



Wibaux Health Fair Held on April 2—Don't Be Foolish About Your Health

26th Annual Health Fair Serves Over 625 Youth & Adults

One day after April Fools' Day, the Wibaux Health Fair Committee met before the sun came up to blow up balloons and put the finishing touches on the decorations for the Wibaux Health Fair. The theme of the day said it all: Don't Be Foolish About Your Health. The doors opened at 6:30 a.m. to welcome community members for their annual blood work.



Shown above are several of the 23 organizations participating in the 2014 Health Fair, along with the poster contest sponsored by Corner Market, and the long line of attendees waiting to get their blood drawn.

The Wibaux Health Fair is a social event as well. Farmers, ranchers, and retirees welcome the opportunity to visit with friends while enjoying a complimentary continental breakfast sponsored by donations from local individuals and businesses. Youth enjoy visiting the hands-on booths and picking up a snack or a free pencil.

In its 26th year, the Wibaux Health Fair was held April 2. With an emphasis on prevention and healthy lifestyles, the Wibaux Health Fair is sponsored by the Wibaux County Extension Office. The fair has grown to serve more than 600 people with typically over 30 providers exhibiting their health-related services.

With the cooperation of many volunteers and the Wibaux County High School, which serves as the location for the fair, this is one of Wibaux's most anticipated annual events. In 2014, the fair drew over 625 attendees and 23 organizations participated.

Healthcare in Wibaux consists of a county-owned clinic building staffed two days a week by Glendive Medical Center, and two days a week by Fallon Medical Complex.

Nutrition and health education are essential components needed to emphasize the importance of developing healthy lifestyles. Routine medical examinations also play an important role in prevention, as well as early detection.

The Wibaux Health Fair offers complete blood profiles and a PSA screening for men, at reduced costs. In addition to the blood work offered, the exhibitor services provide blood sugar testing, blood pressures, free hearing evaluations, and a wide variety of services for all ages.

The Health Fair Committee consists of Dave Bertelsen, County Extension Agent; Patti Goroski, Administrative/Program Assistant; Barb Maus, County Health Nurse, and Darlene Brown, who collects local donations for door prizes.

The Health Fair has proven year after year to save members of Wibaux and its surrounding communities thousands of dollars in health care costs. It has also saved the lives of those who have been referred to their primary care physician due to an abnormal blood profile or other screening tests provided at the Health Fair.



Staci Knuths of Glendive Medical Center explains the services offered to the Wibaux Elementary 5th Grade Class.

Because of the information presented, participants are aware that increased physical activity and improved dietary habits are a necessity to prolong their lives. Offering the blood profile and the PSA screening at a reduced cost encourages people to complete their blood work in a timely and cost-effective manner. Incorporating a variety of informative/hands-on booths provides supplemental information to those attending.

Community Development Thrives in Wibaux, MT

Wibaux Endowment Foundation Grant Funds Total \$13,752.84

As the Horizons community coordinator working with the Montana Community Foundation, the Wibaux County Extension Agent helped facilitate the formation of the Wibaux Endowment Foundation. In December 2008, a board of directors was selected and bylaws adopted. Starting with a balance of \$8,500, the Wibaux Endowment Foundation had to raise a total of \$25,000 by December 2011 in order to remain an affiliate of the Montana Community Foundation. With the Extension Agent serving as President, as of September 30, 2011, the Wibaux Endowment Foundation had a balance of \$32,196.29, thus meeting and exceeding the \$25,000 goal. The fund balance as of September 30, 2014 is \$71,102.39.

When the Wibaux Endowment Foundation fund balance reached a total of \$15,000, the board was eligible to distribute \$5,000 in community grants. An additional \$2,500 in grant funds was made available when the endowment reached \$25,000.

The distribution of grants in 2012 and 2013 totaled \$7,494. In 2014, additional grants were awarded in the amount of \$6,258.84. Wibaux Endowment Foundation grants to improve or enhance the Wibaux Community now total \$13,752.84.

Past recipients of grant money include:

- Wibaux County Ambulance: \$1,407 to replace three older pagers;
- Wibaux Food Bank: \$800 to purchase a freezer, which was needed because the MT Food Bank Network is delivering food less often, but with larger quantities that require freezer space;
- Wibaux County Nursing Home: \$755 to replace a non-functioning electric recliner in the facility's television room, and \$325 for converting a semi-private room to a private room;

- Angel Memorial Park: \$1,025 for the purchase of materials to construct wooden picnic shelters and overhead structures for the tables;
- Wibaux Youth Sports: \$500 to purchase helmets to replace ill-fitting and outdated softball and baseball helmets;
- Wibaux Public Library: \$500 to purchase an audio book download station, and \$400 for the story hour and summer reading program;
- Town of Wibaux: \$357 to purchase flags and flag brackets for the historic street lights in the downtown district;
- Wibaux County 4-H Council: \$500 to purchase a new cooler for the 4-H food booth;
- Wibaux County Museum Board: \$958.84 for restoration of the railroad mail and baggage cart;
- Wibaux Elementary School: \$1,000 for the end of the year Accelerated Reader trip;
- Wibaux County Chamber of Commerce: \$400 to help defray the expenses of those attending the South East Montana Tourism Board meetings;
- Wibaux County 4-H Council: \$500 for the purchase of a serving table for the 4-H food booth; and
- Wibaux Park Picnic Shelter: \$3,400 for constructing a new covered picnic shelter in the city park.



Jan Huisman, Wibaux Elementary School Principal, accepts grant funds from Dave Bertelsen, President of the Wibaux Endowment Foundation Board, for an Accelerated Reader trip.



The new picnic shelter in Wibaux City Park.

The Wibaux Endowment Foundation is a permanent endowment where the principal grows for future generations and the earnings are used for today's community needs. The foundation provides individuals with the opportunity to give something back to the community that will continue indefinitely, with the interest being used for community projects aimed at helping Wibaux become a thriving community.

Mon-Dak Woolgrowers Continue to Produce High-Quality Wool

Livestock production is a major contributor to agricultural income in Wibaux County. Cash receipts in 2010 for livestock and livestock products totaled \$7.7 million for the county. Cash receipts in Montana for livestock and livestock products in 2012 were \$1.29 billion. As livestock producers compete more and more in a world market, it is imperative to obtain the most efficient use of all resources available, minimize risk and reduce production costs in order to obtain a profit.



Dr. Lisa Surber, Research Scientist and MSU Wool Lab Manager, provides on-site core testing.

Through the efforts of Blaine County Extension Agent, Mike Schuldt; Phillips County Extension Agent, Marko Manoukian; and MSU Extension Sheep Specialist, Rodney Kott, in 2002 a \$15,000 grant was secured from the Montana Department of Agriculture and the Growth Through Agriculture Program. As a result of this effort, an Eastern Montana Consolidated Wool Marketing Pool was established. The Consolidated Pool is currently made up of six individual pools in Eastern Montana of which the Montana Dakota Woolgrowers Association is one. Assisting the Consolidated Pool has been MSU Extension Sheep Specialist, Dr. Rodney Kott, and Dr. Lisa Surber, Research Scientist and MSU Wool Lab Manager.

The goal of the Consolidated Pool is to: (1) Improve grower knowledge of wool quality and on-farm processing; (2) Increase total volume of wool for sale for all pools; (3) Separate wool into individual lines based on quality; and (4) Increase returns for individual producers and organization support to provide efficient production and effective marketing. In 2014, the Consolidated Pool sold 91,260 pounds of white face wool. Of that amount, 74,559 pounds or 82 percent graded fine or choice.

A major objective of this project was to design, test and implement a process that would allow producers with small numbers of animals to interlot their wool into large

enough lots to utilize objective measurement data in the marketing of their wool.

Most producers indicate that they now have a better understanding of the wool quality in their flock. Most producers feel the consolidated project improves their ability to increase net revenue over previous pool or independent marketing activities, verified by the fact that producers are willing to pay \$.095 a pound to participate in the consolidated pool.

Buyers have indicated having wool core tested enables them to bid a higher price because they know exactly what they are getting.

Producers are doing a better job of sorting and packaging their wool. Most wool bales are delivered meeting the 350 pound minimum and in nylon bags. Producers also have a better understanding of the importance of grading and core testing wool. In 2002, 23 percent of the wool from the Montana Dakota Wool Pool graded White Face Fine. In 2010, 61 percent of the wool graded White Face Fine, and in 2012 62 percent of the wool graded White Face Fine.

In 2013, serving as Secretary of the Montana Dakota Woolgrowers Association, the Wibaux County Extension Agent helped 14 producers from Eastern Montana and Western North

Dakota market 22,462 pounds of wool through the Consolidated Pool. Of those, 64 percent, graded either Fine or Choice. Of the White Face wool sold, 74 percent graded either Fine or Choice. In 2014 although the pounds of wool were less—17,895 pounds, of the White Face wool sold, 87 percent graded fine or choice. Thus the quality continues to remain high.

The consolidation of these six pools increases the ability to sort the wool into quality lines and increases total volume of wool for sale, which attracts more interest from buyers than a small pool could. All of these attributes have resulted in a net increase in revenue for participating producers. Evidence of this is shown by producers receiving a record-setting bid for the Consolidated Pool of \$3.002 (grease price) for the 2011 clip of White Face Fine.



Bales of wool are loaded on a semi truck bound for storage in Jordan, MT.

4-H Makes a State-wide Impact in Wibaux County

Youth who participate in 4-H for more than one year are significantly better off than youth who do not participate in 4-H.

Four-H is a positive youth development program that teaches leadership, citizenship, and other life skills. Four-H educates youth and adults for living in a global world through an experiential program using the resources of the land-grant university system and the U.S. Department of Agriculture. Montana 4-H uses educational learn-by-doing projects, club meetings, community service projects, events, and activities for young people and adults as they work towards attaining five life skills which include: fostering positive self-concepts, learning decision-making and responsibility for choices, developing an inquiring mind, relating to self and others, and acquiring a concern—local and global.

The development and improvement of youth competence in the five life skills areas are achieved through:

- *Working extensively with appointed 4-H committees to plan, conduct, and evaluate county activities and events.
- *Participation of youth in county-wide events such as Activity Day, 4-H Camp, Junior High Camp, Craft Workshops, Project Workshops, Horsemanship Clinics, Showmanship Clinics, Market Animal Quality Assurance Training, Carcass Contests, and Steer of Merit, Symbol of Excellence, and Certified Lam Programs.
- *Participation of youth in out-of-county 4-H events such as Congress, Mini Congress, Rec Lab, Ambassador Fall Training, Legislative Breakfast, and Western Regional Leaders Forum.
- *The program assistant conducts an after-school Cloverbuds program for youth who are 6-8 years old.
- *Youth leadership skills were developed through a 4-H Junior Leaders Club.

Congratulations to Kaitlyn Goroski for receiving the 2014 \$1,000 Sundsted 4-H Scholarship. This scholarship is awarded to students who have demonstrated entrepreneurship through not only 4-H projects, but also involvement in their community, church, and

school by embracing the ideas of leadership, responsibility, and integrity.

Kaitlyn was a 10-year Wibaux County 4-H member. She served as President of the Junior Leaders 4-H Club, was a Wibaux County 4-H Ambassador, and President of the Montana 4-H Ambassador Program. She was a Wibaux County High School Valedictorian and is a MSU Honor Student. Kaitlyn is currently a sophomore at MSU-Bozeman majoring in Agriculture Relations where she makes time for Collegiate 4-H and Collegiate Young Farmers and Ranchers.



Kaitlyn Goroski, former Wibaux County 4-H member and current sophomore at MSU-Bozeman, accepts the Anton and Helga Sundsted Pioneer Scholarship at the 2014 Montana 4-H Congress.

Contact Us



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