

CONGRATULATIONS FOODS FAIR WINNERS!!



Plug-in to The "A Team"....

Greetings from the Flathead County Ambassadors!!

We wanted to report on our recent appearance at the Flathead County Foods Fair. Congratulations to everyone who attended the Food Fair this year! IT WAS AWESOME!!

There were so many amazing entries this year! The Ambassadors had a booth with old scrapbooks and pictures of last years big events, and it was fun sharing those items with everyone. We also led the pledges to start off the foods fair. We loved getting to know some of you better and meeting new people, and we hope that you enjoyed getting to know us better.

Look for us in our green Ambassador shirts at the next event and throughout our county 4-H activities. If you ever need any help from an Ambassador, either for your project or your club, please contact Judy Sommers (406-752-8818 home) or brian395@centurytel.net.

Very sincerely,

Kadin Prichard, Skylar Smith, Brandon Hendrickson, Moriah Probert, Moriah Venable, Nate Sommers, Lilly Diegel, Elizabeth Diegel, Garrett Fenster, and Jaime Jung

ATTENTION KIDS & ADULTS!!

Enter the **“What does 4-H mean to me and my community?”** writing contest before February 8th and you’ll have a chance to win **awards & prizes.**

Guidelines are as follows:

- Open to **anyone & everyone** in Flathead County, of ALL ages—no matter if they are/were a 4-H member or not. ALL are welcome to submit.
 - Entries must be **500 words or less** and they must be **clearly legible.**
 - All entries must be original material.
- Must be dated and signed by the person entering the contest. They can be handwritten or typed, but the signature and dates must be written by hand.
- Must indicate their age, date of birth and mailing address as well. For those over the age of 21, if your shy about giving your age you’re welcome to indicate “over age 21” on your entry.
- Entries due to the Extension office by **February 8th.** You can either scan, fax, mail or hand deliver them — as long as the entry has all of the above required information (signed name, date, age & mailing address).

Here are a few helpful prompts to get you started on your submission. You don’t have to include these—they’re just intended to help get your creative juices flowing.....

**What do I love about 4-H? How has 4-H made a difference in my life? What do the people in 4-H offer their community? How does 4-H programs impact our community? Why is 4-H important? What are some of my favorite memories about 4-H? Who cares about 4-H and why?*

DUE Feb. 8th—SUBMIT ENTRIES TO:

MSU Extension, Flathead County
 800 South Main Street (mailing)
 1035 1st Avenue West, 2nd Floor (physical)
 Kalispell, MT 59901
 (406) 758-5552 phone
 (406)758-5881 fax
 extension@flathead.mt.gov

***all entries will become property of the 4-H office*



Livestock Quality Assurance (LQA)

All 4-H members doing livestock projects must attend LQA **once as a junior and once as a senior.** This year’s LQA training dates are Feb. 21 & March 26; 6-8pm. Both will be held on the Fairgrounds in the Country Kitchen. If you need to attend this year, please RSVP to the Extension office and tell us which class you’ll be taking - 758-5553. If you’re not sure if you have to attend this year, talk with your club leader or call the Extension office.

HOW DOES MSU EXTENSION HELP FLATHEAD COUNTY?

The Flathead County Extension office faculty spend virtually all their professional time involved in community engagement. Below is a quick summary that highlights a few examples how MSU Extension helps Flathead County.



Commitment to Personal Growth

The hundreds of 4-H members served regularly identify new projects that expand their experiences in life. Faculty and volunteers utilize project work to provide opportunities for youth to develop long-lasting life skills.

Agricultural faculty consult with farmers and ranchers, helping them to gain an independent perspective on their agriculture operations. Farmers and Ranchers who utilize the Extension office are more equip to improve their operations in ways that improve the impact on the ecosystem, increase profitability and improve stability of land management.

Listening and Empathy

All faculty & staff exercise active listening and engaged involvement with Flathead County residents. This practice is a part of everyday life for us and (as a result of really listening to people) we can offer individual assistance and develop larger programming efforts with greater impact. Faculty & staff serve as empathetic sounding boards for new ideas, which provide greater opportunities to county residents.

Persuasion

Faculty work with innovative clientele that are seeking and willing to implement new practices. By helping these innovators, they also help other county residents who need more “proof” before adopting a change in practice. Faculty persuade innovators by providing research based information from MSU and other Land Grant Universities and by then allowing them to make an informed decision.

4-H members learn the art of persuasion as they create and present their project work in the most positive light. This includes preparation and presentation of the exhibit itself and an interview with those evaluating the quality of the exhibit.

Awareness

Because faculty live locally, they are more accessible to the public and they have great awareness of local issues that impact their community. This awareness results in specific engaged programming and educational work to help the people of the Flathead to become more successful.

Healing

4-H Youth Development faculty help adult/youth partnerships function successfully. Faculty work proactively and reactively to help participants resolve areas of concern that always arise in programming involving parents and their children.

Faculty serve as valued resources in their community because of their educational and research based role. They are able to serve as neutral conveners helping groups with very different goals to find common ground and begin to work together to find better solutions. This may include private groups, but often involves citizens interacting with other government agencies.

Conceptualization & Foresight

All faculty work closely with individuals, families and groups to help them see their current situation from a fresh perspective. This practice is crucial in helping residents in Flathead County to conceptualize new opportunities. Faculty utilize their awareness to work with county residents and help them understand potential challenges that will become more evident in future months and years.



*ATTENTION 2013 State 4-H Horse Show Exhibitors!
You have an opportunity to design the official 2012
State 4-H Horse Show book cover*

Entries must be original artwork received in the Flathead County Extension Office postmarked no later than **April 1st**. Entries should include original artwork and the 4-H clover and the year 2013 should be included in your design. Please complete the form below and send it along with your submission to:

MSU Extension, Flathead County
800 South Main Street (mailing)
1035 1st Avenue West, 2nd Floor
Kalispell, MT 59901
tammy.walker1@montana.edu
(406) 758-5552 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 2013 State 4-H Show design. There is no limit on entries per person.

2013 State 4-H Horse Show Book – Cover Art Design Contest

Name: _____

Address: _____

County: _____ Age: _____

4-H Club: _____

Phone number: _____ Email: _____

I give my permission for the 2013 State 4-H Horse Show Committee to use my artwork on the cover of the 2013 State 4-H Horse Show Book, and on official Show t-shirts and sweatshirts as well as to advertise the State Show and promote 4-H in general. I understand that my name will be printed in the Show Book as the winner of the design contest and that I will not receive financial compensation for the use of my art.

Signature of 4-H Member (date)

Signature of Parent/Guardian (date)



Upcoming 4-H Meetings and Special Events



ATTENTION

Shooting Sports families who do not currently belong to a community 4-H Club:

Make-up classes of 4-H 101 Training will be held in the 4-H Building on the Fairgrounds On Monday, Feb 4th and Thurs, Feb 7th from 6-7:00pm

2013 MARKET LIVESTOCK WEIGH-IN's

2nd beef weigh-in = Monday, April 8th
Hog tagging & weigh-in = Monday, April 22nd
Lamb tagging & weigh-in = Monday, May 20th

UPCOMING HORSE SEMINAR

“Breaking News” Horse Project Updates will be presented at the United Way Building at 7pm on Monday, February 25th. All 4-H members who are taking the horse project should plan to attend.

Forums, Committees & Councils

- **Loon Lake Committee Meeting:** *Tuesday, Feb. 5th at 5:30pm in the 3rd floor conference room of the Earl Bennett Building.*
- **AG/ Large Livestock Committee Meeting:** *Thursday, March 7th at 5:30 pm at the 4-H Building on the Fairgrounds.*
- **4-H Foundation Meeting:** *Thursday, March 7th at 6:30 pm at the 4-H Building on the Fairgrounds.*
- **Horse Committee:** *Monday, March 11th at 5:45pm in the 2nd floor conference room of Earl Bennett Building.*



Upcoming Activities & Other Meetings

- ◇ **Shooting Sports Intro to 4-H classes:** *Mon, Feb. 4 and Thurs, Feb. 7 from 6-7pm on the fairgrounds in the 4-H building.*
- ◇ **Interstate Exchange Meeting:** *Tuesday, Feb 26th at 6:00pm in the 2nd floor conference room of Extension office.*
- ◇ **LQA:** *Thursday, February 21st in the Country Kitchen on the Fairgrounds. 6-8pm*
- ◇ **LQA:** *Tuesday, March 26th in the Country Kitchen on the Fairgrounds. 6-8pm*
- ◇ **Interstate Exchange Spaghetti Supper & Dessert Auction:** *Friday, March 8th at Easthaven Baptist Church*

Exploring Family Heritage

Flathead County 2013 4-H Foods Fair Winners:

SENIORS

<p><u>SOUPS/STEWES/CHOWDERS:</u> Grand Champion: <i>Bailey Brubaker - Rocky Mt. Blue Ribbon</i> Reserve Champion: <i>Moriah Probert - Dandy Dudes & Dolls</i> Honorable Mention: <i>Henrik Jorgenson - Swan River</i></p>	<p><u>OTHER DESSERTS</u> Grand Champion: <i>Michaela Nelson - Swan River</i> Reserve Champion: <i>Todd Ervin - Halfmoon Highlanders</i> Honorable Mention: <i>Colton Woll - Swan River</i></p>	<p><u>DECORATED CAKES/ CUP-CAKES</u> Grand Champion: <i>Melissa Maitland - Swan River</i> Reserve Champion: <i>Hanna Bass - Lakeview Livestock AND Brittany Hendrickson - Grandview Supreme</i> Honorable Mention: <i>Tommy Diegel - Golden Spurs</i></p>
<p><u>APPETIZERS</u> Grand Champion: <i>Skylar Smith - Lakeview Livestock</i> Reserve Champion: <i>Tristan Smith - Lakeview Livestock</i></p>	<p><u>BEVERAGES</u> Grand Champion: <i>McKenna Couch—Lakeview Livestock</i></p>	<p><u>YEAST BREADS</u> Grand Champion: <i>Tristan Smith - Lakeview Livestock</i></p>
<p><u>MAIN DISHES:</u> Grand Champion: <i>Michaela Nelson - Swan River</i> Reserve Champion: <i>Emma Pound - L.L.A.M.A</i></p>	<p><u>PIES</u> Grand Champion: <i>Nick Earley - Lakeview Livestock AND Todd Ervin - Halfmoon Highlanders</i> Reserve Champion: <i>Christina Kirchner - Dandy Dudes & Dolls</i> Honorable Mention: <i>Harley Todaro - Lakeview Livestock</i></p>	<p><u>CANDIES</u> Reserve Champion: <i>Tommy Diegel - Golden Spurs</i></p>
<p><u>COOKIES</u> Grand Champion: <i>Bryer Anderson - Open Horizons</i> Reserve Champion: <i>Robert Hafemeyer - Golden Spurs</i></p>	<p><u>BAKED CAKES FROM SCRATCH</u> Grand Champion: <i>Emma Pound - L.L.A.M.A</i> Honorable Mention: <i>Skylar Smith - Lakeview Livestock AND Tierra Johnson - Grandview Supreme</i></p>	<p><u>QUICK BREADS</u> Grand Champion: <i>Hank Crenshaw - L.L.A.M.A. and Megan Paulson - Swan River</i> Reserve Champion: <i>Dorothy Groose-Jones - Rocky Mt. Blue Ribbon</i> Honorable Mention: <i>Glen Paulson - Swan River</i></p>

Exploring Family Heritage

Flathead County 2013 4-H Foods Fair Winners:

JUNIORS

SOUPS/STEWES/CHOWDERS:

Grand Champion: *Chloe Ervin - Halfmoon Highlanders*

Reserve Champion: *Isabell Johnson - Trail Blazers*

Honorable Mention: *William Deardorff - Country Cousins*

APPETIZERS

Grand Champion: *Jacob Deardorff - Country Cousins*

Reserve Champion: *Liv Wilson - Rocky Mt. Blue Ribbon*

Honorable Mention: *Chloe Curtiss - Swan River*

SIDE DISHES:

Grand Champion: *Bethany Lyford - Rowdy Ropers*

Reserve Champion: *Sean Manning - Montford Egan Eagles*

Honorable Mention: *Mackenna Hartle - B&F Livestock AND Bridget Crowley - Glacier Stars*

MAIN DISHES:

Grand Champion: *Austin Floyd - Smith Valley Boosters*

Reserve Champion: *Gavin Cate - Golden Spurs*

Honorable Mention: *Liam Crowley - Glacier Stars*

COOKIES

Grand Champion: *Zoe Dugan - Open Horizons*

Reserve Champion: *Bailey Hewitt - Dandy Dudes & Dolls*

Honorable Mention: *Cheyenne Johnston - Dandy Dudes & Dolls AND Shelton Woll - Swan River*

OTHER DESSERTS

Grand Champion: *Riley Olson - Trail Blazers*

Reserve Champion: *Isabell Johnson - Trail Blazers*

Honorable Mention: *Juan Sanchez - L.L.A.M.A and Linea Benson - Dandy Dudes & Dolls and Kali Brubaker - Rocky Mt. Blue Ribbon*

BEVERAGES

Grand Champion: *Grace Stewart - Swan River*

Reserve Champion: *Keith Eberhart - Grandview Supreme*

PIES

Grand Champion: *Garrett Jewett - Open Horizons*

Reserve Champion: *Sarah Johnson - Grandview Supreme*

BAKED CAKES FROM SCRATCH

Grand Champion: *Morgan Baker - Open Horizons*

Reserve Champion: *Zoe Dugan - Open Horizons AND Brittany*

Brutscher - Country Cousins

Honorable Mention: *Sydney Bean - Lakeview Livestock AND Dazie Parkinson - Dandy Dudes & Dolls*

Exploring Family Heritage

Flathead County 2013 4-H Foods Fair Winners:

JUNIORS

<u>DECORATED CAKES/ CUPCAKES</u>	<u>CANDIES</u>	<u>QUICK BREADS</u>
Grand Champion: <i>Bethany Lyford - Rowdy Ropers</i>	Grand Champion: <i>Eloise Mckeon-Dandy Dudes & Dolls</i>	Grand Champion: <i>Chloe Curtiss - Swan River AND Emma Ervin - Halfmoon Highlanders</i>
Reserve Champion: <i>Mollie Aasheim - Country Cousins</i>	Reserve Champion: <i>Riley Olson - Trail Blazers</i>	Reserve Champion: <i>Kaj Haagerup - Golden Spurs</i>
Honorable Mention: <i>Bridget Crowley - Glacier Stars AND Sarah Johnson - Grandview Supreme</i>	Honorable Mention: <i>Cournee Anello - Dandy Dudes & Dolls AND Chloe Ervin - Halfmoon Highlanders</i>	Honorable Mention: <i>Gracie Mordja - Dandy Dudes & Dolls</i>
<u>YEAST BREADS</u>		
Grand Champion: <i>Emma Ervin - Halfmoon Highlander AND Wyatt Todaro - Lakeview Livestock</i>		

SENIOR THEME

Senior Grand Champion: *Michaela Nelson - Swan River; Todd Ervin - Halfmoon Highlanders; Skylar Smith - Lakeview Livestock; AND Moriah Probert - Dandy Dudes & Dolls*

Senior Reserve Champion: *Nick Earley - Lakeview Livestock; Bailey Brubaker - Rocky Mt. Blue Ribbon; Megan Paulson - Swan River; Bryer Anderson - Open Horizons; AND Hank Crenshaw - L.L.A.M.A.*

JUNIOR THEME

Junior Grand Champion: *Bethany Lyford - Rowdy Ropers; Zoe Dugan - Open Horizons; William Deardorff - Country Cousins; Austin Floyd - Smith Valley Boosters; AND Chloe Ervin - Halfmoon Highlanders*

Junior Reserve Champion: *Riley Olson - Trail Blazers; Shelton Woll - Swan River; Cheyanne Johnston - Dandy Dudes & Dolls; Gracie Mordja - Dandy Dudes & Dolls; Eloise Mckeon-Dandy Dudes & Dolls; AND Bethany Lyford - Rowdy Ropers*

CONGRATULATIONS!!

Other Flathead County 4-H Foods Fair Winners:

ADULT

Grand Champion: Heidi Diegel - Golden Spurs

Reserve Champion: Shawn Baker - Open Horizons AND Heather Olson - Trail Blazers

Honorable Mention: Michael Smith - Lakeview Livestock; Marie Smith - Lakeview Livestock; Lauri Erickson - Lakeview Livestock; AND Linda Stewart - Swan River

BOOTH DISPLAY

Grand Champion: Dandy Dudes & Dolls

Reserve Champion: Lakeview Livestock

Honorable Mention: Country Cousins



2012 State Horse Show Results

Showmanship

Class 1 – 8 – 10 yr. old

1st Place - Blayke Foppiano

Class 3 – 14 & Older

1st Place - Moriah Probert

Bareback Equitation

Class 5 – 8 – 10 year olds

7th Place - Blayke Foppiano

Class 7 – 14 & Over

1st Place - Moriah Probert

Class 8 – Senior Trail – 14 & Older

3rd Place - Eliza Diegel

Junior Trail

Class 10 – 8 – 10 year olds

4th Place - Blayke Foppiano

Western Horsemanship

Class 13 – Level 5

3rd Place - Moriah Probert

6th Place - Eliza Diegel

Western Walk – Trot Equitation

3rd Place - Brandon Watne

Western Equitation

Class 21 – 8-10 year olds

6th Place - Blayke Foppiano

Class 23 - 14 & over

8th Place - Moriah Probert

Western Horsemanship

3rd Place - Brandon Watne

Short Stirrup Reining

Class 29 – Age 8 -11 years old

3rd Place - Blayke Foppiano

English Horsemanship

Class 35 – Level 4

1st Place - Moriah Probert

Class 36 – Level 5

3rd Place - Eliza Diegel

English Equitation

Class 39 – Age 14 & Older

4th Place - Eliza Diegel

Hunter Hack

2nd Place - Eliza Diegel





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State Web Sites:

www.msuextension.org

www.montana4h.org

SNAP Recipe of the Month



Apple Glazed Pork Chops

Serving Size: 1 pork chop

Ingredients:

2 medium apples, thinly sliced
1 medium onion, thinly sliced
¼ cup all-purpose flour in a plastic bag
4 pork chops (3 to 4 ounces each)
1 Tablespoon + 1 Tablespoon vegetable oil
½ cup apple juice
Salt, pepper, and garlic powder to taste



Directions:

1. Heat 1 Tablespoon oil in a pan over medium heat. Add apples and onions; cook until they begin to soften. Remove from pan and set aside on a plate.
2. Place pork chops in plastic bag with flour and shake to coat. Shake remaining flour from pork chops as you remove them from bag.
3. Heat 1 Tablespoon oil and pan fry pork chops until browned on each side, about 5 minutes per side.
4. Add apple mixture and apple juice to pan and bring to a boil. Cook until pork chops reach 160°F on a meat thermometer or until no longer pink. Season to taste and serve. (The coating on the pork chops will thicken pan juices).

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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