



MONTANA STATE UNIVERSITY

EXTENSION

Clover Chatter

Important Reminders

"Fantastic 4-H" 4-H Camp

June 8, Registration due
June 25-27, Camp

Tri-County Sew Camp

TBA, Page 4

Fashion Revue & Quilt Contest

June 4th
Judging Mid-afternoon
6pm - Crestwood Inn, Sidney
Page 5

Exec./Livestock Mtg.

June 4th, Page 4
7:00 p.m. Exec.
8:00 p.m. Livestock
Richland County Ext. Office

Leader's Meeting

July 2nd, 7:00 p.m.
Richland County Ext Office

Wednesday Sewing

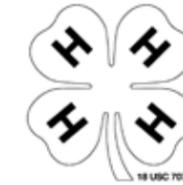
Page 4

Showmanship Clinic & MOA

June 21st, Page 4



"Find Your Treasure at 4-H Camp"



4-H Camp

Summer is quickly approaching. This summer you can learn how to canoe and shoot air rifle, go through a challenge course and work on your team-building skills with kids from neighboring counties, plus many other fun-filled activities!

Richland County, along with four other counties in the area, will once again be offering a 4-H camp held at the Fort Peck Boy Scout Camp for Jr Members. Camp dates are June 25-27. Activities include: Using 4-H projects, challenge courses, canoeing, air rifle, archery, swimming, and team-building workshops! The camp will be led by Senior 4-H members that attended the retreat in May with adult leaders as supervisors.

Want to go? The Council has voted to pay 50% of the \$60 registration fee in the form of scholarships. To receive your scholarship write a paragraph of why you want to go to camp and what you want to learn, and send it to the Richland County Extension Office with your registration.

Registration is due June 8th

For additional forms, please contact the Extension Office

Upcoming Statewide Summer Camps

There are 3 summer camps that some of you may be interested in.

MT Natural Resources Youth Camp - Missoula, July 15-20, www.mnryc.org.

MT Youth Range Camp - Townsend, July 16-20, www.dnrc.mt.gov/cardd/camps/rangecamp/

MT Range Days - Deer Lodge, June 16-20, www.montanarangedays.org

If you are interested in additional information on any of these camps please see their websites.



Fair Book

The 2012 4-H Fair Books will be ready May 21st. We suggest that Club Leaders pick up books for their clubs. Only one book per family. Entry blanks will be ready at the June Leader's Meeting. Please DO NOT sign up for more than you think you can handle. Too much time and effort goes into making tags and judging sheets for the projects that are not completed. We ask you finish as many projects as you possibly can to put on a great display at the 4-H building.

Interview Judging

We will again be conducting the indoor judging as we did in the past. Each member will have to answer 3-4 basic questions about their indoor projects. Through this short interview, members will be more comfortable to be a counselor at camp, an ambassador, or working with adults. A schedule will be posted in the July Clover.

School Project Exhibits

Just a reminder that members are allowed to exhibit projects at the Fair that they have completed at school, provided that it is entered in the appropriate 4-H division. This is allowed because a number of 4-H projects correlate closely with those done at school and members do the work.

Food Booth Schedule

Wednesday	
11:30-4:30	Brorson
4:30-10:00	Forever Buds
Thursday	
6:30-11:30	Three Buttes
11:30-4:30	Richland Aces
4:30-10:00	Fair View
Friday	
6:30-11:30	Badlands Brushpoppers
11:30-4:30	Richland Rockets
4:30-10:00	Lambert Hi-Liters
Saturday	
6:30-11:30	Yellowstone Valley Trailblazers
11:30-4:30	Richland Rascals
4:30-10:00	Missouri River Ranchers

Calendar of Events

Fair Book Out	May 21
Sewing Camp Registrations Due	June 1
Camper Sign-up (Fair Office)	June 4
Fashion Revue	June 4
Exec. Livestock Meeting	June 4
Camp Registration Due	June 8
Showmanship Clinic & MQA	June 21
Camp	June 25-27
Leaders Meeting	July 2
Pre-Congress	July 7-9
Congress	July 10-13
Clean Up Day	July 19
Tri-County Sewing Camp	TBA
Fair	Aug 1-4

Exhibit Building Sitting

Wednesday	
12:00-4:00	Richland Rockets
4:00-8:00	Missouri River Ranchers
Thursday	
12:00-4:00	Badlands Brushpoppers
4:00-8:00	Forever Buds
Friday	
12:00-4:00	Yellowstone Valley Trailblazers
4:00-8:00	Brorson
8:00-10:00	Richland Aces
Saturday	
9:00-12:00	Lambert Hi-Liters
12:00-4:00	Fair View
4:00-8:00	Three Buttes
8:00-10:00	Richland Rascals

Other Fair Schedule's

Exhibit Check Out: Yellowstone Valley Trailblazers

BBQ: Richland Rascals



Fashion & Quilt Revue is Here Again!

The Fashion & Quilt Revue has been set for Monday, June 4th, at Crestwood Inn. Registration is due by Wednesday, May 23 **No late Registrations will be accepted!!!**. Registration for Fashion Revue needs to include a swatch of fabric and a complete description of your garment. Fashion revue contestants need to bring their garment on a hanger. See the enclosed form with this newsletter. Quilt participants need to bring a picture of yourself with the quilt and fabric samples. Judging will take place mid afternoon – this will be determined according to the number of participants. Leslie will contact all participants prior to the date with exact times. At this time, we will also set up and decorate. We would like anyone interested in providing musical entertainment to let the office know. We had several 4-H'er's play instruments and sing and this was a wonderful evening for the residents of Crestwood. The fashion & quilt revue will be at 6:00 pm for all friends, family and residents of Crestwood. Please contact Leslie if you have further questions.

Food Booth Improvements

At the last Leader's meeting, there was discussion about needed improvements to the food booth and also a bid was submitted for a completely new building. It was decided that there needed to be some additional fund raising that needed to be done in order to see this through. It was also decided that a committee should be formed to be in charge of this project. If you are interested in being a part of this process, there will be an organizational meeting on June 11th at 7:00 p.m. at the Extension Office. Please contact the office to let us know you are interested so a reminder card can be sent out prior to the meeting.



Have High Blood Pressure?

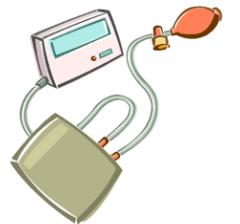
Yes, this is for you, 4-H parents. Even though your blood pressure goes up during the fair or getting your child to finish their record book the real high blood pressure or hypertension can be very dangerous. You don't think this applies to you? It may.

One in three adults already have high blood pressure and 28% of adults have prehypertension. If you reach age 55 with normal blood pressure you still have a 90% lifetime risk for developing high blood pressure.

What's the big deal? High blood pressure caused the heart to work too hard and can harm arteries and organs like the heart, kidneys, brain and eyes. If uncontrolled, it can lead to heart and kidney disease, stroke and blindness.

One aspect of reducing high blood pressure is to modify your salt intake. Since 77% of our sodium intake is from processed or prepared foods, the first step is to reduce the amount of convenience or prepackaged foods.

Check Your Blood Pressure at the Extension Office



As part of a state-wide grant for blood pressure education the Extension office has available an approved blood pressure cuff that can be used by individuals to check their blood pressure. Simple instructions are available along with blood pressure ranges so that it is simple and easy to use. It is good to know your blood pressure numbers and check them periodically to see if things have changed.

Jr Trip

There is a great Jr trip in the plans for mid August for all Jr members who meet the qualifications. Have you competed in a County Contest, did you turn in a record book? This is all you need to do to qualify for this year's Jr Trip. Plans for this year's trip are still in the making. More info in the July Clover.

Leaders Meeting

Our next scheduled Leaders Meeting will be on **Monday, July 2nd** beginning at 7:00 p.m. at the Richland Co Extension Office. Plans for Fair will be the main focus. Please make plans to have your club represented!

Executive Council and Livestock Committee will hold their meeting on June 4th at the Richland County Extension Office at 7:00 p.m. and 8:00 p.m.

Tri County Sewing Camp

The Tri-County Sewing Camp will be held in July in Culbertson. At this time, plans are still being made. Please contact the office if you are interested in attending, so information may be passed on as it becomes available.

Wednesday Sewing

Leslie will be doing a Wednesday sewing workshop starting June 13th. The first of these will be held at the library basement from 4-6. The following workshops will be held out at the Extension Office. If you have any questions, please call Leslie. If you would like to sign up for the workshops, please call the office or Leslie.

Trap Shoot

Shoots will begin now in May and continue through June. A postcard will be sent out when a date and time are decided. Contact Tammy for more information.

31st Annual Fruit Sale

Congratulations on another successful fruit sale! All-in-all it was a great sale. The "mystery people" were Wade Whiteman, Wendy Becker, Lois Kerr, Elroy Kittleson, Tom Ruffatto. If you sold to a mystery person contact the office for your \$20 prize. Another big thank you to all who did their part in making this year's sale another success. The top selling clubs were Richland Rockets, Brorson and the Missouri River Ranchers. Below is the list of top five individuals and family sellers:

	Individual		Families
1 st	Shawn Walla	1 st	H. Nevins
2 nd	Tess Ler	2 nd	Handy
3 rd	Rita Wick	3 rd	Staffanson
4 th	Sierra Osborne	4 th	Kunda
5 th	Alexis Griggs	5 th	Stafford

Speech & Demonstration Day



Sierra Osborne, Kyle Topp, Tess Ler, Rachel Prevost, Alexis Dynneson, Katharine Hill, Seth Prevost, Katrina Mehl Dahl, Sean Earle, CJ Nevins,

Speech and demonstration day was held April 15th at the Sidney High School. There were 20 participants this year. Our senior members qualifying for Congress were Jesse Staffanson in demonstration and Alexis Dynneson and Katie Staffanson in speech. Our top junior members were Sean Earle in junior boy demonstration, Katharine Hill in junior girls demonstration and Kyle Topp in the junior crown division. Other participants were: Seth Prevost, Brady Buxbaum, Tianna Earle, Ryder Rasmussen, CJ Nevins, Frank Kunda, Jake Kunda, Elizabeth Hill, Anna and Grace Dragseth.

Clean Up Day

Keep Thursday, July 19th open for this year's clean up at the fair grounds. We will be starting at 5:30 p.m. More information will be in the July Clover Chatter.

Indoor Judging Clerks

It was also decided at the Leader's Meeting that we will be asking for 4 people from each club to help the day of indoor judging. We are trying to avoid the back up we had last year. Each club needs to designate 2 people to help in the morning with judging and 2 people following judging to help with setting up the building. Please discuss this at your meetings and let the office know who is going to help with what.



State Congress Already?

All participants planning to go to Congress need to come to the Extension Office June 11th at any time during the day to register. All delegates and parents or guardians are required to attend to qualify for State Congress in Bozeman. If you cannot attend on the 11th you **MUST** meet with Tim before that date.

Are You Eligible?

As a result of county-wide competitions over the past months, the following Sr. Members have qualified to attend State Congress at this time.

Livestock- Rachael Oliver, Jared Rosaaen, Lane Verschoot, John Helmuth, Taylor Searer, Nettie Johnson, Christian Prevost

Speech- Alexis Dynneson and Katie Staffanson,

Demonstrations- Jesse Staffanson

Dress Revue- TBA

Quilt - TBA

*If your eligible and cannot or do not wish to go, call the Extension Office and let us know ahead of time.

Barnyard Talk

Camper Stalls

Members may reserve camper stalls for this years fair starting on June 1st. This will be a first come, first serve basis. **ALL** participants, livestock and horse, need to reserve their spot with the Fair Office at 433-2801. **Due to an increase in demand, there will only be 1 camper spot per family.**

All campers are required to have adult supervision.



Monday Night Rides

Monday Night Rides start on June 4th, 5:30 p.m., at the Saddle Club Arena. Mark the date on your calendars!

Showmanship Clinic & MQA

There will be a livestock Showmanship Clinic on June 21st, 6 pm at the Fairgrounds. Livestock included are Beef, Sheep and Hog. Additional animals are welcome.

There will also be another MQA for those members who still need this before fair. Notices will be sent out to those who need to attend.

Cattle Members

All members will be using livestock poly neck ties to ensure the safety of spectators and animals in the barn area. All members may purchase neck tie ropes prior to this years fair or learn to make one at this years showmanship clinic. All animals must be tied up in the Livestock Barns. No panels with lose calves.