

# MT PTA VOICE

Providing PTA news and information for Montana PTA local units, councils, and members

Volume 3, Issue 5

November/December 2011

## MEMBERSHIP MATTERS

Does your PTA unit only run one membership campaign a year, in the fall? Units that run more than one campaign have on average 20% more members. January is a great time to remind parents that it's not too late to become active in their child's current school year.

Celebrate new membership with "New Year...New Opportunities" the PTA January Campaign theme. Marketing

tools templates can be found on the National PTA Website.

Remember, the Montana PTA dues increase will go into effect January 1, 2012. Montana

PTA annual dues will now be \$3.75 per member. Be sure from January 1, 2012, on your unit charges enough in dues to cover the increased dues, \$3.75

Montana dues and \$2.25 National dues for a total of \$6.00 per member. Keep in mind that you may need to amend your local unit standing rules. Please follow the web link for a helpful Standing Rules template. ([http://www.montanapta.org/sections/Unit%20Tools/standing\\_rules.htm](http://www.montanapta.org/sections/Unit%20Tools/standing_rules.htm))

Please feel free to contact me - Sherry Holderith, Membership Chair at 406-860-9743 or email me at [membership@montanapta.org](mailto:membership@montanapta.org) if you have any questions. Best wishes for a happy and healthy New Year.



## Upcoming Deadlines

- January 1, 2012 — Dues submission (final one @ \$5.50/member)
- February 1, 2012 — Reflection Entries Due to State
- February 17 — Founder's Day
- February 12-18 — Take Your Family to School Week

## MEMBERSHIP INCREASES

Congratulations to the following units who have already recorded a membership increase!

Bonner School PTA  
Hawthorne PTA, Msla  
Lincoln PTSA, Lincoln  
Rattlesnake PTA, Msla  
Ronan PTA  
Whitehall Area PTSA  
Lewis & Clark PTA, GF  
Longfellow PTA, GF

Montana City PTA  
Alkali Creek PTA, Blgs  
Arrowhead PTA, Blgs  
Big Timber Grade School PTA  
Bitterroot PTA, Blgs  
Broadwater PTA, Blgs  
Columbus PTA

Eagle Cliffs PTA, Blgs  
Independent PTA, Blgs  
Laurel Elementary PTA  
McKinley PTA, Blgs  
Pioneer PTA, Blgs  
Roundup PTSA



**Montana PTA**<sup>®</sup>  
*everychild.onevoice.*



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# CHRISTMAS ORNAMENTS FOR CAPITOL TREES!

Students and Teachers:

For the seventh year, we are pleased to invite you to participate in a Holiday Tree display in Montana's magnificent Capitol Building. We've had a remarkable response during the past six years. You all outdid yourselves artistically and creatively. We were so proud to show off your talent and effort. Our 56 trees, one for each county in Montana, are carefully stored away waiting to again be adorned with your ornaments and decorations.

As you may remember, each year we make a general suggestion for a theme for your students' ornaments. There is certainly no need to stick to this theme, but if you choose to do so, this year we would like to suggest "Montana: A Homegrown Christmas" as your creative inspiration.

In keeping with this theme, we encourage you to think about what "homegrown" means to you. Is it the fresh produce at your local farmers' market, the vegetables from your backyard or community garden, the crops and livestock grown and raised

throughout the state, or maybe even businesses and people in your local community? Again, this theme is just a very general idea. Any ornaments reflecting the interests and activities of your students are welcome.

A sheet with more specific information is attached. If you have any questions please call Anne Pichette at 406-444-4405 or email her at [anpichette@mt.gov](mailto:anpichette@mt.gov). We hope every elementary and middle school child in Montana, along with their terrific teachers, will help us with this project again this year.

We'll make sure to get photos again and post them on our website for those of you who don't get to Helena. Those of you who live close enough to Helena or are traveling to visit family and friends over the holiday should plan a visit to see the display, it's an impressive sight.

Thank you in advance for your help. We're all eager to once again make the Capitol a holiday showcase for Montana's kids.

Sincerely,

*Brian Schweitzer & Nancy Schweitzer*  
Governor, First Lady



## HOLIDAY TREES FOR MONTANA'S CAPITOL Teacher's Guide

1. The trees are 8 foot artificial trees. The branches will not hold large, heavy ornaments.
2. Please see the theme suggestion in the letter, but we're counting on the imagination of your students, keeping in mind the logistics of getting the decorations to the Governor's Office in Helena.
3. Please use the materials already available to you; we expect typical student art work, not anything elaborate requiring additional resources on your part.
4. Please consider coordinating this project within your school or county to avoid duplication, to combine postage, and to manage quantity and size.
5. Please remind students it may not be possible to fit every ornament on the tree. It is our plan to offer the
6. Please include a note or card to identify your county, school, and classroom.
7. Please send the decorations before November 21st so we can have the trees ready for Thanksgiving holiday visitors, but don't worry, we'll keep adding ornaments until the trees come down after the holidays.
8. Please send the decorations to:  
Governor Brian Schweitzer  
P. O. Box 200801  
Capitol Station  
Helena, Montana 59620-0801
9. Questions? Anne Pichette: 444-4405 or [anpichette@mt.gov](mailto:anpichette@mt.gov)

# PREVENTING BULLYING

The last Bulletin article on preventing bullying highlighted many good ways to communicate with and for our children. This article will strive to provide additional reasoning and methods to help our kids develop the skills to be successful. The fundamental concepts come from a long-standing classic, How to Win Friends & Influence People by Dale Carnegie, first published in 1936.

Mr. Carnegie interviewed many of the most influential people of his time. He looked at research of his time that showed, "15% of one's financial success is due to one's technical knowledge and about 85% is due to skill in human engineering-to personality and the ability to lead people." John D. Rockefeller is quoted to say, "The ability to deal with people is as purchasable a commodity as sugar or coffee. And I

will pay more for that ability than for any other under the sun."

This author speculates that many people think they have good people skills and yet oftentimes, few people truly do. Dale Carnegie's book offers many gems of how to truly have the skills we and our children need. When dealing with people, we must first remember that we are interacting with emotional creatures much more so than creatures of logic. Every human bristles with prejudices, environmental and cultural influences as well as pride and vanity. Further, every human being fundamentally has a need to be important. Almost every human necessity is, "gratified-all except one. There is one longing- almost as deep, almost as imperious, as the desire for food or sleep-which is seldom gratified. It is what Freud calls the desire to be great," said Carnegie.



Charles Schwab said, "I consider my ability to arouse enthusiasm among my people to be the greatest asset I possess. The way to develop the best that is in a person is by appreciation and encouragement."

Oftentimes one feels temptation to criticize: children, others, self for numerous reasons. Mr. Carnegie suggested in his international best-seller that a better method. He said, "Before you criticize them, try to understand them. Try to figure out why they do what they do. That's a lot more profitable and intriguing than criticism; and it breeds sympathy, tolerance and kindness."

When we attempt to 'walk in another's shoes', we develop empathy, the ability to sympathize with another. When we do this, we establish rapport and friendship. When we all meet our own and our fellow's emotional needs, we all feel better. We work better together and have healthier relationships. We get the most value for our time with each other and together, we create more than we can apart.

Please consider the value of discussions that help our kids see more deeply into another's situation when he/she might criticize. Try to set a good example in our gentle care of others in our community.

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*Playgrounds, Climbing Walls and Rocks, Outdoor Furnishings  
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**New Fall 2011**

**Start Fit  
Activity  
Packages**

## PRESIDENT'S MESSAGE: A JOURNEY OF LEADERSHIP THROUGH MEMBERSHIP



As a leader, my general rule of thumb is to revisit and assess the qualities of my strengths and weaknesses

to start my journey as leader of a group. This reflection is not easy, you must admit to yourself there are areas in your personal skill set that need improvement or simply put, won't bring you much success. Do not perish under such pressure, my friends. This is where you become the leader everyone appreciates, by owning those weaknesses and getting on to the business of finding those in your membership who have strengths in those very same areas. This says to your membership, I cannot do everything on my own; I need all of you to help make this PTA local

unit a success for our students, school, and community.

Now there's a concept, buy-in from your membership! When they are engaged and noticed for their qualities and strengths, everyone wins. And new leaders emerge in the process. Let's face it, you don't want to be working alone and at some point your children will age out of the building or district, and you will inevitably move on.

Leadership styles come in many shapes and sizes. Some leaders deliberately plan their journey and others inadvertently fall into their position. Sound familiar? Initially, I was the latter too. Falling into your position doesn't mean you don't deserve the position, it means someone has enough faith in your ability to do the work. Find your leadership style and work with what you know. The following leadership techniques stand out in my mind.

Lead yourself: Giving direction to others is easy enough however being a prudent leader, focused as

a working element of a well disciplined local unit is a genuine example to others.

Positive Coach: Placing an emphasis on developing your volunteers allows your investment to create future leaders for your local unit.

Good Listener: It's easy to put too much stock into sticking with what always works. Listen to your members and be open to new opportunities. Doing PTA business the same 'ole way because it's been done this way for years, may seem like success when in reality nothing could be further from the truth. Change things up, see what works. At least your volunteers will acknowledge success comes in different packages when you try it their way and they will more likely follow you and what works for your local unit.

Commitment: Mission and Vision statements can

*(Continued on page 5)*

## SEEKING NOMINEES FOR BOARD POSITIONS

We are seeking nominees for the following positions on the Montana PTA Board of Directors. These nominees would take office at the 2012 convention: President (2-year term), Treasurer (2-year term), and two Member Representatives (1-year terms). We have complete job descriptions and timelines to assist new leaders in all of our positions on the board. For more information please contact Colleen Nichols at [treasurer@montanapta.org](mailto:treasurer@montanapta.org)



## FOCUS ON HEALTH VIDEO COMPETITION

Calling all students enrolled in Montana K-12 schools! Are you interested in gaining notoriety and possibly a cash award for your school? Look no further. The **Focus on Health** video competition has arrived!

The Montana Team Nutrition Program is looking for student-made videos that feature examples of healthy eating, active living, and an overall healthy school environment. We are calling on students enrolled in K-12 Montana schools to take part. Through this video contest, your school, organization, or club will have the opportunity to win a cash prize gain statewide recognition, and



have your video featured at statewide events.

Videos can be about any school program that promotes student health and wellbeing. These could include: improvements in the nutrition of foods available in school meals, healthy snack options (vending, concessions, student stores, etc.), Farm-to-School programs, increased opportunity for physical activity, expanded school breakfast programs and healthy school fundraising programs.

**The video submission deadline is January 31, 2012.** For more information, official rules, and registration form, visit: <http://www.opi.mt.gov/FocusOnHealthVideoContest/>.

Questions can be directed to Aubree Durfey, Farm to School Assistant, Montana Team Nutrition at [aubreedurfey@gmail.com](mailto:aubreedurfey@gmail.com) or (406) 994-5640.

*(Continued from page 4)*

sometimes appear no deeper than the paper they're written on. Make your focus be one with PTAs mission and vision. Once you align your work with these, your volunteers and members have clarity on all your goals.

**Diversity:** Weave an appreciation of diversity into your local unit cultural fabric. Blending a variety of cultures and backgrounds into your volunteer work environment is an essential leadership skill.

**Closer:** Set goals and establish pragmatic, accountable measures to actually finish what you start. A thoughtless leader who never genuinely finishes anything loses the

confidence of members and volunteers.

**Appreciate:** Show genuine appreciation, this motivates people, not only to apply themselves with enthusiasm but to stick around.

**Dictator:** Telling volunteers to "do as I say, not as I do." A leader who uses this will find it hard to build strong bonds with their volunteers; it is not efficient for laying down long term objectives and doesn't set a good example. Nothing will send volunteers running for the door quicker than being told what to do all the time. Volunteers need buy-in for productive work.

You will make mistakes, every good leader does. Own your mistakes, say

them out loud and apologize to your volunteers and membership. You will earn their respect. You will learn more from your mistakes than your successes and be a better leader from those mistakes. I know I have.

When members and volunteers are engaged to play a part in the collective decisions under good leadership, they will feel valued, and become connected to the process. A leader who uses this style realizes that they are nothing without those that follow them.

I always tell my kids, "As we live and breathe, we learn." Keep breathing folks!

*Dee Hensley-Maclean*  
MT PTA President

## REFLECTIONS: A FEW NOTES ON THE JUDGING PROCESS

You may already have a judging system in place that works well for your program. However, if you are having difficulty recruiting qualified judges, here are some ideas of others to invite to participate:

- ♪ Art, literature, dance, film, journalism and music educators or college/university professors
- ♪ Teachers from other schools participating in the Reflections program
- ♪ Art museum directors, docents, curators, or historians
- ♪ Professional photographers and local artisans
- ♪ Local symphony orchestra or choral directors, musicians, conductors, or composers
- ♪ Local dance conservatories, dance studios, ballets, or theaters
- ♪ Local multimedia/video production companies
- ♪ Local television stations
- ♪ Arts advocacy organization presidents or directors

Inviting professionals in the arts or influential community leaders to participate in Reflections Program judging increases the exposure of the PTA, its work, and the wonderful benefits students derive from participating in the arts.

Remember to recognize judges in promotions and thank them for their participation. Some PTAs provide each judge with a small gift of appreciation. Also, it is important to remember that Reflections is an opportunity for children to express themselves through art and that all students who participate should be recognized for their accomplishments in some way, even if their entry is not moving on to the next level of competition.

*Jennifer Van Voast*

MT PTA Reflections Chair

## LAUREL PUBLIC SCHOOLS — THANK YOU!

Montana PTA is celebrating the two year anniversary of our present office location. For the past two years, the Laurel School District has provided the office space for the Montana PTA State Office, in the Central Office Building at 410 Colorado Avenue. The Montana PTA Board of Directors would like to acknowledge the generosity of the Laurel Public School District. Without this generosity, the Montana PTA would be hard pressed to maintain a permanent, staffed State office.

THANK YOU!!

# ADVICE FOR SECRETARIES

Just what is expected of a unit’s secretary? Secretaries are the unit’s historian, taking the minutes at board meetings and general membership meetings, and are charged with the duty of keeping the record of these minutes for future PTA members to know what, how, and why things happened in your unit.



The minutes are a record of the actions of the group. You must document the who, what, when, where, and why of each meeting. Be sure to include the name of the presiding officer and the number of people in attendance, noting the establishment of a quorum. You should reference the reports that were made by officers, chair people, and committees. You also must document the actions taken as motions, noting who made the motion and the result of the vote; and include items decided by general consent. However, minutes are NOT a transcript of all the debate and comments made. (Tip: record that the school t-shirts were discussed and that the group decided to let the committee choose the color).

The minutes should be compiled into a formal document and offered for approval by the same group at the next meeting — for example, the board only approves minutes of board meetings, general membership approves minutes of general membership meetings. Minutes should be kept in order in a notebook and retained permanently in a secure place. Sample minutes can be found on the MT PTA website under “Unit Tools.”

Secretaries should have a copy of the unit standing rules and minutes of past meetings on hand during meetings to reference should the need arise. A well prepared secretary will make an invaluable contribution to their PTA!!

## Fundraisers that work – any time of the year.



### Mixed Bag Designs

Eco chic reusable bags – new prints and styles for spring



### LockerWorks®

The hanging locker organizer that expands usable space with three sturdy shelves and side pockets



### Colorado Mountain Jam

Award-winning organic jam – can be customized with your logo

Call toll-free (877) 845-8009 or email [sarah@locker-works.com](mailto:sarah@locker-works.com)

## A POP QUIZ ABOUT YOUR UNIT

Here's a "Pop Quiz" about your unit!

What is your unit's fiscal year?

What is your unit's tax ID or EIN number?

Do you know how many general membership meetings you must hold each year?

Do you know how many people have to serve on your nominating committee, and if they are elected or

appointed?

Do you know what constitutes a quorum?



Is your Principal a member of your Board? What about Committee Chairs?

Don't know the answers? To find answers to these questions, and other questions like them, consult your unit's Standing Rules.

When were they last updated? All units should be updating their Standing Rules this year to reflect the National and State dues

increases. Why not make it one of your board's goals this year to set up a committee to review and update your unit's Standing Rules in other areas as well?

If you need assistance or if you can't find them perhaps, as we know this can happen, please contact the MT PTA Office at [ptamontana@rbbmt.org](mailto:ptamontana@rbbmt.org) or 628-9007.

And, do us and your future board members a favor, when you have updated your Standing Rules, mail or email us a copy too. Thanks!

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We have a lot of great things to accomplish in this community. Let's all put on a big smile and contribute to the greater good. Think about the golden rule and go through the months ahead trying to do for others what we would have for ourselves. Let's try to contribute by listening more about others and feeling less attachment to our own instinctive reactions and perspectives. When we take time to win friends and influence people by understanding them, we promote anti-bullying in a deeply profound way. Be thankful, be gentle, be blessed during the holiday season and through the new year.

*Val Heyneman*  
MT PTA Advocacy Chair

## Wishing you . . .



*As we approach the new year, we wish each of you a day of ordinary miracles. . .*

- \* *A fresh pot of coffee you didn't have to make yourself*
- \* *An unexpected phone call from an old friend, just to chat*
- \* *Green stoplights on your way to work or school*
- \* *The fastest line at the grocery store*
- \* *A good sing along song on the radio*
- \* *Your keys right where you look*
- \* *A day of peace, happiness, and joy!*

# 2011-2012 MONTANA PTA REMITTANCE FORM

**REQUIRED:**

Membership dues(\$5.50/member), insurance premium and submission of this completed form (including page 2) submitted by November 1, 2011 to remain in good standing.

Second required dues remittance-January 1, 2012 @ \$5.50/member.

Final required dues remittance date is April 1, 2012, @ \$6/ member

Unit Name: \_\_\_\_\_ Date: \_\_\_\_\_

Unit Address: \_\_\_\_\_  
(must be permanent PTA address with city and zip)

_____ Number of Members @ <b>\$5.50</b> per member =	\$ _____
<i>Dues become \$6 per member effective January 1, 2012!</i> (Attach unit's membership list when submitting dues)	
Liability Insurance premium \$50.00 due by Nov. 1, 2011 (required)	\$ _____
Fidelity Bonding Insurance – (optional, if selected remit by Nov. 1)	\$ _____
\$10,000 Coverage - COST \$ 90.00	
\$25,000 Coverage - COST \$105.00	
\$50,000 Coverage - COST \$131.00	
*See Fidelity Bonding Insurance information at the bottom of page 2	
Founders Day Contribution to Montana PTA (optional)	\$ _____
* ½ forwarded to NPTA; ½ kept by MT PTA	
Montana PTA Scholarship Contribution (optional)	\$ _____
*Scholarships provided for high school & college students entering a Teaching/Education field	
Montana PTA Honorary Life Membership Fee \$75.00 (optional)	\$ _____
*Must include Montana PTA Honorary Life Membership Form	
<b>TOTAL AMOUNT ENCLOSED</b>	<b>\$ _____</b>

**CHECK MADE PAYABLE TO: MONTANA PTA**  
 Mail check, this form and local membership list to:  
**SEG FEDERAL CREDIT UNION**  
**PO BOX 69, Laurel, MT 59044**

Unit Treasurer \_\_\_\_\_ Signature \_\_\_\_\_

Treasurer's Phone \_\_\_\_\_ E-Mail \_\_\_\_\_

MUST COMPLETE BOTH PAGE 1 AND 2 AND RETURN

## REQUIRED IRS REPORTING INFORMATION

**Required for the Montana PTA Internal Revenue Code 501(c)(3) non-profit group tax exemption; failure to comply with these new reporting requirements may result in revocation of your tax exempt status. All units are now required to file an annual IRS return (FORM (990N or 990EZ) on or before the 15<sup>th</sup> day of the 5<sup>th</sup> month following the unit's fiscal year end.**

This unit has gross receipts for the 2010-2011 school year of:

- Gross receipts under \$50,000 and properly filed FORM 990N on-line at [www.irs.gov](http://www.irs.gov) on \_\_\_\_\_ date. OR will be filed on \_\_\_\_\_ date.
- Gross receipts over \$50,000 and properly filed FORM 990EZ and Schedule A to the IRS on \_\_\_\_\_ date. OR will be filed on \_\_\_\_\_ date.

This unit's fiscal year end is: \_\_\_\_\_.

2010-11 Gross Receipts \_\_\_\_\_ 2010-11 Estimated Volunteer Hours \_\_\_\_\_

As required by MT PTA Bylaws, this unit is incorporated with the State of Montana \_\_\_\_\_ YES

As required by MT PTA Bylaws, this unit has completed an Annual Financial Review. \_\_\_\_\_ YES

Signature of PTA Officer verifying the above information: \_\_\_\_\_

Printed Name: \_\_\_\_\_ PTA Position \_\_\_\_\_

**Required Attachments:**

- Financial Review Report Form
- Copy of appropriate IRS FORM 990-N or 990EZ

### FIDELITY BONDING INSURANCE INFORMATION

Fidelity bonding insurance covers losses sustained by a PTA unit through any fraudulent or dishonest act or acts committed by any of the officers or members who are authorized to handle PTA monies acting alone or in conspiracy with others. Fidelity bonding insurance is not required in the PTA Bylaws, but is in the best interest of each unit's financial security.

**Unit must meet the following Fidelity Bonding Insurance Requirements:**

- ✓ **Unit completes an annual financial review by an Audit Committee or a qualified accountant**
- ✓ **Unit must complete a monthly review of the bank statements by a non-signer of the bank account(s)**

The amount of annual fidelity bonding coverage is determined by the unit's annual budget.

Annual Operating Budget	Optional Coverage
\$10,000 coverage	\$90
\$25,000 coverage	\$105
\$50,000 coverage	\$131

## 990N FILING — HAVE YOU COMPLETED YOUR RETURN?

Hey Treasurers, it is time again for you to file your annual 990 tax returns. The deadline to file is the 15th day of the 5th month after your tax year end. So, if your tax year end is June 30th, the deadline to file was November 15th. If you haven't already filed, don't panic. It is better to file now, than not at all. Try following the filing instructions below. If the system does not allow you to file, contact me at [treasurer@montanapta.org](mailto:treasurer@montanapta.org) for additional assistance.

The next question to ask yourself is whether your total receipts are *normally* \$50,000 or less. What that means is if your total receipts for this year are over \$50,000 only because of a onetime grant or fundraiser, then you can still file the 990N. If your total receipts are *normally* over the \$50,000 limit, you must file the 990 EZ. The IRS uses a 3 year average to determine *normally*.

Once you have determined that you can file the 990N you can continue. You will need your unit tax ID number. If you aren't sure what that is, just call the MT PTA

office.

To file the 990N, go to the IRS website at [www.irs.gov](http://www.irs.gov).

Choose the 3rd tab for Charities and Non-Profits.

In the center of the next page that appears, the 7th item down says: Form 990-N (e-postcard); filing electronic. Choose this.

In the new screen that opens, the 4th paragraph says: "Click here". Choose this. It will take you to a new web page called e-Postcard with the Urban Institute. This is where you do the postcard filing.

There are now 5 steps:

Register and get a Log-in ID. You will have to wait for a response from e-Postcard. They send you your login via email. This could take some time but my response time was almost immediate.

Once you receive your login, return to this site.

Now, create your 990-N by responding to the questions.

Submit by clicking the "submit" button.

You will receive an email from the IRS that your E-postcard has been accepted. Check your filing status page to view your filing. Print out a paper copy of your electronic filing at this time. Make sure you print out a copy to send to the MT PTA office or you can save a copy to your computer and email it to the office.

If you determine that you need to file the 990EZ, go to the IRS website and print out the 990EZ form and the Schedule A that goes along with the 990EZ.

As always, if you need help, email me or the MT PTA office. Good luck and Happy Holidays!

*Colleen Nichols*

MT PTA Treasurer



## BUILD MONTANA

Last month, the Montana Nonprofit Association (MNA) officially launched the Build Montana website. Build Montana is the first statewide online portal that makes it easy for Montanans to search for volunteer opportunities anytime and anywhere in the state. As a program of MNA, Build Montana also provides a place to search for nonprofits, learn about the impact of the nonprofit sector and make donations directly to organizations that are at work strengthening our communities.

Check it out today at [www.buildmontana.org](http://www.buildmontana.org)! Find a volunteer opportunity in your area or post an upcoming volunteer event for your organization.

**buildmontana**  
strengthening communities through nonprofit connections  
volunteer • give • learn • connect

## HEALTHY MONTANA KIDS

Healthy Montana Kids is the product of a ballot initiative from 2008. The initiative increased the income “ceiling,” expanding eligibility to thousands of Montana kids and teens up to age 19. And expanded eligibility was the most notable – although not the only – change that accompanied the initiative. It also removed the “asset test,” meaning a family’s assets, like a car, home or other property are not considered when determining eligibility. Unfortunately, there are still Montana parents who think their income is too high to qualify, or a child’s pre-existing condition could somehow exclude that child from the program. Other Montana families may think it’s difficult or even embarrassing to apply for a program like HMK. HMK covers most of the health care Montana kids need the most, including prevention and wellness services like well-child visits and immunizations and physical exams, including sports physicals. Office and emergency visits, hearing and vision screenings, dental services, mental health services and prescription drugs are also covered. While HMK provides health coverage for medical, dental and vision services to more than 75,000 Montana kids, to their parents the actual benefit may be something more. “So often, families tell me that HMK was a ‘lifesaver’ for them,” said Kristi Thatcher, HMK Outreach Specialist.

“We know it’s not easy to afford health care or medical insurance, especially as the state and the nation cope with the economy.” Thatcher said families often share stories about how they can’t afford to pay expensive insurance premiums or they’ve lost their benefits during layoffs. “These families are stressed enough without worrying about their children’s health care,” she said. “HMK provides some relief and allows parents to focus their energy on other things in life, like just enjoying their kids every day.”



### Healthy Montana Kids Income Guidelines

Family Size (including adults)	Family Annual Income (approximately)
2	\$36,775
3	\$46,325
4	\$55,875
5	\$65,425
6	\$74,975

*Children may be eligible for the Healthy Montana Kids Plan even if family income is more than the amount listed. There are income deductions for employed parents and dependent care expenses.*

## A Fresh concept in Fundraising!



### A Proven program to raise Money

PTAs and schools throughout Montana have used CITY BREW COFFEE as a very successful fundraising venue. We have now developed several different programs, to allow smaller schools to

participate. There are pre-sale programs, upfront ordering programs, and combinations of the two.

### Private labeling for individual schools

By putting the label on the coffee, we have found most schools and PTAs have had significantly higher results due to the novelty and clarity of where the funds are being used.

### Finally—a manageable product!

As opposed to so many products, coffee does not have concerns such as needing to be refrigerated or being kept warm and doesn’t have any breakage issues. Next to oil, coffee is the number one most traded commodity in the world! There

will be almost 10 million pounds of coffee consumed in Montana this year. People love to buy products that they know that they will consume.



“Enjoy Montana’s Own City Brew Coffee”  
www.CityBrew.com  
Net Wt. 12oz/340g

**For more details please contact  
Michael Taylor at  
406-534-3541 or 888-545-4675.  
Email: MichaelT@citybrew.com**

## MAKING BAKING HEALTHIER

As the holidays come upon us, many of us do more baking. However, recipes for baked goods often call for unhealthy ingredients. Here are some ingredient substitutions that can be used to lighten up your favorite cookies, cakes and other treats.

Instead of:	Use:
All-purpose flour	Whole-wheat flour for half of the called-for-flour
Butter, shortening, oil	Applesauce, yogurt, mashed banana, or prune puree for half of the called-for-fat
Cream cheese	Fat-free or low-fat cream cheese, low-fat cottage cheese
Sour cream	Fat-free or low-fat sour cream, plain fat-free or low-fat yogurt
Margarine	Trans fat-free butter spreads (choose one specially formulated for baking)
Salt	Reduce the salt by 1/2 for baked goods that don't contain yeast
Dry bread crumbs	Rolled oats or crushed bran cereal
Syrup	Pureed fruit, such as applesauce
Sugar	Reduce the sugar by 1/3 to 1/2 and add extra spices or flavoring such as vanilla extract



## board of directors

### ***President:***

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### ***Secretary:***

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**MONTANA CONGRESS OF  
PARENTS & TEACHERS ASSOC.**

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