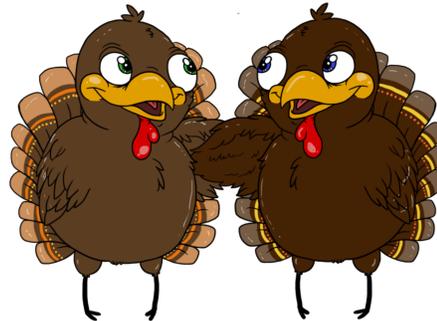


FROM ONE TURKEY TO ANOTHER,
HAPPY THANKSGIVING!



The MSU 4-H Extension office will be closed Nov. 11th, 28th & 29th.



Additionally, we will be relocating our office to 1108 S. Main St., which is directly south of the building that we're in now. Anticipated time of move is sometime in Nov. or early Dec. During the move all office operations will be shut down until everything is set-up in our new place. The county will do the physical moving of boxes, but we will have to pack ourselves. SO... if you love to pack and want to help, we would LOVE to have you!! Once we know our actual moving date we'll let everyone know.

**Thank you so much for your
patience during this time!!**



Project Interviews

If you completed your project/record books for the 2012-2013 4-H year and your leader has signed-off on your work, you are eligible and encouraged to take part in *Project Interviews*. Interviews are given by 4-H volunteer leaders who are excited to hear about your projects highlights and accomplishments.



You can pick-up a one-page *Project Interview* application in the office or on our website at flathead.mt.gov/extension. Please turn in your application by November 4th to the Extension Office. Interviews will be held at the Country Kitchen on the Fairgrounds on Thursday, November 7th from 3:00-6:00 pm. After submitting your application Dee will call you and give you an appointment time.

Dress appropriately for an interview and be sure to have your project books with you.

Please call the Extension Office if you have any questions.

4-H Projects



Shooting Sports Update



4-H Shooting Sports

Learn By Doing

ALL NEW SHOOTERS ~~~

If you do NOT belong to any other 4-H club in the valley (only doing shooting sports as your 4-H project), and this is your first year in the program, one adult from your family is expected to attend a **MANDATORY Shooting Sports 101** meeting on the fairgrounds on **Monday, November 4th from 6-7pm** in the small 4-H bldg. If you already belong to another 4-H club (in addition to shooting sports), you are welcome to attend this meeting for new families but it is not mandatory.

ALL SHOOTERS - new & returning ~~~

There will be a mandatory orientation meeting on **November 18, 2013 at 7:00 p.m.** in the Country Fair Kitchen on the fairgrounds.

We will be setting up the range on Tuesday November 19, 2013 starting around 5:30 p.m. If you are interested in helping, please bring a cordless drill with a phillips head bit and be ready to assemble the range. If your child has a shooting time on Thursday, their first shooting time will be on Thursday November 21, 2013. If they shoot on Mondays, then their first shooting time will be Monday, November 25, 2013.

WE WILL NOT SHOOT ON THANKSGIVING!!!

If you are unsure of your shooting times and/or if you still need to pay your dues and sign release forms, please contact Kristi Davis right away. Kristi Davis—Shooting Sports Coordinator; 406-253-4303.

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



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.



SAVE THE DATE!!



2014 Winter Teen 4-H Camp

Teen Camp Dates: February 14-16, 2014
(Friday-Sunday)
For youth Age 13-19

Loon Lake 4-H Camp - Ferndale, MT

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.

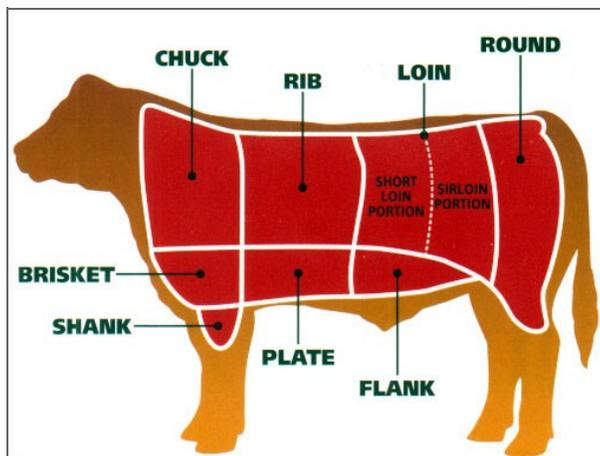


BEEF SEMINAR

There will be a beef seminar for those planning to take a steer to the fair on **THURS, Nov 14th** 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



Club Treasury Reports

Were due to the Extension Office on October 11th

The form was included in the leader's club enrollment packets and is also available on our website. The form needs to be signed by the treasurer. It also needs to be signed by two individuals from two different families to certify that the records are correct. Please call the Extension Office at 758-5553 for any questions.

FOODS FAIR PLANNING MEETING



There will be a Foods Fair planning meeting will be held on **THURS, Nov 14th** at the 4-H building on the fairground from **5:30-6:30pm** (same night and place as beef seminar, but an hour earlier).

If your club is planning to participate in foods fair (or thinks that there's even a chance that they will be participating), please send a representative from your club to this meeting.

2014 State 4-H Horse Show

*ATTENTION 2014 State 4-H Horse Show Fans!
You have an opportunity to design the official
2014 State 4-H Horse Show book cover*

Entries must be original artwork received in the Flathead County Extension Office postmarked no later than **April 11th**. Entries should include original artwork and the 4-H clover and the year 2014 should be included in your design. Please complete the form below and send it along with your submission to:

Flathead County 4-H Extension
800 South Main Street (mailing)
1035 1st Avenue West, 2nd Floor (physical)
Kalispell, MT 59901
tammy.walker1@montana.edu
(406) 758-5553 phone

Contestants must be 4-H members in the State of Montana, and all entries must have a parent's signature. The winner will be notified by phone after April 30th. All designs will be displayed at the Horse show and the winning design will be used as the official 2014 State 4-H Show design. There is no limit on entries per person. Entry forms can be downloaded from the county website at: www.flathead.mt.gov/extension/downloads.php

Need help paying for 2014 State Horse Show? We can help!

If a sponsor submits a donation with your name, you can deduct 10% of the donation off of your registration and class entry fees. ******PLEASE NOTE:** *You'll still need to pay for stall fees, BBQ, camping and/or clothing expenses that you accrue.*

For example, if you solicit \$1000 in donations, you will receive \$100 credit toward your registration & class fees. If your fees only total \$78, the balance may be applied to immediate family members. Credit balances cannot be used for extended family members, but they can be used within immediate families for siblings.

go to: www.flathead.mt.gov/extension/downloads.php for forms

We recommend you write your name & phone number on the sponsor form before handing it to them. That way you'll be sure that section is completed correctly. Once received, we will mail the sponsor a receipt and give you a call letting you know how much you can put toward your registration & class fees.

**Many businesses budget their donations at the beginning of the year, so now is the time to start talking with folks.



All 4-H horse project members must attend at least one county horse seminar before August to be eligible for competition.

UPCOMING HORSE SEMINARS

Feb. 24 — 7pm
Equine Nutrition

Call Chris Scott for more info:
261-9454

March 9
Showing A Step Up
more info to come

April
*Problem-Solving Through
Ground Work*

April
Working Ranch Horse

May 9-10
Horse Camp

More clinics TBA later...



Upcoming 4-H Meetings and Special Events



Forums, Committees & Councils

- **Horse Committee Meeting:** *Tuesday, Nov. 26 at 5:45pm in the 2nd floor conference room of Earl Bennett Building.*
- **Ag/Livestock Committee:** *Thursday, Dec. 5 at 5:30pm in the 4-H Building at the fairgrounds*
- **Flathead 4-H Foundation:** *Thursday, Dec. 5 at 6:30pm in the 4-H Building at the fairgrounds*



Upcoming Activities & Other Meetings

- ◇ **Shooting Sports New Member meeting:** *Monday, November 4th at 6:00pm in the 4-H Bldg on fairgrounds.*
- ◇ **4-H Project/Record book Interviews:** *Thursday, Nov 7th from 3-6:00pm in the Country Kitchen on Fairgrounds.*
- ◇ **Shooting Sports ALL MEMBER Orientation:** *Monday, November 18th at 7pm in the Expo Bldg on the Fairgrounds.*
- ◇ **Foods Fair Planning Meeting:** *Thursday, November 14; 4-H Building on Fairgrounds from 5:30-6:30pm.*
- ◇ **Beef Seminar:** *Thursday, November 14; 4-H Building on Fairgrounds from 6:30-8:30pm.*
- ◇ **Shooting Sports Certified Leader Training:** *Friday, November 30th & Saturday, December 1st on the Fairgrounds.*
- ◇ **Beef tagging & weigh-in:** *Saturday, December 7; Fairgrounds from 8:30-10:30am.*
- ◇ **Winter Teen Camp:** *Friday, February 14—Sunday, February 16 at Darrell Fenner 4-H Camp in Loon Lake.*



Beef Tagging & Weigh-in

The 4-H beef weigh-in & tagging will be on Saturday, December 7th from 8:30—10:30 at the Fairgrounds.



MSU Extension Service – Flathead County

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Tammy Walker

4-H & Youth Development Agent

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Email: extension@flathead.mt.gov

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

State Web Sites:

www.msuextension.org

www.montana4h.org

SNAP Recipe of the Month

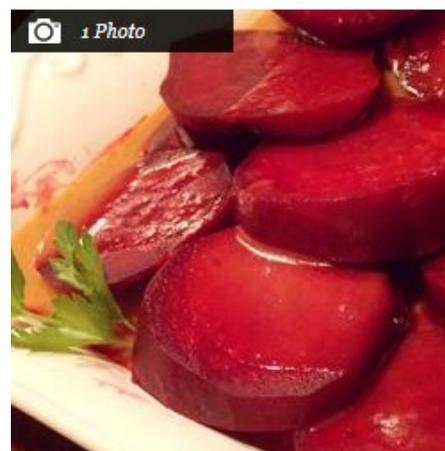


Thanksgiving Day Beets

Makes 4 servings

Ingredients:

2 lbs. beets, peeled & sliced
½ tsp. cinnamon
3 TBSP brown sugar
¼ tsp. nutmeg
3 TBSP vinegar
¼ tsp. ground cloves
¼ cup water
2 TBSP butter
1 TBSP cornstarch



Directions:

Place the beets into a large saucepan.

Pour in enough water

to cover them by 1 inch. Bring to a boil over high heat, then reduce heat to medium-low, cover and simmer until beets are easily pierced with a fork- about 10 minutes.

Whisk together the brown sugar, vinegar, water, cornstarch, cinnamon, nutmeg and cloves in a saucepan. Add the beets and butter, turn the heat up to medium and cook, stirring constantly until mixture comes to a boil. Cook until sauce thickens slightly, about a minute or two. The sauce will not be sticky-thick, but will still pour nicely. Serve beets hot or cold.

Nutrition Facts:

Calories 199	Carbohydrates 34g
Cholesterol 15mg	Fat 6.2
Fiber 6.6 g	Protein 3.8g
Sodium 222mg	

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, Jill Martz, Interim Director of Extension, Montana State University, Bozeman, MT 59717