

4-H Parent & Leader Training



This training is for all 4-H Leaders and any parents/teen leader (14yrs & older) who would like to learn more about Flathead County's 4-H program. Each class will cover the same material, so you'll just need to sign-up for the one that works best for you.

WHEN

**Tuesday, October 16, from 4:30-6:30pm,
Thursday, October 18 from 6:00-8:00pm,**

or

Monday, October 22 from 5:00-7:00pm

***All classes will cover the same materials so you only need to attend the one that works best for you.*

*Email tammy.walker1@montana.edu
or Call 758-5553 to sign-up*

WHERE

Classes will be held at the Earl Bennet Building in Kalispell on the 2nd floor where the Extension office is located.

 **NATIONAL**
OCTOBER 7-13, 2012
4-H WEEK

National 4-H Week is October 7-13, 2012 and we are asking all clubs to take part in this event. This year's theme is "Join the Revolution of Responsibility." For years, area clubs have asked businesses if they could use a window to display information about 4-H. You may list information about joining your club as well as joining 4-H in general. The National 4-H website has a promotional toolkit that all clubs may use as well, and their site is www.4-H.org.

What is the 4-H Revolution of Responsibility? It's a movement for positive change in every community in America. 4-H youth are a living breathing, culture-changing revolution for doing the right thing, breaking through obstacles and pushing our country forward by making a measurable difference right where they live. That takes uncommon commitment.

JOIN | THE REVOLUTION  OF RESPONSIBILITY

Enrollment Process for 4-H Shooting Sports

EXISTING SHOOTING SPORTS MEMBERS

In order to ensure that they have a placing on the shooting sports team, **returning members** need to register during one of the times below.

When: Saturday, October 6th, 1:00-4:00 pm **or**

Saturday, October 20th, 1:00-4:00 pm

Where: 4-H Building on the Fairgrounds

A legal guardian must be present to sign release forms and select shooting times. \$10 dues will be collected.

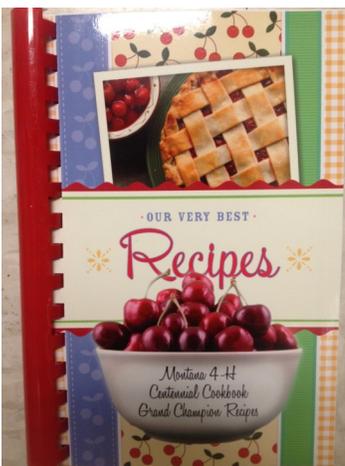


THOSE INTERESTED IN JOINING

For those of you who are **NEW** to shooting sports (*not enrolled last year*) and are interested in joining, please email tammy.walker1@montana.edu the following: *your name, your child's name, child's age, phone number, and what discipline they would like to participate in- rifle or archery.* Once received, your name will be placed on a waiting list. After re-enrollment concludes on October 20th, the shooting sports club will calculate how many spots are available for new people. At that time, the shooting sports leaders will notify you of your eligibility.

FOODS FAIR PLANNING MEETING

The first Foods Fair planning meeting will be held on Tuesday **October 23rd at 6pm in the 4-H building** on the fairgrounds. 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.



Flathead 4-H Foundation Grand Champion Cookbooks

Can be purchased at the Extension Office or from club leaders for \$10.00 — all proceeds go to the 4-H Foundation to help support county 4-H programs.

Makes a great gift during the holidays!

Nuisance Insects



This time of year, insects and spiders of all types will try to move into your house to prepare a nest for the winter. Right now, I know I have box elder bugs and leaf footed bugs trying to get in through my screens and under my weather stripping. These insects overwinter in the house and in crevices in the siding. Spiders will be looking for a place to hide inside and Asian lady beetles can be seen clustering along windowsills. Most of these insects are not harmful to humans; they are more of an annoyance.

Tightening screens, applying weather stripping to doors and windows and screening vents can help alleviate the problems of insects in your home. Check doggie doors and other openings for insect traffic.

Montana has very few dangerous spiders. The giant house spider and the hobo are in the same family. They have identical webs and movement. A microscope must be used to examine the underside of the abdomen to tell the difference. The hobo can be brought in with firewood or on clothing. Most often people are bitten when they roll over on a spider or put their foot into a shoe that has become a spider home. Spiders do not stalk humans. Only about 5% of the spiders brought to the extension office are hobos. If the spider is outside, let it be. They are usually eating insects that would harm plants. If it is in the house, remove it and then put down sticky traps under the edge of furniture. Do not spray insecticides. Insecticides are designed to kill insects – six legged creatures. Spiders are arachnids and not killed by insecticides. You will end up eradicating their competition for food thus increasing their numbers. If you must spray, make sure it is a chemical created for spider control.

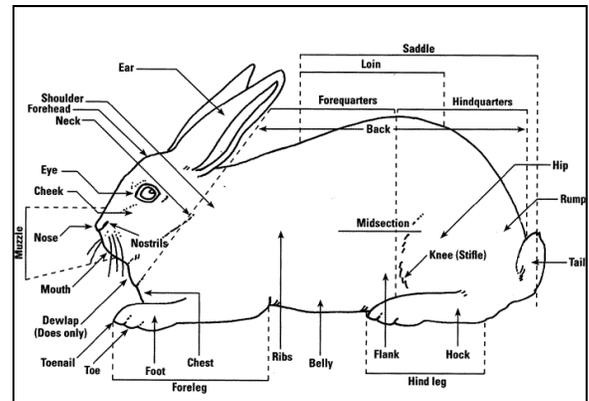
Anything that has been in your pantry over the summer should be checked for larder beetles, granary weevils and ants. These insects tend to be a nuisance in the warm weather. They can be found in flour, dried beans, rice, raisins and cereals. Keep food products in glass or plastic airtight storage containers. Insects can chew through plastic bags easily.

Carpet beetles can infest upholstery and clothing in closets. They are small and entirely black. Now is a good time to take carpets and curtains out for one last shake before you batten down the hatches for winter. Most household insects can be controlled by sweeping and vacuuming. The majority have wandered in, have no food supply and will eventually die. We should be grateful for our winters that prevent serious infestations.



Upcoming Rabbit Showmanship Clinic

4-H member Lilly Diegel will be offering a Rabbit Showmanship Clinic on Thursday, October 11 from 6 to 8pm at the floriculture building on the fairgrounds. The clinic will cover basic, intermediate & advanced rabbit showmanship, taught by Lilly, a prior Round Robin Champion with multiple Rabbit Showmanship Champion awards. Everyone is welcome to join, even if they're just starting to become interested in the rabbit project. Call 871-8997 if you have any questions.



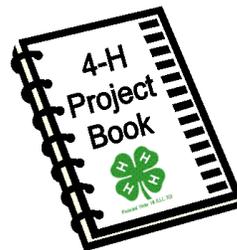
CONGRATULATIONS Wendy!!

Congratulations and **THANKS** goes to Wendy Morris, Organizational Leader for the Trail Blazers and Flathead Foundation President.

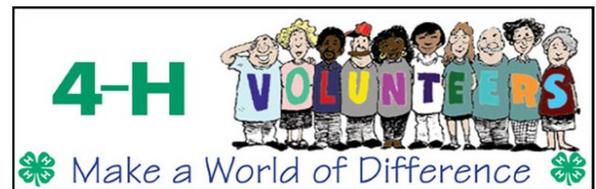
Wendy was selected as the 2011-2012 District 1 recipient of the Montana 4-H Tribute to Volunteer Excellence award. Recognition for this award will take place at the Montana 4-H Leadership Forum in Billings on Sept. 29th. At that time, Wendy will receive a framed certificate and a 4-H Program cash award for \$100 to be utilized to support a 4-H event/activity/organization.

Project Interviews

If you have completed your project/record books for the 2011-2012 4-H year, and your leader has placed a gold seal on your cover page and signed-off on your record book, 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. All participants in project interviews will receive an award indicating they have gone through this process of growth.



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 to be interviewed by November 5th to the Extension Office. Interviews will be held in the Earl Bennett Building (1035 1st Avenue West, Kalispell) on the third floor on Wednesday, November 7th and Thursday, November 8th from 3:00-6:00 pm. 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.





Upcoming 4-H Meetings and Special Events

Forums, Committees & Councils

- **AG/ Large Livestock Committee Meeting:** *Tuesday, October 2nd at 5:30 pm at the 4-H Building on the Fairgrounds.*
- **Horse Committee:** *Tuesday, October 2nd at 6:30 pm at the 4-H Building on the Fairgrounds.*
- **Food Fair Planning Meeting:** *Tuesday, October 23rd at 6:00 pm at the 4-H Building on the Fairgrounds.*

Upcoming Activities & Other Meetings

- ◇ **Records and Workbooks:** *Should be turned into your club leaders by September 30th. Independent members are required to turn in records to the Extension Office.*
- ◇ **PBS Montana 4-H Documentary Screenings:** *Thursday 10/4 at FVCC—7pm.*
- ◇ **Rabbit Showmanship Clinic:** *Thursday 10/11 at fairgrounds from 6-8pm.*
- ◇ **Shooting Sports Registration:** *Saturday 10/6 & 10/20 from 1-4:00 at the 4-H building on the fairgrounds.*
- ◇ **Leader Training:** *Tues, Oct 16th from 4:30-6:40; Thurs, Oct 18 from 6:00-8:00 & Mon, Oct 22 from 5-7pm in the EBB where Extension office is located. Call the Extension office and sign-up for a class.*
- ◇ **4-H Project/Record book Interviews:** *Wednesday Nov 7th & Thursday Nov 8th from 3-6:00pm in the EBB where Extension office is located. Registrations are available in the Office or online.*



If you received an award during the award ceremony on September 22, please remember to send a thank you to your award sponsor. Every award received has a sponsor who deserves your THANKS!!

Club Treasury Reports

Due to the Extension Office no later than October 31st

The new 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.

Market Livestock Buyer "Thank You" Procedure Following the Sale

**Don't forget to thank your buyers.
IT'S IMPORTANT!!**

Once a member delivers a "thank you" photo/gift to their buyer, **they must return the confirmation form to the Extension Office by December 3rd.**



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State Web Sites:

www.msuextension.org

www.montana4h.org

SNAP Recipe of the Month



Orchard Fruit Crisp

Yield: 8 servings • Serving: ½ cup

4 cups peeled, sliced apples or 1 29-ounce can sliced peaches in light syrup or juice, drained

½ cup quick or old-fashioned rolled oats

⅓ cup all-purpose or whole wheat flour

⅓ cup granulated or brown sugar

1 teaspoon ground cinnamon

¼ teaspoon salt

¼ cup cold margarine or butter, cut into chunks

Optional: ¼ cup dried cranberries, raisins, or chopped nuts



1. Wash hands.
2. Preheat oven to 375°F.
3. Grease or spray bottom of an 8-inch round or square pan.
4. Spread sliced apples or drained peaches over bottom of pan.
5. Stir together oats, flour, sugar, cinnamon, and salt. Cut in margarine using a pastry cutter, knives, or by squeezing through your clean hands. (The smaller the chunks, the easier it will be to spread on the fruit.) If desired, add dried fruit or nuts.
6. Sprinkle flour mixture over fruit.
Bake, uncovered, for about 25 minutes or until topping is golden and fruit is bubbly.

This is a way to use less-than-perfect apples.

PER SERVING: CALORIES 149 • FAT 6 G • PROTEIN 2 G • CARBOHYDRATE 23 G • FIBER 2 G

Reprinted from Iowa State University Extension "Food and Fun for Healthy Families: 2008 Nutrition Calendar"

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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