



# Plan to attend 4-H Camp!!

## July 18-July 22, 2016

This year's theme is **"Color Wars"**

For those Age 8-12yrs old (as of your age on Oct. 1, 2015)

Registration: \$110.00 for existing 4-H Members,  
\$130.00 for all others  
*\*scholarships available*



**Camp registration forms can be found on the  
county 4-H website at**

**[http://flathead.mt.gov/  
extension/downloads.php](http://flathead.mt.gov/extension/downloads.php)**

**Registration Due by  
Tuesday July 5th**



# Camp Counselors!!

Don't forget about upcoming camp counselor training sessions:

Wednesday, June 8 from 5:30-7:00pm *-under the grandstands*

Thursday, June 23 from 5:30-7:00pm *-under the grandstands*



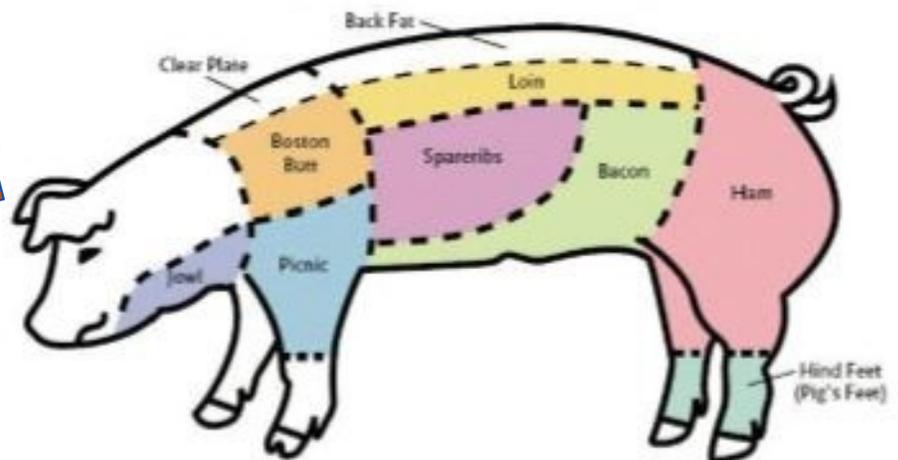
# CONGRATULATIONS!

**Flathead County  
4-H GRADUATES**

**Class of  
2016**

<u>FIRST NAME</u>	<u>LAST NAME</u>	<u>YRS IN 4-H</u>
Ellie	Broughton	4
Gabrielle	Cloninger	6
Luke	Comstock	8
Hank	Crenshaw	10
Matthew	Cronk	10
Michael	Hanson	11
Cody	Johnson	11
Natalie	Michael	3
Ocala	Muth	8
Jacob	Nelson	9
Oliva	Olson	3
Cassidy	Raelund	1
Nicolas	Ream	11
Michael	Seymour	1
Kylee	Skelton	1
Danielle	Skonord	12
Alexandra	Strouse	6
Harley	Todaro	9
Megan	Tutvedt	10
Matthew	Underhill	7
Christian	Vestal	8
KeAnna	Weber	3
Stephanie	Wilson	6

**Hey! Hog project members!  
Do you know your parts??**



# 4-H "Fowl" Play

Canoeing

Swimming

Games

Campfires



Family Time



Learning about birds

Crafts

**FUN!**

**4-H Cloverbud Camp**  
**June 10th, 11th & 12th**  
**Darrell Fenner 4-H Camp ☺ Ferndale**

*Share in the exciting adventures of Cloverbud Camp with your child!*

**Youth camper must be accompanied by a parent or guardian at camp at all times.**



-----REGISTRATION-----

Child #1's Name \_\_\_\_\_ Age \_\_\_\_\_ Male  Female

Child #2's Name \_\_\_\_\_ Age \_\_\_\_\_ Male  Female

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ County \_\_\_\_\_

Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Name of Adult Chaperone \_\_\_\_\_ Male  Female

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_ County \_\_\_\_\_

Phone \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Fee: \$120 for one youth camper and one adult . \$50 for each  
 Additional youth or adult. Full refunds before June 1.  
 1/2 refunds after. Call 406-676-4271 for more information.

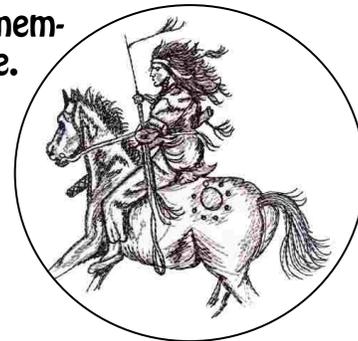


Send registration and fee to: MSU Lake Co Extension,  
 300 Third Ave NW, Ronan, MT 59864  
 Registration due June 1st.

## Little Chief Award - sponsored by Western Outdoor

The purpose of this award is to recognize an outstanding senior 4-H member who demonstrates exceptional 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 Thursday, July 28th, 2016 and are available in the Extension Office or online at: <http://flathead.mt.gov/extension/downloads.php>



# Community Service Opportunity



### Starting June 1, 2016 ALL Fair entries must be done online!!!

Some members may not have access to the internet or may not feel comfortable using the internet on their own. This provides an opportunity for 4-H members who have access to the internet and who are comfortable using the internet on their own to help those who don't or who aren't. Call the Fairground to coordinate this effort. Enter online at <http://nwmfair.com/fairbook/>

## ATTENTION!!

**ALL market livestock members** must have their livestock projects and ONE OTHER 4-H project up-to-date and checked-off by their livestock leader before Monday, August the 1st.

The *Drug Withdrawal & Commitment to Excellence* form are due to the Extension office by Monday, August 1st (same as fairgrounds deadline date for registering for fair).

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



# Make your plans to attend the 2016 Montana 4-H Congress!

**July 13-16 on the Bozeman campus** of Montana State University. Prepare to step back in time to the age of lords and ladies, knights and chivalry. Come and defend your county 4-H crest by participating in state contests, workshops, and many social engagements. Exciting new adventures have been arranged for you! The Congress schedule will include:

Opening speaker COMETRY ([www.cometry.org](http://www.cometry.org))

- Hands on workshops with a variety of topics to peak all of your interests.
- Scholarship and Awards Recognition.
- A 4-H Renaissance Fair with medieval games and activities.

Dances and Games to fill those evening hours with a dance workshop for those that want to work on their move.

**New state contests:** Videography & Career Communications. Also new scoring and guidelines for Fashion Revue, Demonstrations & Illustrated Talk and Public Speaking. Visit this page on the 4-H website and click "Congress Contests" to review all of the Contest guidelines. <http://montana4h.org/#program:1>

**Updated Age to Attend Montana 4-H Congress:** If you are 13, you need not wait any longer! Youth must be 4-H age 13-19 (13 on October 1, 2015) to attend Montana 4-H Congress.

Adult volunteers/parents please consider being a chaperone, this is a great event for you as well. Network with volunteers from across the state, meet with the Montana 4-H Foundation, learn about the 4-H Leaders Council and learn of youth and adult opportunities outside the county program.

To keep up with Montana 4-H Congress information like the Montana 4-H Congress and Montana 4-H Facebook pages and visit the Montana 4-H Website Congress page. [www.montana4h.org/#program:1](http://www.montana4h.org/#program:1).

**All interested Sr. 4-H Members who want to attend State 4-H Congress should have had a County presentations judged. All Flathead County State Congress delegates must have their Presentation judged and receive a blue ribbon at a county judging, before attending State 4-H Congress. For those who are requesting scholarship funds to attend, you will also need to plan to participate in a competitive event while at State 4-H Congress.**

**Review the State Congress handbook for information about the different competition platforms. Be sure to read all the State rules on the platform of your choice. These are the guidelines that will be used to judge your presentation .**

<http://montana4h.org/pub/files/handbook.pdf>



Montana 4-H Congress  
July 13-16 . MSU Bozeman

# Montana State University Extension Service 4-H AMBASSADORS

## Plug Into the 4-H Ambassador Program



**Attention All 4-H Members  
13yrs & Older!!!**

The new Ambassador year begins with State Congress in July!

### **BECOME ONE OF OUR FLATHEAD 4-H AMBASSADORS!!**

**What is a 4-H Ambassador??** - 4-H Ambassadors are official envoys, representative spokespersons of the 4-H Program. A 4-H Ambassador is a self-motivated, enthusiastic leader who promotes the 4-H program to fellow members, area residents, community leaders, elected officials and non 4-H youth. A 4-H Ambassador serves to strengthen the 4-H program through public relations.

Ambassadors receive training and demonstrate their skills in leadership, citizenship, and civic engagement through public presentations, life skill development workshops, and service learning projects. These youth exemplify the "learn by doing" credo of experiential learning and advance the 4-H motto, "to make the best better."

**What am I committing to as a 4-H Ambassador??** - There will be approx. 6-8 meetings a year with County 4-H Agent and Samantha Braaten. As a 4-H Ambassador, you will be expected to attend a few events and activities throughout the year. You won't have to do them all, but some of your options for participating



The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jeff Bader, Director of Extension, Montana State University, Bozeman, MT 59717

## HEY! Flathead 4-H Council... What's NEW with you?



### 4-H Council

During the May 26th Flathead 4-H Council Meeting, the following was discussed and determined:

- All clubs present participated in roll call by sharing some of the activities that they've been working on across the county. Those present constituted 40% of all 4-H clubs in the Flathead.
- Reports were given for Secretary; Treasurer; Foundation; Hog; Sheep; Horse; County & State Congress; Buyer's Breakfast and Interstate Exchange.
- At the fair last year we ran out of food at the Buyers Lunch at the Market Sale on Saturday so we are asked to remind everyone that those meals are provided for the **buyers only** not the 4-H members and their families.
- A booth was reserved at the Fair for this year and next year for scrapbooks and various items for the public to look at. Volunteers will be needed to man the booth Wednesday through Saturday 9am-9pm and 9 am—6 pm on Sunday.

The council is an open forum for any 4-H members or adults to attend. **Each club has two voting delegates.** When considering the ideal make-up of the voting body of our 4-H Council, it is recommended that each club send at least one voting youth and one voting adult representative to act on behalf of the club; however, if that isn't possible each club will still have two votes per club.

**See you on June 23rd at 5:45 in the 4-H Building on the Fairgrounds.**

## HEY! Flathead 4-H Foundation... What's NEW?



Hi Everyone!

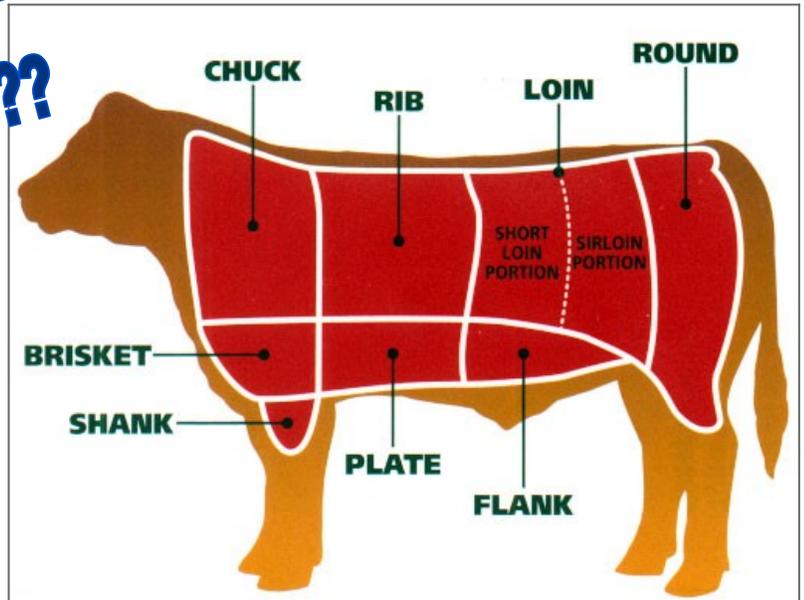
On Tuesday, May 24th the Flathead 4-H Foundation met and the following was discussed/determined:

- Treasurer's report was provided and the Media Committee provided a report.
- There was discussion on advertising and the different avenues to use.
- Discussions were made to set up a Foundation website. The Foundation reviewed proposals from two companies.
- A Communication Committee was formed to work on the website an advertising.
- The Foundation discussed the Fair booth reservations and the Council role.
- If you want to know more you are welcome to attend the meetings.

The next 4-H Foundation meeting is scheduled for **June 28th at 5:30** in the Extension office conference room.



**Hey! Beef project members!**  
**Do you know your parts??**



◇ **Hoof Trimming for Beef Projects:**  
*Saturday, July 23rd at the Fairgrounds at 1:00 pm. Cost is \$20 per head, a commitment is required. Contact Mike Twillmann with your commitment.*

### Upcoming 4-H Dog Project Opportunities

Another dog project meeting will be held on **Monday June 13th at 2:00 at the Flathead County Animal Shelter** at 225 Cemetery Rd. (1/4 mi. west of Hwy 93) in Kalispell. A tour of the facility and good information on licensing, et. will be provided.

**All Wednesdays, June-August at 9:30 am located at Lawrence Park** in Kalispell, Anything's Pawsable is providing 4-H lessons for \$5 per lesson, bring your dog.

**Starting July 5th and continuing to Fair**, Anni Sutkus will offer dog classes every Tuesday and Thursday. Times and locations to be announced. There will be a charge of \$10 for 4-H members to cover the classes.

**August 6th at 8:30 am, 4-H Dog Show located at Fairgrounds Trade Center**

**August 12th at 8:30 am, Open Class Fair Dog Show located at Fairgrounds Trade Center**

New dog project packets can be found on the county 4-H website at <http://flathead.mt.gov/extension/downloads.php>



# SAVE THE DATE!!

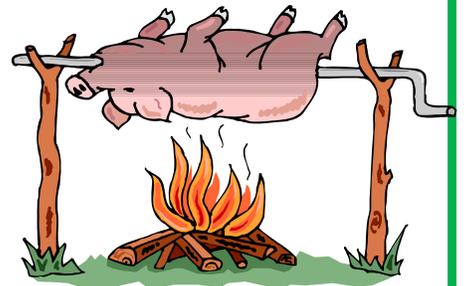
## 4-H Achievement Banquet

### Saturday, Sept. 17

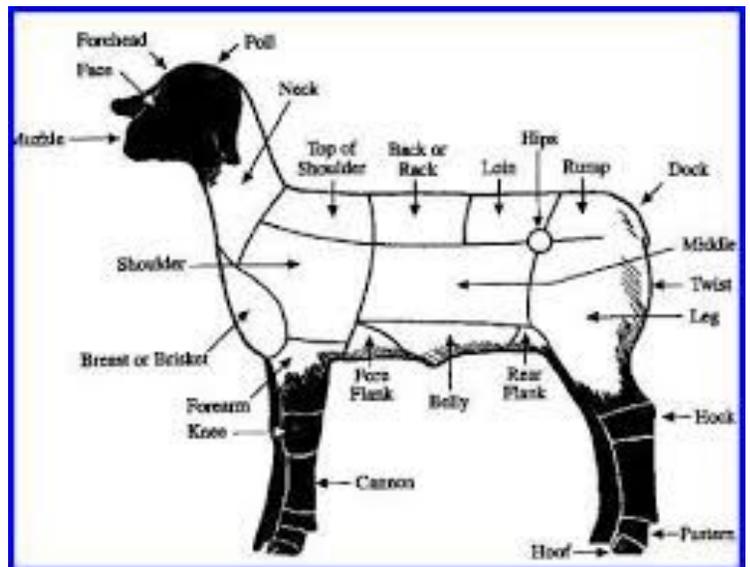
The 2015-2016 4-H Achievement Banquet will be held on Sat. Sept. 17th in the Expo building on the fairgrounds.



Plan to bring a few pot luck items and your entire family, and join fellow club members and volunteer leaders in support of all those who will be receiving awards.



**Hey! Sheep project members!**  
**Do you know your parts??**



# Proper Watering is Critical to the



EXTENSION

## Success of Your Plants!!

Too much water can be as harmful to your plants as not enough. Many people don't realize that roots of plants require oxygen. In between soil particles are tiny openings or spaces. In an ideal situation, these gaps should be filled with water and then alternately filled with air. If the spaces are filled with water all the time, there is no oxygen getting to the roots. If there is air between the spaces all the time, there is no water getting into the roots. The oxygen is needed to create the energy the plant uses to take up the water. It is easy to think that because a plant wilts, it needs more water. This is not always the case. If a plant is continually wet, the lack of oxygen to the roots will prevent the plant from using the water available. The roots begin to rot and the plant dies.

This is seen most often with houseplants in the winter when days are short and the weather is overcast. A houseplant can easily go 1 -2 weeks between watering during a NW Montana winter. The plant is essentially dormant.

In the spring, newly planted urns, window boxes and buckets of flowers often have a good deal of extra soil. This soil will hold surplus water. This means that your flowers or vegetables may only need watering every few days. By mid-summer, when the roots have filled the container, these same plants may need water twice a day.

There are some tips to helping keep your roots happy and healthy. The best way to see if your plant needs water is to lift the container. Feel the weight of it when it is wet and then when it is dry. Hot weather can also make a plant wilt. Don't be fooled into thinking it needs more water on the root system. Check it first.

Make sure your plants are always in containers that have a drainage hole in the bottom. When you water, water thoroughly. If it is an outdoor planter, wash the water through with a hose to keep fertilizer salts from building up. Then let the planter dry out. Don't put just a little bit of water on every day. Don't have more than two inches of extra soil around the roots of your indoor plants. Too big of a container holds more water than the plant can use. You can get away with extra soil on outdoor planters as long as you are conservative with the water early in the season. During a rainy spring, you may actually want to tent your planters to keep excess water from drowning your plants.

By mid-summer, many planters and container beds need watering at least once a day. Blossom end rot on tomatoes and potato scab are linked to inconsistent watering. If your planters get overly dry while you are away at work during the day in the hot sun, you may want to consider putting a timer on an irrigation system. While I'm talking about watering, don't water your garden using an overhead sprinkler. Use a drip or soaker hose. Overhead watering spreads disease in the garden, especially mildews and fungus.

Proper watering goes a long way to ensuring a successful relationship with plants. Being overly liberal with water is as detrimental as overly conservative. Eventually, most gardeners will be able to look at their plants and see if they need water by looking at the color of the foliage and/or very slight flagging. Best of luck and keep on growing!





# Upcoming 4-H Meetings and Special Events



## Forums, Committees & Councils

- **4-H Horse Committee:** *Tuesday, May 31 at 5:45pm in the Extension office Conference Room.*
- **4-H Ag Committee:** *Thursday, June 2 at 5:30pm in the 4-H Building on the Fairgrounds.*
- **4-H Council:** *Thursday, June 23 at 5:45pm in the 4-H Building on the Fairgrounds.*
- **4-H Foundation:** *Tuesday, June 28 at 5:45pm in the Extension office conference Room.*

## Upcoming Activities & Other Meetings

- ◇ **Fair Entry Begins:** *June 1st Online*
- ◇ **Horse Cards Due:** *June 1st*
- ◇ **Interstate Exchange Meeting:** *June 7, 6pm at the Fairgrounds*
- ◇ **Cloverbud Camp:** *June 10-12*
- ◇ **Hog Clinic:** *June 16, 6pm at the Fairgrounds*
- ◇ **Interstate Exchange:** *June 29, leaving for Ohio*
- ◇ **4-H Camp:** *July 18-22; Loon Lake Camp*
- ◇ **Boatman Sheep Showmanship Clinic:** *July 9*
- ◇ **NWMT Fair:** *August 14-20*
- ◇ See the body of the Newsletter for the rest of the dates and times of Activities and Meetings.

## REMINDER

Dee goes to lunch every day from 1-2pm, so many times the Extension office doors are locked during that time.



She also has occasional meetings for the county. If you need special accommodations or a guaranteed meeting with someone, please feel free to call ahead and make an appointment.

758-5553



I pledge my HEAD to clearer thinking  
 My HEART to greater loyalty,  
 My HANDS to larger service, and  
 My HEALTH to better living,  
 for my club, my community, my country and my world.



## SNAP Education



### A Nutrition Fact Sheet

#### FIBER

#### **What is fiber and why do we need it?**

Fiber is the part of plant foods that is not digested. Eating plenty of fiber-rich foods can:

Help lower your cholesterol.

Help control your blood sugar response.

Keep your digestive system running smoothly and prevent constipation.

Help you feel full after eating.

#### **Tips to remember:**

Drink lots of fluids to keep fiber moving through your body. Enjoy at least 6 to 8 eight-ounce glasses of fluids (preferably water) per day to avoid constipation.

Increase your fiber intake slowly over several weeks. This will prevent gas and bloating.

Start your morning with fiber by having a bowl of whole grain cereal like shredded wheat, bran flakes, or oat rings.

Check the nutrition facts label. Five grams or more of fiber is considered high.

Look for whole grain bread with at least 2 to 3 grams of fiber per slice.

#### **How much fiber?**

Health experts recommend that adults eat between 20 and 35 grams of fiber daily. They also suggest a balance of soluble and insoluble fibers.

**Soluble fiber** forms a sticky gel when mixed with liquid and acts as a scrub brush in the digestive system.

Examples: Eat fruits and vegetables with their edible skins on; dried beans, peas, and lentils; eat oatmeal often and also barley.

**Insoluble fiber** does not get digested.

Examples: eat brown rice instead of white; eat whole grain bread; eat a high-fiber whole grain cereal; snack on popcorn, dried fruits, raw veggies and nuts; eat plenty of vegetables such as celery, broccoli, etc.



**The Power of Fiber in Your Diet**

### MSU Extension Service – Flathead County

#### Patricia McGlynn

Agriculture, Natural Resource & Community Development Extension Agent

#### Temporarily Vacant

4-H & Youth Development Agent

#### Dee Dryden-Cooper

Support Staff

#### Nancy Roberts

SNAP Educator

#### Address:

1108 South Main Street  
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)

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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