

## Flathead County 4-H Camp July 22-26

Registration are due to Flathead County Extension by **Friday, July 5<sup>th</sup>, 2013**. All kids age 9-13yrs are eligible to join.

Fees = \$90.00 for existing 4-H Members, \$100.00 for all others

Download application at: [flathead.mt.gov/extension/downloads.php](http://flathead.mt.gov/extension/downloads.php)

Or Call the Extension office at 758-5553 for more information.



### Northwest Montana Fair Open House

Do you have questions about how to enroll for Fair events? Want to know the difference between open class and 4-H classes? Then you should come to the NWMT Fair open house! It will be held on **Tuesday, June 25th from 6-8:00 p.m. in the Expo Building**. All of the Barn Superintendents will be on hand to answer questions and help you with the enrollment process. If you'd like more information, please call the Fair Office at 758-5810.

# Spotlighting *Hand to Heart* Applicants...

All of the Hand to Heart Award applicants are leaders in their community. They've done such wonderful things to help others and we very much appreciate their service.



**Bailey Lake** loved her volunteer work on the cookbook committee, helping with the fair awards, helping at the leadership banquet, sharing her 4-H experience with others, and helping with the Interstate Exchange program. Baily does dance performances for the elderly and instead of having a birthday party, she put a team together to raise money for Alzheimer patients during the annual Walk for Alzheimer's awareness.

**Bethany Lyford** loves to volunteer at the Kreamery, work with the cows and answer any question people have about cows. Bethany teaches other youth how to handle cows and care for cows, and she's also worked with children with special needs to help them understand more about the dairy industry. Bethany has made fleece blankets for the elderly, veterans, the homeless, a family that lost their home to a fire, and for the diabetes program at the hospital. She also donates food to the food bank and donates dolls to Toys for Tots with blankets and clothes that she makes for the dolls.

**Cassidy Norick** loves to volunteer at the Community Kitchen in Columbia Falls serving meals. During Christmas Cassidy buys items and drops them off for people in need. She also helps with the afterschool program and cross country practice along with helping 40-60 youth every week at WOW. Cassidy is friends with a young man with autism and interacts with him regularly.

**Cheyenne Johnston** loves to volunteer at church by lighting candles, helping with the offering, and she participates in the Easter and Christmas programs. Cheyanne also raised money for people in Africa with Malaria and she volunteered as a runner for the Creston Auction to raise money. She made cookies and cookie trays to distribute to her neighbors, and she filled Easter Eggs for youth in her area.



**Kelsey Wright** loves to volunteer at church by raking leaves, helping in the Community Kitchen, donating and sorting clothes for charities, and making care packages for children in the hospital. Kelsey also visits the elderly in their home, walks for hunger and handed out candy in a parade.

**Kyla Johnston** loves to volunteer by doing yard work for others, model clothes to promote a local business, and sleep under nets to raise money for people in Africa who have malaria. Kyla serves her church by lighting the candles and putting them out, serving and cleaning up at church dinners, cooking & serving to raise money for a mission group, and she stuffed Easter eggs for her church and 4-H. Kyla has volunteered as a runner and served coffee at the Creston Auction. She's also baked cookies and made cookie trays, Christmas caroled and gave cookies to the elderly, and washed dishes for the Community Kitchen.



Working for the community by volunteering time, services or items requires a giving heart.

A BIG THANK YOU goes to all of our *Hand to Heart Award* participants for doing their part in making our community a better place to live.

# DARRELL FENNER Loon Lake 4-H CAMP GIVES THANKS!!



On Saturday, May 4, over 70 people showed up to “Clean the Camp” at the Darrell Fenner Loon Lake 4-H Camp in Ferndale. I believe this sets a new record, at least in current times, for the largest work group on a single day. There was no shortage of work to accomplish as one might expect at a Camp that sees hundreds of visitors each year.

Our 4-H Camp is a true jewel in the Flathead. Very few camps can rival what we have and we owe our gratitude to those from the past who had a vision and who took that vision to reality. It would be nice if the Camp never needed maintenance but that is not the deal and one or two folks cannot keep up—it takes a Team effort and on May 4<sup>th</sup> 4-H came through to put the Camp in ready condition for the Summer. It didn't pay well but the food was good and the pride of being part of such a great place makes it all worthwhile.

As the Chair-person of the Darrell Fenner Loon Lake 4-H Camp Council I want to say thanks to all who participated in the clean-up this year and to all of you who will keep our Camp in good condition in the years to come. Treasures like our Camp are becoming more and more rare and keeping them nice can pose a lot of challenges. Trees die, buildings age, bunks sag, fixtures break—keeping it all together to provide a wonderful camp experience takes the Team of all of you. Whether you support the Camp by cleaning it up or if you support it through donations or if you attend various camps, every 4-H'er and 4-H family should feel a great deal of pride in being a part of it all.

Thank you!

*Gary*

Gary Mahugh  
Loon Lake Camp Council Chair

*Mahugh Fire & Safety*



For anyone who is interested, dog training classes will begin **June 7, 2013** at 7:00 pm; 1892 Columbia Falls Stage Road, Columbia Falls. If your dog has already been to these classes the classes are free for that dog for the rest of the dog's life.

During the first class a video will be shown on dog care and training and Anni Sutkus will go over the equipment needed, so **no dogs at the first class please.**

Obedience classes will cover all of the basic commands. Dogs will learn how to meet friendly strangers and sit politely for petting. Distractions will be presented in class, such as having a goat walk through while the dogs are doing a “down, stay” or a “sit, stay.”

Classes are open to 4-H and the general public.  
Fees are: General Public - \$60.00; 4-H/F.F.A - \$25.00

**For more information and to sign up, call Anni Sutkus @ 892-5719**





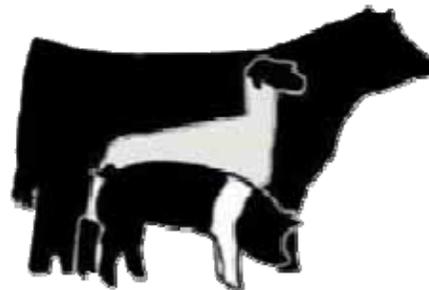
**ALL market livestock members must have their record books checked-off by their livestock leader or the Extension office between July 15 & August 1st. Drug Withdrawal & Commitment to Excellence Forms are due by August 1st. Don't forget to declare your market animal's tag number on that form when you turn it in.**

### Triple Livestock Showmanship Clinic

Showmanship is a BIG part of what happens at the fair. If you'd like to learn more about showmanship skills, plan to attend the *Triple Livestock Showmanship Seminar* at the Fairgrounds on **Monday, June 10th at 6:30 pm.**

There will be three separate clinics - all taking place at the same time: one for hog, one for beef and one for sheep. Basic showmanship and grooming your animal for show will be covered in each clinic. The seminars will be held in the older barns on the west side of the Fairgrounds. Lamb members are encouraged to bring their lambs to the clinic if they would like, but it's not mandatory.

### **DON'T MISS FLATHEAD COUNTY'S 2013 Agape' Classic - Junior 4-H Livestock Show**



**WHEN?**  
July 20, 2013; 8am

**WHERE?**  
Flathead County Fairgrounds

### **WHAT ELSE DO I NEED TO KNOW?**

Open to all 4-H, FFA & Jr. Association Members

Market Steers, Lambs & Hogs - \$20 per class  
Breeding Heifers & Lambs - \$20 per class  
Showmanship Beef, Lambs & Hogs - \$5 per class

Entry forms available at the Extension office. Call 758-5553 or email [extension@flathead.mt.gov](mailto:extension@flathead.mt.gov)  
For more information contact Inga Lake at 261-3807 or Julie Brubaker at 314-0175

## Little Chief Award - sponsored by Western Outdoor

The purpose of this award is to recognize an outstanding senior 4-H member who demonstrates Citizenship and Community Service. Winners must show evidence that they have acquired positive life skills through their activity record and stories. Winner receives a specially designed belt buckle. Applications are **due to the Extension Office by Wednesday, July 31st, 2013** and are available in the Extension Office or online at: [flathead.mt.gov/extension/downloads.php](http://flathead.mt.gov/extension/downloads.php)



## COMMUNITY SERVICE OPPORTUNITY

The Agency on Aging has invited 4-H members to join them in honoring Flathead Valley's older adults during the *Older American's Day Picnic* on **Friday, June 21<sup>st</sup>** in the Expo building at the fairgrounds.

What a wonderful community service opportunity for our 4-H members!! Intergenerational programs add so much value and significance to both young people and seniors alike, and everyone who participates will have a great time.

### There are two different opportunities to help...

The day before (Thursday, June 20<sup>th</sup>) the AOA will need a few drivers and some older kids who can help them to deliver and set-up. They will be working on this from around 8am-2pm, but you wouldn't have to spend the entire time there if that is too long. Any help would be greatly appreciated.

Then during the activity on Friday, June 21<sup>st</sup> from about 10am-2:30 they'll need 4-H members to help serve, work the sign-in desk and to assist with clean-up.

**If you or your club would like to be a part of this activity, please contact the Extension office as soon as possible: 758-5553.**

Thanks so much for all you do for the people in our community!



**CONGRATULATIONS!!!!  
Flathead County 4-H  
GRADUATES**

Name	4H Yrs
Guvanch Agjumayer	1
Katie Anderson	10
Cole Bauer	8
John Blouin	4
Bailey Brubaker	10
Sara Burch	8
Rachel Cloninger	3
Lillian Diegel	9
Kylee Gibson	9
Kyler Hartsoch	4
Charles McAllister	7
Koya Olson	12
Chance Ovnick	13
Kadin Prichard	11
Moriah Probert	12
Jessica Ream	8
Kelsey Reese	13
Ramon Saenz	4
Levi Schmid	13
Cody Seliger	7
Tyler Volkman	6



**Kalispell  
Creamery**  
INC.

**from moo to you**

**4th Annual Milk and Cookies Event**

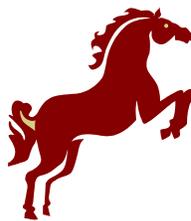
Kalispell Creamery and Hedstrom Dairy is hosting their 4th Annual Milk and Cookies

Open House on

Saturday, June 15th from 11:00 am-3:00 pm.

The open house is located at 400 Lost Creek Drive, Kalispell.

Bring your family for a day of cow exploration!



**Flathead County 4-H Horse Camp**

Was held on May 10th & 11th, 2013 at the Flathead County Fairgrounds with about 50 youth and 30+ adults in attendance.

**CONGRATUATIONS and MANY, MANY THANKS**

to those volunteer leaders who worked so hard putting the camp together. Without our 4-H Volunteers, our kids who love horses (and their families) would have missed out on such a great opportunity!!

Check out the flathead4h facebook page for pictures.

**4-H Horses**





## Upcoming 4-H Meetings and Special Events



### **Forums, Committees & Councils**

- **Ag/Livestock Committee Meeting:** *Thursday, June 6th at 5:30pm in the 4-H building on the fairgrounds.*
- **4-H Foundation Meeting:** *Thursday, June 6th at 6:30pm in the 4-H building on the fairgrounds.*
- **Horse Committee Meeting:** *Thursday, May 23rd at 6pm in the 2nd floor conference room of Earl Bennett Building.*

### **Upcoming Activities, Other Meetings & Due Dates**

- ◇ **Horse Cards due:** *June 3rd at Extension Office*
- ◇ **Cloverbud Camp:** *June 7-9 at Loon Lake 4-H Camp*
- ◇ **Triple Livestock Showmanship Clinic:** *Monday, June 10th at 6:30pm at Fairgrounds*
- ◇ **State 4-H Congress Registration due:** *June 7 at the Extension Office*
- ◇ **Dog Training Classes start:** *June 7 in Columbia Falls*
- ◇ **Interstate Exchange Meeting for existing & new members:** *June 11 at 6:00pm, 2nd floor Earl Bennett Bldg.*
- ◇ **Older American's Day Picnic:** *June 21 Expo bldg. on the Fairgrounds*
- ◇ **NWMT Fair Open House:** *June 25. 6-8pm Expo bldg. on the Fairgrounds*
- ◇ **Flathead 4-H Summer Camp Registrations DUE:** *July 5th, Extension Office*
- ◇ **State 4-H Congress:** *July 9-11 in Bozeman*
- ◇ **Record Book Check-Off for Market Livestock Project Members:** *Due to your leader or the Extension Office between July 15-August 1st.*
- ◇ **Agapé Jr. Livestock Show:** *July 20 ; 8am-Fairgrounds*
- ◇ **Flathead 4-H Summer Camp:** *July 22-26 at Loon Lake 4-H Camp*
- ◇ **Little Chief Award:** *Applications due July 31st, Extension office.*
- ◇ **Drug Withdrawal/Commitment Forms:** *Due Aug. 1, Extension office.*
- ◇ **End of Year Award Ceremony:** *Saturday, Sept. 7th in the Expo Building on the fairgrounds.*
- ◇ **State Horse Show:** *September 13-15; Majestic Arena. Sponsor RSVP forms due Aug. 10*





## MSU Extension Service – Flathead County

### Patricia McGlynn

Agriculture, Natural Resource & Community  
Development Extension Agent

### Tammy Walker

4-H & Youth Development Agent

### Dee Dryden-Cooper

Support Staff

### Nancy Roberts

SNAP Educator

### Linda Watters

Cherry & Grape Research Assistant

### Mailing:

800 South Main St.  
Kalispell, MT 59901

### Physical:

1035 1st Avenue West  
Earl Bennett Building 2nd Floor  
Kalispell, MT 59901

**Phone:** (406) 758-5553

**Fax:** (406) 758-5881

**Email:** [extension@flathead.mt.gov](mailto:extension@flathead.mt.gov)

**Web:** <http://flathead.mt.gov/extension>

### State Web Sites:

[www.msuextension.org](http://www.msuextension.org)

[www.montana4h.org](http://www.montana4h.org)

## SNAP Recipe of the Month



### Meal in a Package

Serving Size: 1 serving per packet

#### Ingredients:

Per person:

1 hamburger patty

1 potato, thinly sliced

1 carrot, thinly sliced

1 small onion, thinly sliced

2 tsp. Italian dressing or assorted spices

#### Directions:

Use a piece of heavy aluminum foil about a foot square. With shiny side up, put vegetables on foil.

Top with hamburger. Season with dressing or spices, salt and pepper.

Bring two edges of foil together at top and fold, making two folds.

Press edges together at top and fold it so it won't leak.

Place folded side up on hot coals for 20 minutes. Use long tongs to turn over. Cook 10 minutes more.

Eat right out of the package.

Can also be cooked in oven at 350 F. for 30 minutes.



#### Nutrition Facts Per packet

Calories 458

Total Fat 15g

Total Carbohydrate 52g

Dietary Fiber 6g

*Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.*

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