



LIBERTY COUNTY 4-H

Newsletter

December 2019



Christmas Stroll

The Christmas stroll will be Wednesday , December 4th from 4:00 p.m. to 7:30 p.m.

The Prairie Pals will be serving hotdog meals for the stroll at First Bank of Montana. Proceeds from the evening will be used to buy a gift or gifts for the Angel Tree.

Tiber 4-H is having a fundraiser at the Liberty County Library during the stroll. They will be selling some awesome baked goods. Their proceeds help to fund community projects such as the Annual Pumpkin Carving and the Easter Egg Hunt.

Please stop by and support these 4-H youth.

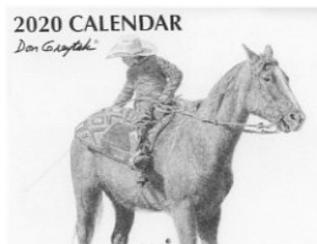
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Christmas Stroll 2019—Tiber 4-H Bake Sale and Prairie Pals Hot Dog Meal

2020 Montana 4-H Calendar

The 2020 Greytak calendars are here. As usual, the calendars contain beautifully illustrated prints by Don Greytak. The cost of each calendar is \$15.00. This includes 3 raffle tickets for a chance to win a pair of western boots from Murdochs. Proceeds go to the Liberty County 4-H Council, so please spread the word. These make great Christmas gifts so call the office to reserve yours.



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4-H Record Books

4-H members are required to turn in their 4-H record books before the end of each 4-H year (September) in order to complete the year.

Now is a good time to get started. Keeping records is a great way to develop your skills in communicating, organizing your time, documenting events and actions, evaluating your own efforts, setting goals before you begin your project, solving problems and keeping track of expenses. It is a lot easier to write things down as you go rather than try to remember everything at the end of the year.

Full members need to include the following in their book:

- My 4-H year
- My 4-H Non-Animal Project Journal and Financial Record
(one for each non-animal project the member is enrolled in)
- My 4-H Animal Project Journal and Financial Record
(one for each animal project the member is enrolled in)

You can find the forms online at <http://www.montana4h.org/resources/index.html> then scroll down to Record Books section. 4-H record keeping forms are interactive Adobe PDF files. They can be saved to your computer for electronic use throughout the year (you can type your record information right into them and they include calculating functions). **YOU MUST Save each file to your computer or to a flashdrive FIRST to use form functions. Do this by right-clicking and using the 'save link as' function.** If you choose to save them for electronic use you must have **version 10 or higher of Adobe Reader**. Paper forms are also available at the Extension office upon request.

Check with your project leaders to see if they are having members fill out pages after meetings. If not members will need to fill out the project sheets on their own.

Shooting Sports Practice Schedule

Shooting sports practices will begin Tuesday, December 10th at the Hangar at Wilbur Ellis (formerly Frontier Aviation.) Practices will be every Tuesday through the end of February. Air pistol and air rifle shoot at 4 and 5 p.m. and archery begins at 6 p.m. 4-H shooters must be enrolled in the project and have their record books turned in from the 2018-19 year in order to participate.

Sweet Grass Clovers

The Sweet Grass Clovers met on Wednesday November 13th. Their regular meetings will be the same as last year on the Second Thursday of each month at the Fulbright 's home. The Cloverbuds will meet in the school project room right after school on the third Tuesday of each month.

At the meeting the members had an election for their 2019-2020 4-H year officers. They are as listed to the right:
2019-2020 Officers

- President - Martin Fulbright
- Vice President - Rachel Nelson
- Secretary - Hannah Nelson
- Treasurer - Scott Hall
- Co Recreation Leaders - Josh Nelson and Trent Fulbright
- Pledge Leader- Kelli Hall
- Refreshment Leader - Mercedes Riggins

Montana 4-H—The youth development program of
Montana State University



Set your goals now!

Setting Goals

Setting goals is simply deciding what you want to learn and do. Having goals is like a road map. It is a tool that helps you plan how to get to where you want to go. In 4-H we talk about setting both Personal Goals and Project Goals. These goals should be written at the beginning of the 4-H year and recorded on the appropriate 4-H record keeping form.

Personal Goals

Personal Goals help you think about what you can do to become a better person. They should be written on the first page of "My 4-H Year" under "These are my Goals". When writing Personal Goals, consider such things as:

- Meet new friends
- Attend 4-H Camp or State Conference
- Learn the 4-H Pledge
- Be a better listener
- Give an educational presentation

Project Goals

Project goals should be written for every project area you are enrolled in under "This is what I plan to do in this project". Project Goals help you think about what you want to do within the project area. Some examples could be:

- Visual Arts - Learn about the Elements of Design and Art Principles
- Food & Nutrition - Learn how to run small appliances
- Photography - Learn about the rule of thirds
- Beef - Train your market beef to lead
- Woodworking - Learn about different types of wood

How to Write a Goal

Goals have three parts that can be measured or checked. Think about the three parts of a measurable goal:

- 1) **the action:** *how* you are going to do it;
- 2) **the result:** *what* you will do;
- 3) **the timetable:** *when* you plan to have it done.

For example, for the goal, "**I want to train my 4-H market heifer to lead before county fair,**"

- 1) **I want to train** is the *action* portion of the goal.
- 2) What a 4-H'er intends to do is the *result* -- **my 4-H market heifer to lead**
- 3) When is the *amount of time* it will take to complete the goal -- **before county fair.**

Control Test

If you are not certain that you can carry out a goal easily, you can give it a control test. Do **YOU** have control over what you want to do? Does the action part of your goal tell what you will do? You have control over a goal such as "I will learn to put in a hand sewn hem." However, if the action mentioned in the goal is what someone else will do, it does not pass the control test.

The goal statement, "I will have a champion steer at the Cass County Fair does not pass the control test because the judge provides the action that decides whose steer will be the champion.

Do your goals pass the control test?

Sometimes goals change during the year. That's okay! Maybe you couldn't go to camp like you wanted to because your family was on a vacation. Or maybe it wasn't possible to take your dog to obedience training because she had puppies. Just write about why your goals changed. Not everything we plan turns out the way we had planned. Explain why, and set some new goals for next year.

Rabbit Project Members
Tabitha Vermulm of Pondera County is organizing rabbit agility classes starting December 30th from 9:30 - 11:30 at the Marias Fair Exhibit Building.

Please byob - Bring your own bunny! :)



December

- 4 Christmas Stroll
- 7 Beef Weigh-In Deadline
- 25 Christmas - Office Closed

January

- 1 Office closed - New Years'
- 20 Office closed - MLK Day
- 25/26 Archery Tournament

February

- 17 Office Closed - Presidents Day
- 23 Air Rifle /Pistol Tournament

Please don't hesitate to contact the Extension office if you have any questions or suggestions that would benefit our 4-H program in Liberty County. Also please send any articles and photos of what your members are doing throughout the year to liberty@montana.edu.

Prairie Pals 4-H Meeting - Typically meet the last Sunday of each month. Harmons are hosting the next meeting, January 26th at 4:00 p.m.

Tiber 4-H Club Meeting

Second Sunday of the month at Sweet Grass Lodge at 2:00 Check out Facebook

Sweet Grass Clover 4-H Club Meeting

Members - Second Thursday of the month at 6:00 p.m. at the Fulbright's.

Cloverbuds - Third Tuesday of the month - project room right after school.



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Making a Difference in Liberty County