

# CL<sup>VER</sup>BUDS

Hey All 6-8 yr. Olds!

Make plans to attend Cloverbud Camp!

## 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.

**JOIN | THE REVOLUTION OF RESPONSIBILITY** 

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-----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 \_\_\_\_\_

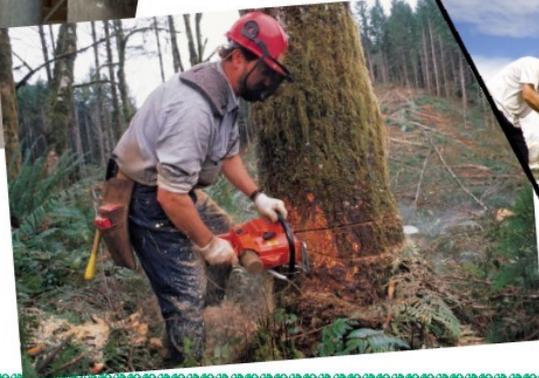
Phone \_\_\_\_\_

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.



**4-H CAMP CLEAN-UP DAY & POTLUCK  
DARRELL FENNER Loon Lake 4-H CAMP  
SATURDAY, MAY 7, 2016 - 10:00am**

The camp will provide beverages and burgers for lunch. Plan to bring a pot luck item and we'll meet around 10:00 am. Don't forget to bring chainsaws, shovels, rakes, wheel barrows, leaf blowers, shop vacs, gloves, hammers, screwdrivers and any other useful tool for the job.

We will supply any needed building materials.

Please CALL the Flathead County Extension Office and let us know how many are in your group so we can plan for lunch — 758-5553

All Flathead County 4-Hers who attend camp clean-up day will qualify for a 25% camp registration discount.

*If you're coming in from out of town and would like to stay one night at the camp, please contact the Flathead Extension Office asap and we'll help with accommodations.*

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



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

**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, start working on your presentations NOW!!**

**County presentations will be judged on May 23 at 6pm in the 4-H Building on the Fairgrounds. 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 county presentation on May 23rd.**

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

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

During the April 28th Flathead 4-H Council Meeting, the following was discussed and determined:



4-H Council

- 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 84% of all 4-H clubs in the Flathead. **CONGRATULATIONS** Flathead 4-H Council. You're really growing!
- Reports were given on Foundation; Hog; Sheep; Beef; Horse; Dog; County & State Congress; Buyer's Breakfast; Membership; Interstate Exchange and Awards Banquet.
- Senior 4-H Members who wish to attend State 4-H Congress must first be judged at the county level. County presentations will be heard on May 23rd in the 4-H Building on the Fairgrounds, starting at 6pm. See previous page for more details.
- The Montana Royal jackpot show will be given \$100 to help support their efforts in helping live-stock education and showmanship experiences.

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 May 26th at 5:45 in the 4-H Building on the Fairgrounds.**

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



Hi Everyone!

On Tuesday, April 26th the Flathead 4-H Foundation met and the following was discussed/determined:

- Tammy Walker, MSU Extension Agent, presented on "Necessary Stages of Organization Development" and she shared some of the training that Certified 4-H Leaders receive.
- Frank Sutton was voted into the last board member seat for "existing 4-H leaders." Only one board position left and it's for an outside 4-H member.
- A 100yr Centennial planning committee reported on a multitude of updates and ideas for our upcoming 100yr Centennial in 2017. See our new centennial logo above.
- We NEED your recipes for our Flathead Centennial Cook Book. **SUBMIT RECIPES NOW!!** (see next page)
- There will be a full two-page Centennial advertisement and fund raising form in every fair-book that is printed this year, with 8000 addition copies of the two-sided sheet printed. We're going to need everyone's help getting these in the hands of donors.

The next 4-H Foundation meeting is scheduled for **May 24th at 5:30** in the Extension office conference room.





# 4-H Camp is Coming!!

## July 18-July 22, 2016

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 web-  
site at  
[http://](http://flathead.mt.gov/extension/downloads.php)**

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



## Camp Counselors!!

Don't forget about upcoming camp counselor training sessions:

**Saturday, May 7 Loon Lake 4-H Camp - after camp clean-up from 1:00-3:00pm**

**Thursday, May 26 from 5:30-7:00pm -under the grandstands**

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

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

**4-H Horse Clinic**– Body clipping & hoof trimming demo. Sunday, May 15, 2016 at 2pm located at 358 Smith Lake Rd, 4 miles west of Kalispell. Call Frank Sutton at 756-7760 or 471-0236 for questions or directions.



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

# CL<sup>VER</sup>BUDS

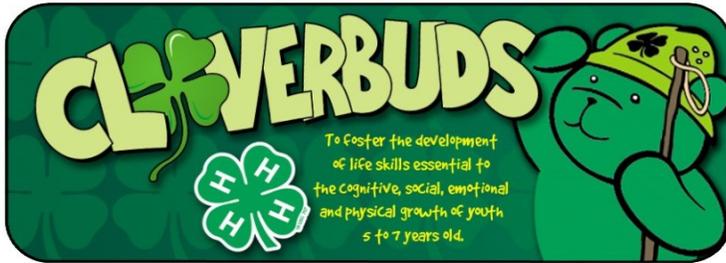
“Cloverbuds” are 5-7yr old kids who do fun 4-H stuff!

ALL 5-7yr olds who would like to be a 4-H Cloverbud are invited to join our monthly Cloverbud meetings in the **Expo Building** on the Fairgrounds. Meetings will take place from 5:30-7pm on Thursday, March 17, April 28 & May 26.

**\*\*This year there will be a supply fee of \$3 per person, per meeting; due at the start of each meeting\*\***

**So mark your calendars, grab \$3 and Come Join us!!**

*You're welcome to bring food if you wish to eat during the meeting.*



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)

## **Upcoming 4-H Dog Project Opportunities**

There will be a dog project meeting on **Thursday May 19th at 5:30 in the 4-H building** on the fairgrounds. Dog groomer Judy Johnson will be giving a presentation.

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.

**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.

Open class dog show will still be at the Fair with possible changes. There is no 4-H dog show this year at the Fair. The 4-H Dog Committee and 4-H Council are working on a 4-H Dog Show outside of the Fair. We will keep you informed.

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



# SAVE THE DATE!!

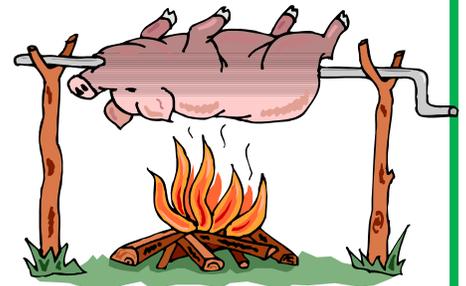
## 4-H Achievement Banquet

### 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.*

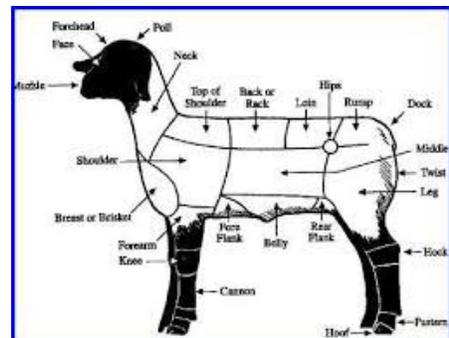


### Livestock Quality Assurance, Seminars, Tagging & Weigh-ins

All 4-H members doing livestock projects must attend LQA **once as a junior and once as a senior** (Jr. members = 8-12; Sr. members = 13-18 as of Oct. 1, 2015). LQA trainings are combined with species seminars.



Lamb tagging & weigh-in =  
Monday, May 16th ~ 5:30-7:00  
Location: Fairground



# 4-H Livestock Tagging & Sale REMINDERS

*Livestock members, you are responsible to know these...*

In order to sell your steer, hog or lamb at the NWMT livestock sale, 4-H members must be in good standing in a club and they should be working closely with their club's 4-H livestock leaders. If your club is having trouble meeting the needs of your livestock members, please reach out to me so that I can get you some help. Livestock projects are a big investment for families and for our community, so it's really important that we all do what we can to help ensure success.

This year there has been a slight change to how families declare their back-up animals.

In all cases, members may tag up to 2 animals in their project. For example: 2 hogs, 2 sheep and/or 2 beef (you *can tag two but can only take one animal.*) At tagging you must declare which animal is your primary and which is your secondary animal. This needs to be clearly stated on the ear tag form. For ex: If a family has 5 children they are able to tag 2 hogs for each child; however, if they cannot afford 2 for each, they can tag fewer. Whether they tag two for each child or fewer, every child will need to decide who is going to use which back-up hog.

On paper, it'll look something like this:

<u>Name</u>	<u>Primary</u>	<u>Secondary</u>
Wendy Hogkid	465	460
Luke Hogkid	462	460
Matt Hogkid	461	463
Joe Hogkid	464	463
Krissy Hogkid	466	467



**\*\*In this scenario there are 5 kids in the family. Each has a primary hog and there are 3 back-ups. Each must now choose who will use which primary AND which back-up hog as their project hog (s). This choosing needs to be done on or before tagging day.**

*In the scenario above, if Wendy doesn't take #465 she can take #460 but if she does, Luke MUST take #462 (he cannot take Wendy's primary #465 and he cannot take any of the other back-up hogs).*

*If Krissy takes #466, no one can take 467 (Krissy was the only one who declared 467 as a back-up, **so it cannot be shared with anyone else**).*

*If #464 dies after the hog replacement date, Joe can take #463. Matt will then not have any back-up to choose from.*

The purpose of this requirement is to maintain the educational goal of helping our members to wisely choose their livestock at the beginning of the project. We also want them to dedicate themselves to no more than two market animals in any given species. Members must care, feed, exercise, and complete records on both their declared primary and declared back-up. If something happens to both their primary and their back-up projects, the member then has the opportunity of learn from an unexpected experience that did not turn out as planned. *(a life lesson that we all have to deal with at times)*

Please don't hesitate to call me if you have any questions.

Tammy Walker  
4-H Extension Agent  
758-5552

## Did you Know?.....

The Flathead County Extension Office brings resources from Montana State University to the residents of Flathead County in the form of educational outreach conducted by locally-based MSU faculty. This is offered in an unbiased, research-based process, and is provided in direct response to identified needs. The result is a dynamic cycle of timely and relevant knowledge, resources and support to help Flathead County residents meet new challenges, make informed decisions and take action to improve their own quality of life. Flathead County Extension staff members continuously strive to help supplement support funds by obtaining grants whenever possible. At this time the Extension Office consists of 2 FTE Extension Agents, 1 FTE Administrative Assistant, and one grant-funded .75 FTE Supplemental Nutrition Education Assistant. The primary work focus of the office is 4-H Youth Development, Agriculture, Community Development and Natural Resources.

## Extension Office Objectives.....

### 4-H and Youth Development

4-H programs focus on positive youth development while providing leadership, citizenship and life skills education. Enrolled youth in the program, through individual and/or club participation, gain self-reliance in mastery, belonging, independence, generosity and teamwork, with an emphasis on providing a safe, inclusive environment.

Extension also coordinates a thriving 4-H Volunteer Leader program by organizing resources while recruiting, training and advising volunteers. Programs include supervision with support, motivation and volunteer recognition. A robust Adult Leadership base is an essential objective for program success.

### Supplemental Nutrition Assistance Education

Supplemental Nutrition Assistance Program (SNAP) ED assists in direct education with youth and adults in adopting better food choices and active lifestyles to support and encourage a healthy future. Adult audiences consist of individuals and families who are eligible for SNAP, WIC or commodity food assistance. Starting in 2016, the SNAP Educators are helping to implement a pilot program called Smarter Lunchrooms in area public schools to help with better food choices in the cafeteria.

### Agriculture, Natural Resource and Community Development

Extension designs programs to protect the environment through educational trainings for homeowners and farmers. Proper identification of insects and diseases and management recommendations reduce the amount of pesticides used on gardens, lawns and crops.

- Extension provides educational resources such as books and Montguides or factsheets created by Montana State University on hundreds of topics ranging from gardening, livestock production, forestry, lawn care and food preservation based on scientific research.
- Extension supports healthy lifestyles. The Extension Agent bolsters the local food network established in Flathead County by working with vegetable and fruit growers, schools, community gardens, food banks and farmers markets. The agent is also a certified Good Agriculture Practices trainer that is qualified to help farmers meet federal standards of food safety.

Extension conducts agriculture research that expands economic opportunities for land owners. New varieties, innovative crops and unique markets are presented to area producers as opportunities to increase profits. Educational seminars are delivered to help real estate agents sell property, farmers retail their harvest and homeowners increase the value of their property through proper landscaping.

One of the primary goals of the Flathead County Extension office is to offer the highest quality and most impactful educational programming possible, while simultaneously maintaining conservative stewardship practices. As an example of this effort, the Flathead County Extension office is ranked 54<sup>th</sup> out of 54 in per capita contributions from the county, with \$1.33. The average per capita county contribution for Extension offices across the state is \$17.72. This means that the Flathead Extension office is offering county-wide programmatic efforts while utilizing only 7.5% of the average county contributions that other Montana county offices receive. Additionally, when considering citizens per Agent, Flathead County is ranked 53<sup>rd</sup> out of 54 with 45,451 citizens per Agent. In contrast, the average citizens per County Agent in Montana is 9,876; which means that the Flathead County office staff is supporting approximately 460% more citizens per Agent than other county MSU Extension offices.



# Here's a snapshot of some trends taking place at the Extension Office.....



EXTENSION

## Flathead County Extension Office Performance Measures & Workload Indicators

### Performance Measures

Measure	Actual FY 2014	Actual FY 2015
1 . Youth enrolled in Flathead 4-H program	1,169	1,162
2 . Adults registered as Certified 4-H Volunteers in the Flathead	196	165
3 . Number of 4-H participants w ho report "live in tow n"	319	519
4 . Number of 4-H participants w ho report "live out of tow n"	850	653
5 . Number of homeschool members w ho use 4-H curriculum to supplement their education	104	93
6 . Average number of years Flathead adult volunteers continue to lend their support and leadership as Certified 4-H leaders	5.13	5.00
7 . Provided educational training for private pesticide applicators	45	45
8 . Provided certification for Weed Seed Free Forage producers	23	0
9 . Provided Horticulture Workshops	385	963
10 . Provided Weed Educational Programs	421	400
11 . Conducted Private Consultation to Land Ow ners	2,012	485

### Workload Indicators

Indicator	Actual FY 2014	Actual FY 2015
1 . Number of 4-H educational programs delivered	279	279
2 . Attendance at all 4-H educational sessions throughout the county	32,321	35,731
3 . Total number of 4-H projects completed w ith certification	1,587	2,869
4 . Of those, number of 4-H STEM projects completed w /certification	1,291	1,979
5 . Total number of aw ards & recognitions delivered to 4-H members	515	558
6 . Number of 4-H members representing the Flathead at State & National events	200	114
7 . Number of 4-H members w ho gain leadership skills during camps and other overnight activities	207	166
8 . Food Stamp Nutrition Education program	491	555
9 . Acres Certified in Weed Seed Free Hay Certification Program	859	0
10 . Food Production Education for Homeow ners	519	567
11 . Total Master Gardener Participants in Flathead County	318	348
12 . AG w alk-ins, phone calls, and emails	N/A	5,778
4-H w alk-ins, phone calls, and emails	N/A	57,102
FCS w alk-ins, phone calls, and emails	N/A	81
13 . Master Gardener Volunteer Hours Donated to the County	3,058	3,299



## SNAP Education



### Pack a Snack Box

Use a snack box to help you and your family choose healthy snacks. Snack boxes help your children choose a variety of foods for afterschool snacks or other snack times. Parents or adults choose what goes in the box and children choose what they would like to eat.

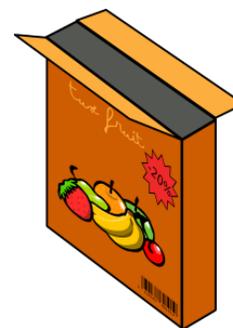
Have two snack boxes: one for the refrigerator and one for the cupboard.

Figure how many snacks you need for one week. Make a list of foods to include in the snack boxes. Include a variety of foods that are crunchy, chewy, creamy and juicy. Include foods from all food groups.

Each week, add snack foods to the boxes and let everyone choose a snack after school, after work, or in the evening.

Maybe create a request sheet so everyone gets something that they like.

Here are some examples:



#### Cupboard

##### **Fruits:**

Canned fruit packed in water, like fruit cups

Dried fruit, such as raisins

##### **Nuts:**

Peanuts, pistachios, and

Almonds

Peanut butter

Trail mix with nuts and raisins

##### **Grains:**

Low fat granola bars, whole wheat pita bread

Air popped popcorn, brown rice cakes, baked chips, whole grain

Crackers and whole grain bagels

#### Refrigerator

##### **Fruits:**

apples, applesauce, grapes and oranges

##### **Vegetables:**

Broccoli, carrots, celery sticks, cherry tomatoes and cucumbers

##### **Milk:**

Cottage cheese, low fat yogurt, cheese slices and string cheese

### 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)

*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.*