



NATIONAL OCTOBER 6-12, 2013 4-H WEEK

Don't miss out on the chance to celebrate your 4-H pride this year with National 4-H Week...

Put your club in the spotlight by reaching out to local media, businesses and organizations and tell them all about 4-H.

A GIANT 4-H THANK YOU to all those who helped with the



2013 State 4-H
Horse Show.

It was
AMAZING!!
And we can't
wait to do it
again in 2014!!

Enrollment Process for 4-H Shooting Sports



4-H Shooting Sports

Learn By Doing

Anyone who wishes to register for 4-H Shooting Sports should go to the 4-H Building on the fairgrounds during one of the following dates & times: Saturday, Oct. 12 - between 12 & 4pm; or Saturday, Oct. 19 also between 12 & 4pm; or Thursday, Oct. 24 between 5 & 8pm.

Returning shooters (those who shot last year) – whether you already know you're shooting time or not, **you need to also go by the fairgrounds** during one of the times listed above and complete your enrollment paperwork and pay your 4-H enrollment dues.

ALL SHOOTERS - new & returning ~~ when you go to the fairgrounds to enroll during one of the times listed above, plan to pay your 4-H dues (\$15) and shooting fees (\$24 for all 12 weeks). You will also need to sign release forms so be sure to bring a parent or guardian. *Kids do not have to attend but parents & guardians must attend in order to sign forms. Attached are some of the enrollment forms. If you'd like, you can print these off and bring them with you to one of the above sign-up sessions.*

ALL SHOOTERS - new & returning ~~~ there will be a 2013-2014 shooting sports orientation meeting on **Nov. 18th at 7pm**. All members should plan to attend in order to receive updated information regarding the new shooting year. (Location to be determined)

Call the Extension office if you have any questions. —758-5553

4-H Projects



NEW 4-H Project Club

“Flathead Farmers Back to Basics”



Now accepting up to 10 members, age 10 and older to join in the *Back-to-Basics* classes!

Subjects to be covered: *Sewing; Cross-stitching; Embroidery; Crocheting; Quilt-making; Darning socks; Woodworking; Cooking; Baking; Event planning; Animal husbandry; Gardening; Canning and more!*

Participants will supply their own materials & supplies for each of their projects.

Meetings will take place on the fairgrounds in the 4-H building on the 2nd and 4th Sunday of each month from 2:00 to approx. 5:00 pm.



To sign up, contact Bobbi Grende bagofherbs@centurytel.net or Tomi Todaro at tngacres@gmail.com, or call Bobbi directly at 844-6066.

Market Livestock Buyer “Thank You” - Have you thanked your buyer?

The success of the Livestock Sale depends on the kindness of community businesses and individuals and it's important that we thank them for their generosity. If you haven't already, you can pick up your photo for your buyer's thank you at the Extension Office. Once a member delivers a “thank you” photo/gift to their buyer, they must return the confirmation form to the Extension Office by December 2nd.



If you received an award during the award ceremony on September 7th, please remember to send a thank you to your award sponsor. Every award received has a sponsor who deserves your THANKS!!

New 4-H Small Beef Project

The Flathead 4-H Foundation is introducing a new educational program around the *Small Beef* industry. We are working to build the county framework for this project and our goal is to have it up and going for the 2013-2014 4-H year.

Would you be interested in joining us on an ad hoc basis to discuss the framework and future goals of the small beef program?

If so, please feel free to reach out to me right away. In order to offer the 4-H members the best guidance possible in this coming market year, we will need to have our program thoroughly structured as of November 1.

If you are unable to offer your services on an ad hoc basis, but are still interested in helping us to promote this new program, please send me an email to that effect and I will share your insights with our committee members.





4H Intro to Computer Programming

New 8wk Intro to Programming class starts in November

Dates of classes are: Nov. 14, Nov. 21, Dec. 5, Dec. 12, Dec. 19, Jan. 2 and Jan. 9th, 2014.

Participants will learn to program by creating games with the Python programming language. Python is simple but powerful programming language that is FREE to download and use. It is used by such companies as Google, NASA, Walt Disney Studios and the Dow Jones company.

No programming experience is necessary.
Computers will be provided.

Must be 13 years old on October 1st.
Must be able to attend all of the classes.

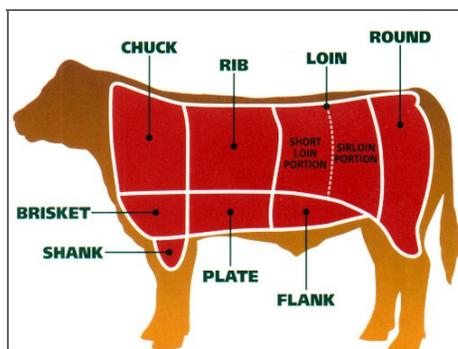
All meetings will be held on the 3rd floor of the Earl Bennett Building (where the Extension office is housed) **from 6:00-7:00pm.**
Only 8 spots available. - Call the Extension office to register: 758-5553

BEEF SEMINAR

There will be a beef seminar for those planning to take a steer to the fair on **Weds. November 13th at the 4-H building on the fairground from 6:30-8:30pm.**

All beef project members, parents & leaders are strongly encouraged to attend, but those who are taking the beef project for the 1st time **MUST** attend.

If you're even thinking about taking a beef project (but aren't sure yet) and this is your first time, be sure you attend this meeting



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.

Club Treasury Reports Due to the Extension Office Nov. 1st

All club treasury forms need to be signed by the treasurer and by two other individuals from two different families to certify that the records are correct. Please call the Extension Office at 758-5553 for any questions.



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State Web Sites:

www.msuextension.org

www.montana4h.org

SNAP Recipe of the Month



Sweet Cherry Pie

Prep Time: 40 min

Cook Time: 35 min

Ready In: 2 Hours 15 min

Servings: 6

Ingredients:

2 cups pitted fresh dark sweet
cherries (Bing or Lambert)

1/3 cup bottled cherry juice

¼ tsp. almond extract

1/3 cup brown sugar

1/3 cup white sugar

¼ cup all-purpose flour

1 pastry for a double crust 9" pie

1 TBSP butter, cut into small
chunks



Directions:

Preheat oven to 425F

In a bowl, mix the cherries, cherry juice, almond extract, brown sugar, white sugar, and flour until the sugar has dissolved; allow to stand while you prepare pastry dough, about 15 minutes.

Line a 9" pie dish with a pastry crust, and fill with the cherry filling; sprinkle small chunks of butter over the filling. Top with the remaining crust, and crimp the edges to seal; cut several steam vents into the top crust with a sharp paring knife.

Bake in the preheated oven until the cherry filling is bubbling and thickened and the pie crust is browned, 35 to 40 minutes. Allow to cool before serving.

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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