

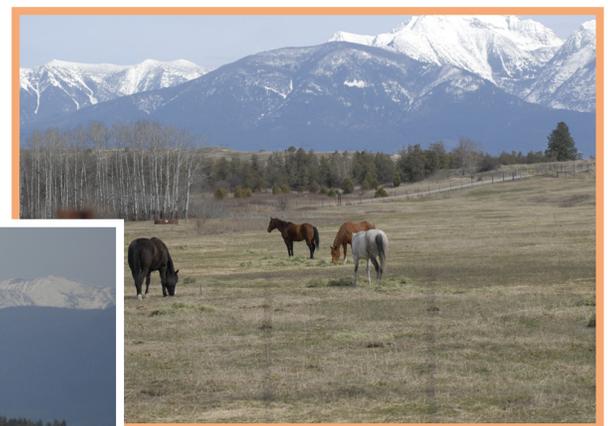
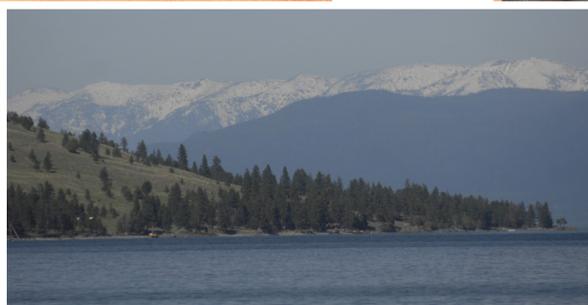


## Welcome to Lake County

**M**ontana State University partners with Lake County to provide quality education programs and services which bring MSU to our residents. Local Extension agents respond to citizens and stakeholders by developing, implementing and evaluating educational programs that address local needs and issues.

The following statements summarize the program goals of MSU Extension in Lake County for 4-H youth development, agriculture, healthy living, natural resources, community economic development, and family and consumer sciences.

- Prepare youth with life skills for the future so they can be productive, positive and contributing adults.
- Develop through trainings, experiences and activities the youth and adult leaders necessary for a viable and engaged 4-H program.
- Ensure sustainable agricultural enterprises on multiple levels.
- Facilitate avenues for Lake County residents and families to improve their financial literacy, knowledge of consumer debts and needs while caring for themselves and their families through all stages of life.
- Encourage healthier lifestyles and prevention of chronic diseases through promotion of positive health-related behaviors and self-care.
- Enhance natural resource conservation and management by achieving defined objectives.
- Expand access to Extension education and knowledge resources by meeting organizational goals and objectives affecting program quality and delivery, accountability, resource management and employee professional development.



*Lake County Scenery.....something in every direction!*

# Lake County serves residents of all ages

## 4-H is more than a livestock sale

Family camps continue to be a highlight of the Lake County 4-H program. One camp focuses on developing family caring and values with Cloverbud-aged 4-H members, five to eight years old, and their parents. The second program focuses on the 4-H Shooting Sports program and is developed and led by 4-H volunteers. Both of these camps are open to participants from across the state of Montana. Local volunteers and volunteers from other counties and the state 4-H program attend to share programs and teach campers. These camps provide 4-H families a time to reconnect while learning more about 4-H and the projects they are enrolled in. All participants reported quality time spent with their families. As well, at least six adults have become certified shooting sports leaders because of their attendance at camp.

For the third year in a row, a Lake County 4-H member traveled internationally through a 4-H opportunity. Mesa McKee, member of the Pistols and Ponytails 4-H Club in Polson, traveled to Finland in the summer of 2017. Mesa bonded

closely with her Finnish family while leaning about Finnish culture and more. She reports she also learned a lot about her own leadership skills while traveling internationally and hopes to share these skills in our 4-H community. Knowing Mesa, she is!

According to a recent survey by the State 4-H Office, parents of Lake County 4-H members reported many benefits for their kids from their participation in 4-H. One parent said his kids now “have a better understanding of hard work and how it pays off.” Another parent shared, “because of 4-H experiences, my child knows how to stay calm and communicate clearly even in a pressure situation.” And “our 4-H member has had more practice presenting in front of people and communicating with adults, which has led to better confidence when speaking in front of both children and adults.” As with most things, the more effort and time one gives to something, the more they are able to receive from their effort.

**LEFT:** Archer Duncan Chisholm at Shooting Sports Camp.  
**CENTER:** Mesa McKee helps a younger 4-H member.  
**RIGHT:** Sharing a project by the fire at Cloverbud Camp.



## Garden Adventures

More than 75 young people participated in an after school curriculum involving them in the science of gardening. These after school adventures created experiences with soil, seeding a garden, weeding, insect safaris, measuring plant growth and caring for trees. MSU Extension Lake County partnered with the Boys and Girls Club of the Flathead Reservation to reveal the excitement of science in gardening for youth ages 8-12. Each Wednesday for six weeks, members of the Boys & Girls Club would participate for half an hour in classroom instruction then run top speed outside to apply the knowledge gained to the garden. Also, each week members received something from the learning activity to take home, such as a moss garden, wheat seedling garden, plastic insects, even a trophy for completing the course.

Both youth and adult aids enjoyed the hands-on activity. Guest insect specialist instructor Launa Benson expressed how valuable it was for her to answer the questions youth came up with and take part in their excitement. Flower gardens planted by youth were on display throughout the summer for them to revisit and to showcase the activity.

## Healthy Life Choices

Healthy life choices help people, young and old, at all income and educational levels, get the most out of every day and the duration of their life span. Helping individuals and families lead authentic and healthy lives by sharing research-based information is the primary purpose of MSU Extension Family and Consumer Science programs in Lake County.



Photo by Nori Pearce

Nori Pearce, MSU Extension agent, presented a wide variety of programs, activities and information in an effort to reach the diverse audience who live in Lake County. Class participants range in age from five to over 80 years of age, and include many cultures and races. Classes taught in 2017 included the Diabetes Empowerment Education Program (DEEP), Powerful Tools for Caregivers support programs, culinary arts, food preservation, financial education, estate planning and Tai Chi for Better Balance. All of the participants in the Better Balance program have reported better balance and body strength after attending the program for six weeks or more.

Food Preservation: Nori Pearce is leading the development of a statewide Master Food Preserver program. This program will train volunteers and staff members in proper USDA food preservation methodology to assist MSU Extension agents with the numerous questions and concerns associated with canning, freezing, drying and fermenting foods. Curriculum from Washington State University, University of Alaska, and Colorado State University is being used in the development of the curriculum for this program. Training agents to prepare volunteers for this opportunity will begin in early 2018 when the curriculum is published and ready for distribution.



Boys and Girls Club members on a bug-capturing expedition.

# Making healthy plants and animals in Lake County

## Extending the knowledge it takes to have healthy trees

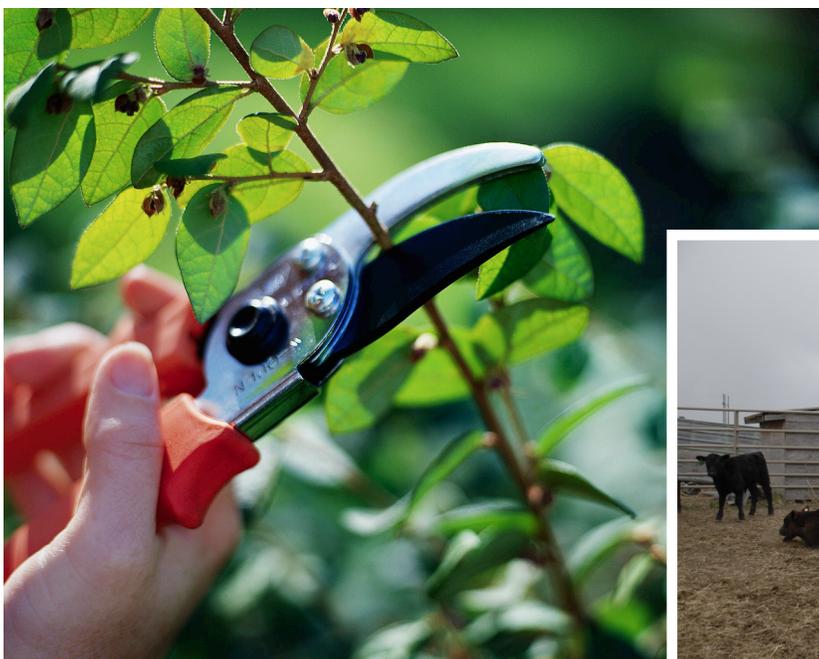
Gardeners, landscapers, home growers, and small orchardists are all in need of tree care and maintenance education. MSU Extension Lake County, with help from trained Master Gardener volunteers, conducted tree maintenance clinics to enhance knowledge and care methods of fruit trees, shade trees, and shrubs. Each spring the necessity of pruning attracts residents to attend demonstrations and lectures on pruning, fertilization, rodent control, disease management and fruit quality. Using trees in public areas such as the Ronan City Park and Polson Water Department gives the class an opportunity for hands-on learning opportunities.

Certified Master Gardener Mona Rae Tuhy, said, “I enjoy teaching other people how to care for their trees, some of us can be passionate about the trees and shrubs we own. An added plus is to be able to contribute to the health and vitality of public trees by holding demonstrations in the city park.”

Rick Jennison, Certified Master Gardener, said, “As a certified arborist I am always willing to share my knowledge about trees and tree care. The class attendees generally become good friends if they aren’t already. It sort of creates a community of tree enthusiasts.”

## Cattlemen’s Education Series

Cattle producers have a multitude of subject matter they need to be familiar with to be as efficient as possible. The 2017 Cattlemen’s College highlighted “How to get more grazing from your grass.” This four part series incorporated slide presentations along with a ranch tour. MSU Extension Lake County, in cooperation with the Western Montana Stockmen’s Association, invited guest speakers to explain the adaptation of intensive grazing systems that are being used on range and irrigated pastures. Fifty producers took advantage of all four lectures and attended the tour. Rancher Paul Guenzler commented, “Even if you adapt one or two new methods into your grazing program you can benefit your operation.”



Tree pruning clinic.



Branding day in Lake County.

## Protecting Our Cherry Industry

Montana's cherry industry secured its place in world markets by establishing a Pest Management Area (PMA) to help assure Montana cherries are free of fruit flies. Markets in the United States and around the world prohibit the importation of fruit containing pests, particularly the western cherry fruit fly. Lake and Flathead Counties instituted the PMA as a required step in holding to a zero tolerance policy for all cherry shipments through grants and funds from the Flathead Cherry Growers, Inc.

Beginning in 2017, MSU Extension Lake County was selected to conduct public education associated with the PMA. All lands within two miles of Flathead Lake are identified as comprising the PMA. Anyone owning a cherry tree in this area needs to understand the importance of controlling fruit flies. Direct mailing to home owners, site visits for one-on-one discussions, newspaper articles, and radio spots were all methods employed to inform the public about fruit fly control.



Montana Cherries, East Shore Flathead Lake.

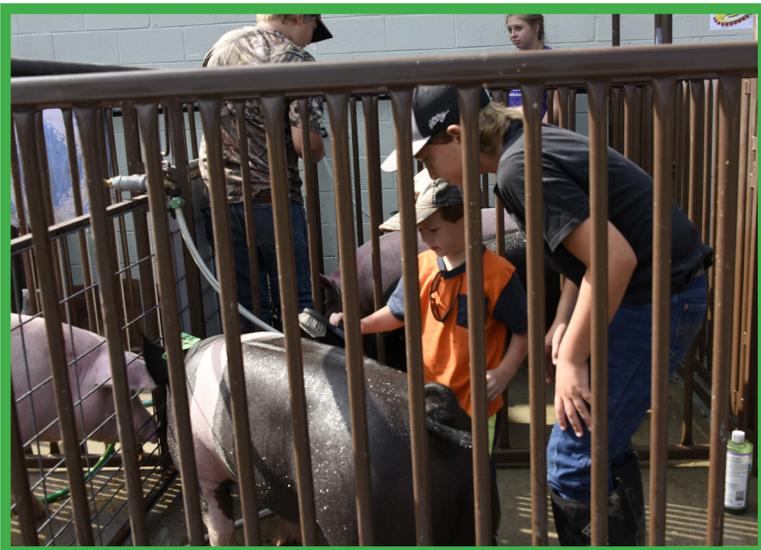
## Weeds are not just a rural problem

Weeds infesting urban areas can be just as costly and destructive as weeds in agriculture areas. Noxious weed education is important for weeds that appear in town as well as in the countryside. From a grant secured through the Montana Noxious Weed Control Trust Fund, Lake County Weed Control and MSU Extension in Lake County have improved the awareness and control of noxious weeds in Polson, Ronan and Saint Ignatius by working cooperatively with city officials and homeowners to eradicate noxious weeds.

The Urban Weed control program began in 2015 and continued through 2017. During the program, 120 infestations on private properties were treated with control options, improving the aesthetics and reducing the spread of weed seeds. As a result of the program, a public dog park in Polson has had success with keeping the noxious weed whitetop under control, thus reducing the risk of dogs carrying seeds from the park back home or to another area.

### Weed Identification on the hood.





James Farrier gives a lesson on pig bathing.



Braydon Zempel and his prize-winning steer.

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