays!
Kodie & Amanda

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Office Staff

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Follow us on Facebook Fallon/Carter County Extension Phone

Baker-406-778-7110 Ekalaka- 406-775-8721

Website

www.falloncarter.msueextension.org

Office Hours

Baker 8:00-5:00 Monday- Friday	Ekalaka 8:00-5:00 Tuesday
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4-H RECORDS

4-H records are a great tool that will help show you all the knowledge that you gained from completing your specific project. As you obtain your project materials remember that every 4-H member needs to have and complete the following forms:

- ⇒ **My 4-H Year** (green sheet) is where you keep track of club meeting attendance, committees, presentations, communications, awards and honors, activities, events and experiences. **Summary of 4-H Year** also may be called your “4-H Story”. Write a summary of your 4-H year. The format can be based on your project facts, your stories, or your feelings. Photographs may also be included.
- ⇒ **Non-Animal Project Record** (blue sheet) = Complete one for each non-animal project you are enrolled in. You will record your goals, what you did, what you learned and your income and expenses incurred during the project year.
- ⇒ **Animal Record** (purple sheet) = Complete one for each animal project you are enrolled in. You will record your goals, what you did, what you learned, feeding record, growth chart, sales record, expenses, health care, breeding records and cost of raising your animals.

All of the 4-H Record sheets can be found at www.falloncarter.msuextension.org or can be picked up from the Extension office. If you are typing your record books, please use the forms found on the Extension website and not the ones on ZSuite, The office will also be glad to e-mail you the correct forms.

WHAT ARE YOUR 4-H GOALS?

Goals are something that you should set at the beginning of the year or before you start your project so that you know what you are working towards. We would like to help you set and achieve your goals this year!

Non-Project 4-H Goals (Green “My 4-H Year” sheet) *These are goals that you would like to accomplish with “4-H” but are not related to your projects.*

- Goals may include leadership, communications, citizenship and/or community service.

Project 4-H Goals (Purple or Blue “My Project” sheet) *These goals should be project specific and can require some research before setting.*

- Goals should be something that you want to learn in the 4-H project.
- Goals should be something that you can accomplish by yourself and not dependent on a judge’s opinion.

Tips to Setting Goals

- Goals should be specific, if you give a goal details you are more likely to accomplish it.
- Set small goals that help you accomplish one big goal.
- Goals should be important to you so that you want to accomplish them.
- It is a good idea to set deadlines for yourself to accomplish certain things by.
- Each year your goals should change and become more challenging.
- Your goals should be age appropriate.

We have several resources available to you that include “SMART GOALS” that was included in your project manual packets. We also have a sample record book available on the website at www.falloncarter.msuextension.org that offers some great example goal. If you have any questions or need help with your goal setting, please ask one of your 4-H Club Leaders or your Extension Office.

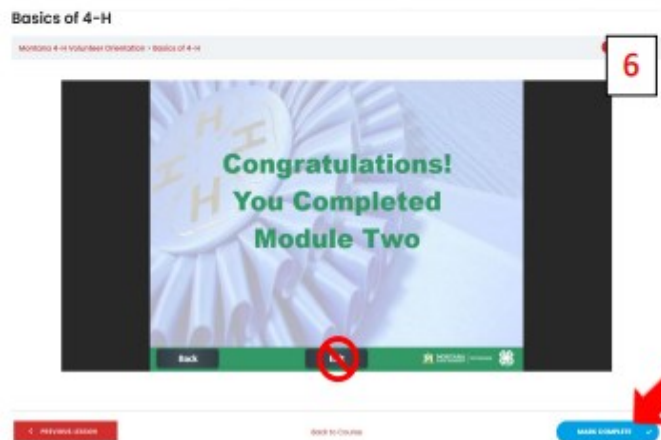
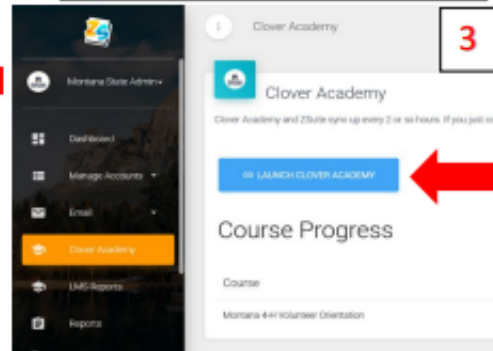
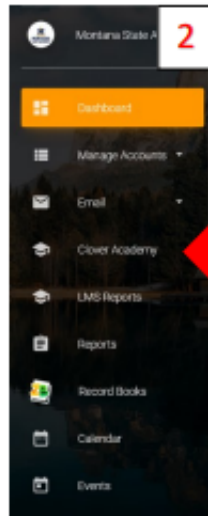
VOLUNTEER TRAINING REQUIREMENTS

All returning volunteers will have until September 30, 2023, to complete the training and will not be allowed to enroll for the 2023-2024 4-H year until the orientation is completed. All new volunteers must complete the orientation before being turned active in ZSuite.

**Montana 4-H Online Volunteer Orientation
How to Guide**



1. Log into your ZSuite Account
2. Select the profile of the volunteer that is taking the course. (See image 1)
3. Click on Clover Academy from the menu on the left. (See image 2)
4. Click on the blue box "Launch Clover Academy". (See image 3)
5. You will be taken to the Clover Academy website.
6. Scroll down to find the Montana 4-H Orientation course. Click on "Enroll Now". (See image 4)
7. On the course page you will see an overview of the course. Scroll down to see the four modules that make up the orientation. Click the blue box "See More" under module one. (See image 5)
8. Follow the instructions to navigate the course.
9. When you get to the end of the module, (Slide will say you completed module). Scroll down and click on the blue box "Mark as Complete". (See image 6) Box will turn blue once you have completed the module.
10. Select the next lesson to load the next module. Your progress will be saved and you can return later to complete the remaining modules.



BREAD BASICS

Would you like to impress your family and friends this holiday season with your bread making skills?

Join us for a hands-on class that will focus on making and baking yeast dinner rolls.

Everyone is welcome to attend!

December 6, 2022
BHS Home Economics Room
5:30 PM

December 13, 2022
CCHS Home Economics Room
5:00 PM

Please RSVP for the Baker Class on or before December 5 and the Ekalaka Class on or before December 9.
To RSVP or Questions please contact MSU Extension Fallon-Carter at (406) 778-7110.



Montana State University Extension is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach.

4-H TRIVIA

The first person to come in or call the office and answer the following question will win a 4-H water bottle!

Question: How many youth in Montana are enrolled in animal and vet science projects?
Hint: You may be able to find the answer on the Montana 4-H Website!

COME EXPLORE WITH CLOVERBUDS

Who: Youth ages 5-7 by October 1st, 2022 and Adults that would like to Volunteer

What: Cloverbuds is a 4-H program for youth ages 5-7 that allows them to explore 4-H prior to being eligible to become a full fledge 4-H member. This year in Cloverbuds we will focus on a different Country every month. We will learn about the Country's culture, create snacks that are unique to the country, keep our records in a passport book, make crafts, and the most important thing we will do, is have **FUN**.



When:

Carter County Cloverbuds will be held the 2nd and 4th Tuesday of January through May
Fallon County Cloverbud meetings will be held the 1st and 3rd Tuesday of January through May.

Where:

Carter County Cloverbuds will meet at the Events Center from 3:45 p.m.-4:45p.m.
Fallon County Cloverbud s will be at the Fallon County Library Basement from 4:00 p.m.-5:00 p.m.

Youth and Adults must be registered for this program prior to participating. For more information on this program or how to enroll please contact the Fallon/Carter Extension Office.

SHOOTING SPORTS NEWS

FALLON COUNTY SHOOTING SPORTS

Archery is scheduled for Mondays

If you can't make it for your scheduled time, let a Kodie know so arrangements can be made for you to catch up.

CARTER COUNTY SHOOTING STARS

Air Rifle is scheduled for Mondays and Archery on Thursdays.

All youth interested in 4-H Shooting Sports need to be enrolled in the project prior to participating.
For more information contact the Fallon/Carter Extension Office at 406-778-7110

SHOOTING SPORTS LEADER'S TRAINING

If you would like to become a certified 4-H shooting sports leader here are some opportunities to become certified.

Havre, MT- December 9 & 10, 2022

- Registration Due- December 1, 2022

Circle, MT- December 16 & 17, 2022

- Registration Due- December 7, 2022

Belgrade, MT- December 16 & 17, 2022

- Registration Due- December 7, 2022

Billings, MT- April 2023

- Registration Due- TBD



BEEF WEIGH-INS



All youth that would like to show or sell a market beef at the Carter or Fallon County Fairs, are required to bring their animal to weigh-in unless prior arrangements are made with the Fallon/Carter Extension Office by **Friday, December 23, 2022.**

Items Needed at the time of weigh-in

- Bill of Sale from Brand Owner to youth
- \$2.00/ youth- this will pay for brand inspection
- Project Sheet (4-H Members)- with goals filled out

FALLON COUNTY KIDS AND HORSES MEETING

Wednesday, December 14, 2022- 4 pm
Extension Basement Conference Room

This will be the first meeting of the year and will be focused on planning the riding schedule and other activities. First year members will need to watch the helmet safety video.

 *Horse Leaders: Britney Follmer and Missy Thielen*

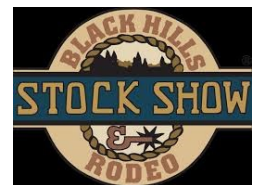
BLACK HILLS STOCKSHOW
2023 4-H YOUTH DAY ACTIVITIES
February 4, 2023

Eligibility

All youth (non 4-H and 4-H) are invited to enter Youth Day Activities.

Youth Activities Include:

- Beef Cook-off
- Livestock Judging
- Livestockology
- Horse Quiz Bowl
- Hippology
- Dog show



Individuals may enter a maximum of three events. Entry blanks must be received on or before January 13th, 2023. For more information on this event, please contact the office.

2022-2023 CARTER COUNTY 4-H COMMITTEES

Please volunteer for a committee on or before the January 4-H Council Meeting by contacting your Extension Office or 4-H Council President Mikel Fruit.

- **Scholarship:** Take applications from graduating senior 4-H members and approve awarding of the scholarship. Committee to meet before graduation, 2023. This committee is a set committee with one new member each year. (3 leaders)
- **Congress Selection:** Following member requirements, contest area qualifications, and using member applications: committee will select 4-H members to attend 4-H Congress at MSU for 2023. Deadline for applications is All Events Day. Committee members are not to be parents of Congress eligible members. (4 leaders)
- **Budgeting:** Compile budget for the 4-H Council for the 2022-2023 4-H year. Executive Officers.
- **4-H Members of the Joint 4-H/FFA committee for 2022-2023:** This committee will work with the FFA appointees in matters concerning 4-H and FFA jointly. One of these is organizing the livestock sale at the fair, and appointing a buyer appreciation. (3 members, and 3 leaders) (FFA representatives)
- **Trophies:** Decide what kind of trophies to give and what areas to give them in. Plan and collect money for them. FFA will be asked to put two members on this committee. (Extension Agent and 4-H Assistant)
- **Calendar:** To collect needed data and organize calendar sales. Order new calendars.
- **Awards-** Committee will review fair classes and determine award categories.

All 4-H Leaders are encouraged to volunteer to be on a committee and are eligible to hold an office with the 4-H Council

FALLON COUNTY 4-H NEWS

UPCOMING MEETINGS

FAIR BOOK REVISION

December 15, 2022- 5:30 pm- Extension Office

Agenda Items: Schedule, Class Changes, and Interview Judging

Committee Members: Juanita Rost, *Country Pals, Fertile Prairie, Kidz-N-Kritters, Red Butte Ramblers, Wanda Pinnow.*

JOINT LIVESTOCK COMMITTEE MEETING

January 9th, 2023- 5:30 pm- Exhibit Hall

Agenda Items: Youth needing AQA, Fair book revision recommendations, Beef weigh-in report, Livestock enrollment report.

Committee Members: Cole Rost, Roddy Rost, Tara Turbiville, Tucker Turbiville, *Fertile Prairie, Kidz-N-Kritters, Breannah Crisler, Stephanie Crisler, Wanda Pinnow, Baker FFA, Plevna FFA*

FRUIT COMMITTEE MEETING

January 16th, 2023- 4:30 pm- Extension Office

Agenda Items: Review last year's fruit prices, Select fruit distributor, Set current fruit prices, Other business.

Committee Members: Roddy Rost, *Country Pals, Fertile Prairie, Kidz-N-Kritters, Stephanie Crisler, Ashlee Moore, Toni Reetz*

FALLON COUNTY 4-H COUNCIL MEETING

January 16th, 2023- 5:30 pm- Exhibit Hall

Agenda Items: Committee Reports, Workshop Updates, 2022-23 Enrollment, Rec Lab, Review 4-H Council Policy and Procedure.

4-H CALENDAR OF EVENTS

December 2022

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1 Re-enrollments Due Club Dues Due Project Manual Order Due CCSS- Archery- 4pm	2	3
4	5 CCSS- Rifle- 4pm FCSS- Archery- 4pm	6 Bread Basic Workshop- Baker- 5:30 pm	7 Registration Due for Circle Shooting Sports Leaders Training	8 CCSS- Archery-4pm	9	10
11	12 CCSS- Rifle-4 pm FCSS- Archery- 4pm	13 Bread Basic Workshop- Ekalaka- 5 pm	14 FC Horse Meeting- 4 pm	15 Project Manual Order Due CCSS- Archery-4pm FC Fair Book Revision Committee- Mtg- 5:30 pm	16 <div style="border: 1px solid black; padding: 5px; width: fit-content; margin: auto;">Circle Shooting Sports Leaders Training</div>	17
18	19 CCSS- Rifle-4pm FCSS- Archery- 4pm	20	21	22	23	24
25 	26 Office Closed	27 CC Beef Weigh-ins- 1 pm	28 FC Beef Weigh-ins - 1 pm	29 FC Backup Beef Weigh-ins- 9-11 am CC Backup Beef Weigh-ins- 1 pm	30	31

January 2023

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1 	2 Office Closed	3 FC Cloverbuds- 4 pm	4	5 CCSS- Archery-4pm	6	7
8	9 CCSS- Rifle-4pm FCSS- Archery-4pm FC Joint Livestock MTG- 5:30 pm	10 CC Cloverbuds- 3:45 pm	11	12 CCSS- Archery-4pm	13 Registration Due for BHSS	14
15	16 Office Closed CCSS- Rifle-4pm FCSS- Archery-4pm FC Fruit Committee MTG- 4:30pm FC 4-H Council MTG - 5:30 pm	17 FC Cloverbuds- 4 pm	18	19 CC 4-H Council MTG CCSS- Archery-4pm	20	21
22	23 CCSS- Rifle-4pm FCSS- Archery-4pm	24 CC Cloverbuds- 3:45 pm	25	26 CCSS- Archery-4pm	27	28 CCSS- Baker Fun Shoot- 1 pm
29	30 CCSS- Rifle-4pm FCSS- Archery-4pm	31				