



WHAT EXTENSION IS IN LAKE COUNTY

Montana State University partners with Lake County and the United States department of Agriculture to provide quality continuing education programs and services, literally bringing MSU to Lake County, and offering our residents everything the University has to offer through a satellite campus in Ronan. We respond to citizens and stakeholders by developing, implementing and evaluating educational programs that address local needs and issues. Extension agents are continually assessing and responding to educational needs identified by community residents, advisory committee members, volunteers, stakeholder groups, representatives of organizations and agencies throughout the county.

Supported by Montana State University, programming strengthens Lake County Extension's goals and objectives that enhance agriculture, natural resource management, community economics, family and consumer science and our crown jewel, 4-H youth development.

- Ensure sustainable agriculture enterprises on multiple levels.
- Enhance natural resource conservation and management by achieving defined objectives.
- Prepare youth with life skills for the future so they will be productive and positive adults.



- Encourage healthier lifestyles and prevention of chronic diseases through promotion of positive health -related behaviors and self-care.
- Expand access to Extension education and knowledge resources by achieving organizational goals and objectives that affect program quality and delivery, accountability, resource management and employee professionalism.
- Facilitate means for Lake County residents and families to improve their financial literacy,



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Agriculture

Barnyard Adventures

Elementary students Kindergarten through fourth grade participated in a series of barnyard adventure field trips to experience life and production on the farm. Lake County Extension partnered with local producers to expose youth to working farm production and lifestyle. Agriculture education for students involved interaction with livestock, farm machinery, livestock handling facilities and farm products such as: dairy, corn, hay, oats, barley, wheat, including a beef and potato lunch served to all youth and adults.



Kids take turns feeding a calf for a fun day at the dairy.

Teacher Stan Delany stated these field trips are invaluable for experiencing our rural lifestyle that his students only see from the car window. Dairyman Greg Schock explained that it's the best thing he can do for his farm public relations, welcoming students to experience where milk comes from.



Master gardeners plant and weed on a project .

Master Gardening

Montana State University Extension Master Gardeners are volunteers working in partnership with MSU Extension in Lake County to encourage and promote environmentally sound horticulture practices. The Master Gardener program is one way MSU Lake County Extension teaches citizens how to beautify their communities, learn the art and science of horticulture and participate in a volunteer network.

Master Gardeners help Lake County Extension solve gardening problems and teach sound practices by:

- . Working at information booths at community events and fairs
- . Maintaining demonstration gardens
- . Participating in fairgrounds beautification
- . Teaching horticulture to beginning gardeners and youth
- . Using special talents, such as writing and photography
- . Starting plants in a greenhouse to benefit community gardens

Impact:

- . Since 2007, 2,350 hours of education have been extended to Master Gardeners through Lake County Extension
- . Total graduates: 160 (15 in 2015)
- . Volunteer hours: 2350 (300 in 2015) x average wage \$15 an hour = dollars back to the community \$35,250.
- . Food donated to the local food banks in 2015: 750 pounds x \$2 per pound = \$1,500

Agriculture

Pruning Clinics give thorough Tree Care and Maintenance Guidelines

Gardeners, landscapers, home growers and small orchardists are all in need of tree care and maintenance. MSU Extension in Lake County, with the help of trained Master Gardener volunteers, held spring tree pruning clinics to enhance knowledge and care methods of fruit trees, shade trees and shrubs. Each spring the necessity of pruning attracts residents to attend demonstrations and lectures on pruning, fertilization, rodent control, disease management and fruit quality. These clinics are co-taught by trained volunteers.



Successes

City of Polson water department allows Extension to use trees and shrubs for demonstrations. This program has improved the health and viability of these community trees and shrubs substantially.

Lisa Hochman, Certified Master Gardener, said, "I enjoy teaching other people how to care for their trees. We all get so attached to our trees that keeping good care of them is an important part of ownership."

Urban Weed Control

"A weed is a plant whose virtues have not yet been discovered."- Ralph Waldo Emerson.



Many might think weeds are only a problem on farms or in suburban communities with wide open spaces. But they also plague urban areas – from school yards, parks, roadsides, vacant lots, and alleyways.

When left unchecked along fences, weeds can trap unsightly trash and debris. Weeds sprouting through cracks on a basketball court, parking lot or walking path can accelerate the costly breakdown of pavement. Along roadsides, weeds can promote accidents by hindering visibility for drivers, bikers and pedestrians.

Lake County Weed control has secured funding through the Montana Noxious Weed Control Trust Fund to improve the awareness and control of noxious weeds in Polson, Ronan and Saint Ignatius., working with city councils and homeowners to eradicate noxious weeds

MSU Extension in Lake County has been a major player in this project , employing the most effective weed control through an informed citizenry. We guide the public to keep an eye out for problem infestations and notify city and county authorities.

The Urban Weed Control program began in 2015 and will continue into 2017. This year 47 infestations on private properties were treated with different control options. A highly used public area in Polson was treated for the noxious weed white top. The treatment was very successful in controlling the establishment and spread of this weed.

4-H Youth and Leadership Development



The 4-H motto “to make the best better” is practiced daily as individuals and groups learn more about themselves, citizenship and leadership, as well as projects, by living the 4-H pledge.

Youth and adult leaders are a vital component for a successful 4-H program. Lake County youth and adults had several outstanding accomplishments in 2015.



Pat Bristol, above, her with her daughter Charity, was inducted into the State 4-H Hall of Fame in October. Pat devoted 30 years of her life to making the Lake County 4-H program healthy and strong. Lake County 4-H thanks Pat for her dedication and commitment to the program.

Lake County 4-H members ages six to 19 explored their worlds in a myriad of different ways in 2015! From the statewide BioScience program to washing their market swine projects, in club meetings and at state Senate meetings, members learned about their environment, making healthy choices, helping others, science, technology, marketing, engineering, record keeping, and skills that will help them develop into contributing and healthy members of society.

Youth six to 19 years of age may enroll in the Lake County 4-H program. Youth who turn six during the 4-H program year (October 1 to September 30) to eight years old are enrolled in a non-competitive program called Cloverbuds. When a youth turns nine during the 4-H year, they are a 4-H member, enroll in different projects, and may choose to compete with other 4-H members in their project areas locally, at the Lake County Fair, regionally and statewide, as well as participate in activities, camps and events.

4-H events begin with the Pledge of Allegiance and the 4-H pledge. MSU Extension in Lake County strives to assist 4-H members, youth leaders and adult volunteer leaders to practice the words of this pledge in their life every single day through education, activities and service.

“I pledge my HEAD to clearer thinking,

My HEART to greater loyalty,

My HANDS to larger service

And my HEALTH to better living

For my club, my community, my country and my world.”



Fred Grant, left, and Les Mutchler were recognized as Montana 4-H Outstanding Volunteers at the Montana 4-H Leaders’ Forum in Havre.

4-H member Andrey Bauer nominated Fred and Les for the award for their years of dedication and leadership in the Lake County 4-H Shooting Sports program and the personal attention and help they give each 4-H member in archery, rifle and shotgun disciplines.

4-H Youth and Leadership Development



The 4-H Exchange group traveled to sunny Palos Verdes on the second part of their exchange with 4-H members from California who traveled to Montana last summer. Our rural 4-H members learned about more urban 4-H projects which include apiaries and surfing.



Keegan Fangsrud shares stories of his adventures in Japan while wearing a traditional Japanese yukata, obi and get a.



Lake County 4-H members Philip Vaughan, Natalee Wheeler, and Anya Smith listen to Montana Senators and MSU President Waded Cruzado talk about the Montana legislative process.

Flathead Lake, Lake County

Lake County 4-H Ambassadors traveled to Helena during the State Legislative session to learn about our state government system while meeting with the state legislators. Members were actually able to sit in State Senator's seats on the Senate floor while learning about how items become law in Montana.



MSU President Waded Cruzado visits with Lake County 4-H members and State Senator Janna Taylor during the 2015 4-H Legislative Breakfast.

Other activities 4-H members completed for citizenship included collecting more than \$500 worth of food items for local food banks, taking photos with Santa for Lake County families and picking up more than 1,000 pounds of trash on Lake County roads.

Intergenerational activities are integral to Lake County 4-H.



RSVP volunteer Maureen Theiler shares bread-making tips with 4-H member Mesa and Aspen McKee.

4-H Youth and Leadership Development

Beyond club and project lessons, 4-H members, adult leaders and parents participate in camps and activities within the county and the state. One camp focuses on Cloverbud members who are ages six to eight. This year members and a parent solved “The Mystery at the Lake”. Lake County 4-H Ambassadors Natalee Wheeler and Olivia Hewston assisted Extension Agent Nori Pearce to help those in attendance find the clues and learn ways to discover who stole the cookies from the kitchen. Participants learned fingerprint identification, tooth prints, secret writing techniques and more in the science of crime solving.



4-H Junior Leader Natalee Wheeler helps Cloverbud members identify solids during an activity at Cloverbud Camp.



A Cloverbud member and her dad work together to solve a “Mystery at the Lake” during Cloverbud Camp.

The State 4-H Shooting Sports Camp at Loon Lake hosted by Lake County 4-H leaders and members continues to grow. The mission of the camp is to provide learning opportunities for families involved in 4-H Shooting Sports programs. The program currently hosts instruction in Archery, Air Rifle and Shotgun while featuring speakers to help hone shooting skills, health and future career choices in areas related to shooting sports.

Two of this year’s featured guest speakers were Don Bell, Lake County Sheriff and a physical therapist from Bigfork who shared



4-H members at Shooting Camp stretch and warm up for a day's activities ways to warm up and stay in shape for shooting.



Well-trained leaders work with young shooters at the Loon Lake

4-H members have several opportunities to learn about 4-H and develop life skills through regional and state activities. More than 60 member and adults from Lake County 4-H attended a camp or program at the state level in 2015. Youth opportunities include Multi-County Camp, Horse Camps, State 4-H Congress and Winter Teen Camp. Leaders attended the Montana 4-H Leader’s Forum and state 4-H certification programs, such as shooting sports.

Family and Consumer Science in Lake County

Helping Lake County Residents Make Smart

Decisions for Healthy Living at All Ages

Living a healthy life helps people, young and old, at all income and educational levels, get the most out of their lives. MSU Extension in Lake County approaches healthy living in a variety of ways through numerous programs



4-H Ambassadors and their animals visit an assisted living home.

Program participants ranging in age from five to 95 with diverse cultural backgrounds participated in activities and lessons in 2015.

Providing for a loved one who is disabled or seriously ill takes a lot of time and energy and can exert a severe emotional toll on the individual providing care. In partnership with the Area VI Agency on Aging, St. Joseph's Medical Center in Polson, the "Powerful Tools for Caregiver's" program was offered to individuals in Lake County providing such care, either as a family or a professional. This class promoted self-care through communication skills, assertiveness awareness and relaxation techniques while caring for special needs children and chronically ill family members.

Comments from participants completing the program include, "This class has validated what I have been doing and have given me options for what I can do better," "This class has taught me better communication skills by using the tools taught," and "I know other

people who could use this class."

Nearly all the individuals enrolled completed the entire six-week course. Participants reported increased confidence when communicating with families and health care professionals while considering the needs of their own family members and the individual needing care when considering long-term care outside the home. Participants reported improved ability to manage guilt and emotions which enter the mix when caring for others.

Training others to lead "Powerful Tools for Caregivers" was also completed during 2015. Eight individuals from western Montana completed the certification process to facilitate the program, reaching out to more people who manage the sensitive issues surrounding care of loved ones.

Programs encouraging learning between generations were held for food preparation programs this year. Volunteers from the Retired Seniors Volunteer Program (RSVP) shared their knowledge with adults and youth through food preparation classes. One parent commented, "I can't believe we made a delicious and beautiful bread.

Six people in Lake, Lewis and Clark, Flathead, Sanders and Mineral counties trained in USDA food preservation methodology with hot water bath and pressure canning to assist MSU Extension.



Jars of vegetables and fish put up by food preservation trainees shine on the shelf.

These volunteers made more than 500 contacts from June to December.

Friends for a lifetime are made in 4-H!



Contact Us



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STATE UNIVERSITY**

EXTENSION

Lake County

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Montana State University Extension is an ADA/EO/AA Veteran's Preference Employer and provider of educational outreach.

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