

**merry  
CHRISTMAS  
and  
happy  
new year!**

2015 Flathead County 4-H Foods Fair

**4-H Bakin'  
In the Barn  
Kalispell Center Mall**



At the 4-H Foods Fair, 4-H members show off their best culinary skills and 4-H clubs from across the county come together to compete for "best display."

Everyone is welcome to join the fun!! Even if you don't make anything, come out and see us!!

**Saturday January 31st**

*Everything in place by 9:00, Judging Begins at 9:30*

*You can make one or two items, but each needs to come from two different categories below (other than adults & cloverbud). Entry forms can be found on county website.*

1) Main Dishes	2) Soups/Stews/Chowders	3) Cloverbuds	4) Side Dishes
5) Salads	6) Appetizers	7) Gluten Free	8) Cookies
9) Beverages	10) Pies	11) Other Desserts	12) Baked Cakes from Scratch
13) Decorated Cakes/Cupcakes	14) Yeast Breads	15) Quick Breads	16) Snacks
	17) Candies	18) Adults	

## 2015 4-H Legislative Breakfast

The **2015 Montanans for 4-H Legislative Breakfast** is scheduled for **January 19 & 20**, and you're invited to come along! This is a great opportunity for the 4-H community to reach out to our elected officials and thank them for their state-wide support of 4-H, and all 4-H members are encouraged to attend.

Our lead volunteer for this event will be Sue Schmidt (**THANK YOU Sooo MUCH, SUE!!**).

We will all leave town around noon on the 19<sup>th</sup>, attend the planning dinner in Helena at 6pm that evening and then have breakfast with our legislators the next morning. Afterwards, our group will tour the capitol and the Montana Historical Society, then return home by about 5pm on the 20<sup>th</sup>.

**Please contact the Extension office asap at 758-5553 or email [tammy.walker1@montana.edu](mailto:tammy.walker1@montana.edu) if you're interested in attending.**

If so, we'll need to know the following:

- How many from your group will be attending?
- Their ages (if youth)? And if you're going to need any financial assistance to help pay for your expenses: Hotel accommodations at the Red Lion Colonial will be \$97.29 for one night. Dinner on the 19<sup>th</sup> and Breakfast on the 20<sup>th</sup> will be \$31.00.



## 2015 Winter Teen 4-H Camp

# WINTER CAMP

**Teen Camp Dates:** February 13-15, 2015 (Friday-Sunday)

**Times:** Camp starts 6 PM on Friday, ends at 9 AM on Sunday

For youth Age 13 & older (as of Oct. 1, 2014)

**Registration Deadline:** Friday, January 21, 2015

**Loon Lake 4-H Camp - Ferndale, MT - COST: \$65.00**

**Activities include** fun workshops, private pool and gym party at the athletic club, karaoke, dance, and more. Forms can be found online at: [flathead.mt.gov/extension/downloads.php](http://flathead.mt.gov/extension/downloads.php)



# Master Gardener Enrollment Now Open

The MSU Flathead County Extension office will be holding the 2015 Master Gardener Level One class every Thursday from January 15 through March 5. Classes will be held in Kalispell in the Earl Bennett Building from 3:00-5:00pm. Topics covered include: lawn care and maintenance, tree pruning, seed starting, container growing, vegetable gardening, soil fertility, lawn care, plant physiology and fruit production.

The cost of the class is \$185.00. This includes the new Master Gardener handbook, a binder of additional handouts and a \$50.00 deposit that will be refunded once the student has completed their community service project. This works out to roughly \$10.00 a class. \*scholarships available

Please complete the registration form on our website [www.flathead.mt.gov/extension](http://www.flathead.mt.gov/extension) (under downloads). A deposit of \$50.00 will hold your space. Payment in full will be expected by January 6, 2015.

## Citizenship Opportunity for those 14yrs & older *Citizenship Seminar: February 21-23, 2015*

This fun event is designed to educate, inspire and showcase outstanding 4-H youth as they learn and experience the rights and responsibilities of citizenship. Delegates participate in a mock trial, create and debate bills, meet with elected officials, participate in a service learning project and find out first-hand what it means to be a public servant and representative of the people. Application deadline to for all participant forms and submission of their bill is **February 1, 2015.**

The 2015 Montana 4-H Citizenship Seminar is scheduled for **February 21-23, 2015** in Helena. This CIA (citizenship-in-action) event is designed to educate, inspire, and showcase outstanding Montana youth as they learn and experience the rights and responsibilities of citizenship.

**Place:** Helena, Montana

**Dates:** Saturday, February 21 at 2:30 p.m.—Monday, February 23 at 9:00 p.m.

**Fees:** \$70 registration fee

Email: [tammy.walker1@montana.edu](mailto:tammy.walker1@montana.edu) or call 758-5553 for more info.





**ALL animal projects receive 15% off related products!**  
 This discount is good from the start of your animal project, through fair time. Steer, Hog, Lamb, Horse, Rabbit, Chicken, Goat, Llama etc... stop by CHS to sign up for your discount card when your project animal starts. Call Dallas @ CHS for details 406.755.7427

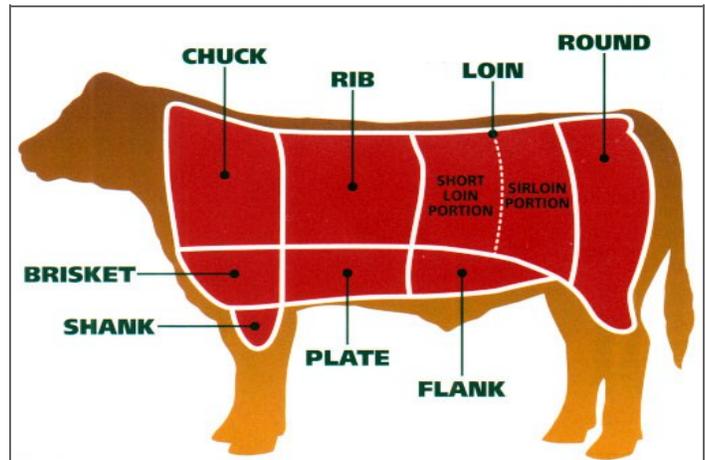
## Champion of Champions Jacket program

Sign up for the Payback feed program, receive a free T-shirt, and be eligible to win a FREE Champion Jacket if your market Steer, Hog, Lamb, or Goat wins Grand or Reserve Champion.



### GIFT WRAPPING AT MURDOCH'S

During the holiday season, many clubs participate in gift wrapping at Murdoch's as a fundraiser. If your club would like to take part, please call Chris Scott at 261-9454 to reserve your club's spot.



### Beef Tagging & Weigh-in

The 4-H beef weigh-in & tagging will be on **Saturday, December 6th** from 10:00-12:00 at the Fairgrounds.

Mr. Bay will also be weighing and tagging beef projects on **Friday the 5th** at the FFA vo-ag building from 3:45-6pm. You can attend either opportunity, but please call Mr. Bay at 471-6762 if you're planning to go on the 5th.



**ATTENTION**  
**Cloverbud Parents!**

# CL<sup>VER</sup>BUDS

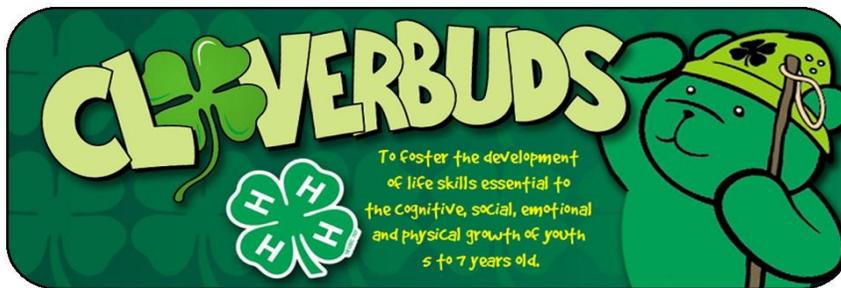
“Cloverbuds” are kids 5-7yr olds who do fun 4-H stuff!

All Cloverbud parents are invited to a special planning meeting to discuss our new  
**County Cloverbud Club.**

We will meet at 5:30pm on January 6th in the little 4-H building on the Fairgrounds.

This first meeting will be for parents so they can talk about things (but kids can come too).

**Come Join us!!**



For more information, call our 4-H Extension Agent

Tammy Walker at 758-5552 or

Email: [tammy.walker1@montana.edu](mailto:tammy.walker1@montana.edu)



Flathead County 4-H is seeking

## Theater Arts Instructors

4-H would like to offer a beginning to intermediate level Theater Arts class to Flathead County 4-H members. Are you willing to volunteer?  
Great people and great opportunities!



### Instructor led course – YOU design the class!

- Design your own curriculum or use 4-H curriculum
- Create your own schedule
- Decide how many students per class
- Decide how often to meet
- Work with great kids and supportive parents

### More information:

Tammy Walker  
4-H & Youth Development Agent  
MSU Extension, Flathead County  
1108 South Main, Suite #4  
Kalispell, MT 59901  
[tammy.walker1@montana.edu](mailto:tammy.walker1@montana.edu)  
(406) 758-5552 phone

### Fully supported by 4-H (upon background clearance)

- Insured location
- Curriculum provided, if desired
- Eager students



# SAVE THE DATE!! - July 20-July 24, 2015



## Flathead County 4-H Camp

For those Age 8-12yrs old (as of your age on Oct. 1, 2014)

Apply by going to the county 4-H website at <http://flathead.mt.gov/extension/downloads.php>

Fees: \$110.00 for existing 4-H Members, \$125.00 for all others  
*\*scholarships available*

## **Accepting 4-H Camp Counselor Applications NOW!!**

Apply by going to the county 4-H website at <http://flathead.mt.gov/extension/downloads.php>

In the 4-H section you'll see the "camp" file. Click on that for the "Camp Counselor" application. Print, complete and submit to the Extension office before March 16.

## **2015 Camp Dates: July 20-24**

### **Camp Counselor Planning Meeting Dates:**

*\*\*Counselors are expected to attend the following planning meetings*

- Thursday, April 23rd - 5:30-7:30pm
- Tuesday, May 5th - 5:30-7:00pm
- Thursday, May 21st - 5:30-7:00pm
- Thursday, June 12th - 5:30-7:00pm
- Tuesday, June 2nd - 5:30-7:00pm
- Thursday, June 18th - 5:30-7:00pm
- Tuesday, July 14th - 5:30-7:00pm



Counselor Applications must be completed & returned to the Extension Office by **Monday, March 16, 2015.**

All applicants will be interviewed sometime during the week of March 23-27 and will be notified of their standing by the 2nd week of April.

**Counselors must be at least 13yrs old by Oct. 1, 2014.**

The fee for campers for the week is \$110. Counselors will have this fee waived; however, in the event that a counselor is dismissed due to disciplinary action, he/she will be expected to pay this fee in full. Newer counselors will be paired with more experienced counselors in order to obtain continued training. Adult counselors will also be present at all times.



## 2015 4-H Interstate Exchange Spaghetti Supper & Dessert Auction



### Friday, March 20th, 2015

**WHERE?** - THE FAIRGROUNDS —\*\*NEW LOCATION

**WHAT TIME?** - Dinner starts AT 5:30pm, auction starts at 6:00pm

**WHO SHOULD ATTEND?** - EVERYONE is invited and encouraged to attend. This event is open to all our friends & family, so invite everyone you know!

*The 4-H club with the highest percentage of member attendance will win \$50 towards a club pizza party.*



**WHAT HAPPENS AT THIS EVENT?** - A bunch of really awesome folks come together and fellowship with longtime & new friends as 4-H kids serve up a great spaghetti supper. We talk, laugh, eat, then we auction off some of the most AMAZING pies, cakes, cookies, candies and more. It's a TON of fun so don't miss it!!

**IS THERE A COST?** - Tickets are \$6 each or \$20 for a family of 4 and will be available for purchase starting in March.

*All proceeds go toward hosting 4-H members from other states and sending 4-H members from the Flathead to different states. All with the goal of making new 4-H friends, obtaining life-skills, exchanging thoughts & ideas and creating lifelong memories.*



## 4-H Shooting Sports

*Learn By Doing*

### Flathead County 4-H Shooting Sports Invitational

**When?** Jan. 24, 2015 - shooting starts at 9am

**Where?** Grandstand Building on the Fairgrounds

\$10.00 per Discipline if Entry Form Postmarked by January 20, 2015  
\$2.00 late fee for entries postmarked after this date!!!

Each competitor must complete a written entry form to compete in this match. Forms can be found on the county 4-H website at:  
<http://flathead.mt.gov/extension/downloads.php>



## Upcoming 4-H Meetings and Special Events



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

- **Ag/Livestock Committee:** *Thursday, Dec. 4th at 5:30pm in the 4-H Building at the fairgrounds*
- **Flathead 4-H Foundation:** *Thursday, Dec. 4th at 6:45pm in the 4-H Building at the fairgrounds*
- **Horse Committee:** *Mon, Dec 1 at 5:45pm at the Extension office.*

### **Upcoming Activities & Other Meetings**

- ◇ **NEW Cloverbud Club meeting:** *January 6; fairgrounds*
- ◇ **Interstate Exchange Mtg:** *Thursday, January 29 at 6pm on the 3rd floor of Earl Bennett Bldg (Health Dept).*
- ◇ **Legislative Breakfast:** *January 19 & 20*
- ◇ **Shooting Sports Invitational:** *January 24*
- ◇ **Foods Fair:** *Saturday, January 31 in place by 9:30, judging at 9:30 am at the Kalispell Center Mall.*
- ◇ **Winter Teen Camp:** *Friday, February 13–Sunday, February 15 at Darrell Fenner 4-H Camp in Loon Lake.*
- ◇ **Citizenship Seminar:** *February 21-23*
- ◇ **Interstate Exchange Spaghetti Supper & Dessert Auction:** *Friday, March 20*
- ◇ **Rec Lab:** *March 27-29*
- ◇ **Beef weigh-in:** *Saturday, Dec. 6 & Monday, April 13.*
- ◇ **Hog tagging & weigh-in:** *Monday, April 27.*
- ◇ **Horse Camp:** *May 1-3.*
- ◇ **Loon Lake Camp Clean-Up:** *May 9.*
- ◇ **Sheep tagging & weigh-in:** *Monday, May 18.*
- ◇ **State Congress:** *July 7-10 in Bozeman.*
- ◇ **Flathead 4-H Camp:** *July 20-25*
- ◇ **NW MT Fair:** *August 15-22.*



**The Extension office will be closed from  
Dec. 24th – Dec. 26  
and from  
Dec. 31 – Jan. 2nd, 2015**



### 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

#### 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)

## SNAP Recipe of the Month



### Lazy Lasagna

Cooks in 1 hour Serves 12

#### Ingredients:

2 cups lowfat ricotta cheese  
12 oz. uncooked whole  
wheat lasagna noodles  
1 cup lowfat cottage cheese  
2 TBSP dried parsley  
1 cup grated lowfat mozzarella  
1 tsp chopped garlic or ¼ tsp  
garlic powder  
cheese  
4 cups spaghetti sauce  
1 pkg. frozen broccoli or spinach  
¼ cup Parmesan cheese



#### Directions:

Spray a 9x13 inch pan with nonstick coating. Mix ricotta cheese, cottage cheese, parsley, and garlic.

Pour 1 cup of spaghetti sauce in the bottom of the pan. Layer 1/3 of the noodles in the pan so they touch but do not overlap. Spread ½ of the ricotta cheese mixture over the noodles. Add frozen vegetables if desired. Top with ½ the mozzarella cheese. Top this with 1 cup of sauce, 1/3 of the noodles, and the remainder of the cheese mixture, vegetables(if used), and the rest of the mozzarella cheese. Add another cup of sauce, another layer of noodles, and the remainder of the sauce.

Sprinkle with Parmesan cheese. Cover tightly with aluminum foil and bake at 350 F for 1 hour.

#### Nutrition Facts:

Calories	240	Carbohydrates	22g
Total Fat	7g	Sugars	4g
Cholesterol	25mg	Protein	20g
Sodium	340mg		

*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.*

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