



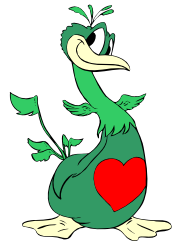
February 2012

Gallatin County 4-H
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4-H Staff Out of the Office

As most of you know, Danica Jamison our 4-H Agent is expecting her first child sometime in late February or the first part of March. She will be out of the office on maternity leave for 6 weeks after the baby is born and then return part-time for a couple more weeks. It will be likely that she will be out of the office during the months of March and April. Any questions that you have can be directed to the office. Call the office at 388-3213 or email gallatin1@montana.edu and Cyndi will either assist you or will be in contact with local agents that will help with various situations.

Cyndi will be out of the office during the week of spring break, March 12-16. There will be limited staff on hand to answer your questions. If you need assistance, please try to contact our office before March 12th or after March 16th.

Valentines Day Spa – *a positive body image event*

Join us on Sunday, February 12th, 2:00pm - 5:00pm at the Belgrade Middle School Cafeteria. All 4-H Members age 9-19 are invited to attend a Valentines Day Spa.

For a minimal fee of \$5 per participant, you will experience facials with cucumbers, foot soaks and scrumptious foot crèmes, hand treatments and fingernail decorating, shoulder and neck rubs, healthy stretching, delicious and nutritious fruit smoothies and other snacks, valentine-card-making (make one for yourself admiring all your wonderful attributes and make one for a friend!), and of course – chocolates!

RSVP SOOOOOON! We will have to limit the number of participants for this event. Please wear comfortable, loose clothing and bring: a dishpan (or other shallow pan) to soak your feet in. Also, please come with your fingernails and toenails "polish-ready" OR bring your own nail clippers with you. Call the 4-H Office at 388-3213.