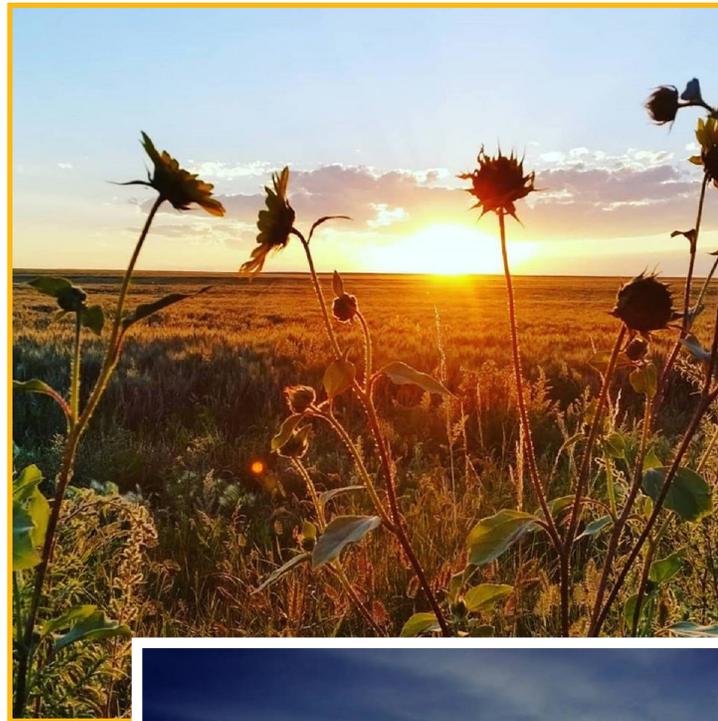




Welcome to Glacier County

Glacier County is home to Glacier National Park, the Blackfeet Indian Reservation, 75 miles of international border, and thousands of acres of small grains, pulse crops, rangeland, and hay fields that support agriculture production. The nearly 13,500 residents are immersed in agriculture, oil and gas, and tourism industries.

MSU Extension in Glacier County strives to meet the needs of community, 4-H, and agriculture producers. Programming highlights this past year included the annual Cropping Seminar, Montana's Next Generation conference, the regional barley meeting, workshops for 4-H, pressure-cooking, Babysitting Basics, and much more. In the past five years, 4-H enrollment has grown from 41 to 81 members, with enthusiasm continuing to build.



Photos by Kari Lewis.

MSU Extension improves the lives of Montana citizens by providing unbiased research-based education and information that integrates learning, discovery and engagement to strengthen the social, economic and environmental well-being of individuals, families, and communities, and right in Glacier County!

Extension Programs Benefit the Public in a Variety of Ways

Don and Carolyn Popelka honored as District 2 Volunteers of the Year

Glacier county 4-H shooting sports leaders Don and Carolyn Popelka were honored as District 2 Volunteers of the Year at the Montana 4-H Leadership Forum. Don and Carolyn became involved with 4-H when they first moved to the community and their sons were invited to join 4-H. Despite their children having since graduated from 4-H, Don and Carolyn have continued to be involved in archery.

As coaches, they provide instruction to youth and run six hours of practice each week from November through March, in addition to time setting up and cleaning the range. They ensure that each youth has proper equipment that fits them and their discipline.

They conduct practice interview sessions to prepare youth for fair interviews and plan fun 3-D shoots and parties.

Bess Hjartarson wrote in her nomination, “The Popelkas willingness to volunteer their time does not go unnoticed. As a busy parent, I truly appreciate the time, energy, and resources that they devote to the weekly practices, the extra activities such as holiday parties and 3-D shoots, and the competitions.” 4-H parent Kathleen Barbie said “Don

and Carolyn are very deserving of this award because they go above and beyond for the kids; they really invest a lot into the program, and for me represent the very best of 4-H leadership and volunteer work.”

The archery program in Glacier county continues to grow each year, with 27 members currently enrolled, the most of any project and almost 45% of the county membership.



Don and Carolyn Popelka were honored as Montana 4-H Volunteers of the Year at the 4-H Leaders Forum in Dillon. Photo by Sandra Germann.

SNAP-Ed Program Impacts Blackfeet Reservation, Glacier, and Toole Counties

The Montana State University Extension Supplemental Nutrition Assistance Program – Education supports low-income Montanans in making the healthy choice the easy choice. We know that 77% of Montana adults do not participate in enough physical activity to meet guidelines, that 74% of Montana adults eat less than five servings of fruits and vegetables each day, and 29% of Montana children ages 10 to 17 are overweight or obese. To combat these challenges, SNAP-ED teaches low-income youth and adults how to eat, live, learn, work, play, and shop within their communities to make healthier choices. Locally, Jodi Duncan reached a phenomenal 517 children and youth with nutrition education through 33 classes in the last year.

Of the 368 youth reached through the Understanding MyPlate series, 85% of the children and youth improved their diet quality via their ability to choose foods according to recommended guidelines. Over half of the participants gained knowledge in using safe food handling practices more often and 35% of children and youth improved their physical activity practices.

In the Eating Smart Being Active series, 100% of participants showed improvement in one or more food security indicators. Half of the participants showed improvement in one or more food practices such as washing hands before preparing food or properly thawing food. At least half the participants improved their physical activity behaviors and showed improvement in diet quality indicators such as eating more fruits and vegetables, drinking less soda, cooking dinner at home, etc.



Supplemental
Nutrition
Assistance
Program

Putting Healthy Food
Within Reach

Tackling Pest Management in Glacier County

Pest management continues to be a high priority in crops, rangeland, and the local community.

After Chuck Smith began preparing a presentation on spotted knapweed for his Level 3 Master Gardener class, his commitment to helping keep Cut Bank knapweed-free took off. By the end of the year, Smith had logged over 90 volunteer hours digging spotted knapweed, talking with homeowners and businesses about knapweed on their property, and providing knapweed management recommendations. Even though Smith is only one person, he exemplifies the 'boots on the ground' approach of Master Gardeners within the community.

Within the farming community, concerns over herbicide resistance continues to grow. In order to provide clear and concise recommendations, agents from five Golden Triangle counties worked



Chuck Smith earned his Level 3 Master Gardener certification after fulfilling his volunteer commitment, which for him exceeded 90 hours of pulling knapweed and educating the community! Photo by Kari Lewis.

together with the Southern Ag Research Center to produce three MontGuides addressing herbicide resistance in Kochia, Downy Brome, and Russian Thistle. The MontGuides provide information on identification, current resistance prevalence in Montana,

management techniques, and herbicide use recommendations. A one-day herbicide-resistance symposium is planned in Conrad and Fort Benton for February 2019 to continue the discussion.

Ground squirrel infestations are a tremendous problem in Glacier County, with producers reporting significant damage. Effective control on large, extensive farming operations is a challenge for many producers, which prompted a joint research

study between Glacier County MSU Extension and the Montana Department of Agriculture regarding broadcast baiting with zinc phosphide on fallow fields. The three-week study is the beginning of additional research to help producers most effectively manage ground squirrel populations.

GROW jump starts middle school 4-H opportunities

'Why are we doing what we're doing? Is it working? Is there a better way?' These were all questions that area Extension agents were grappling with regarding a longtime 4-H event, Junior Leadership Camp. Answering those questions led to a new event for middle school 4-H members, GROW (Goals, Recreation, Opportunities, Will), which attracted nearly 40 sixth through eighth grade 4-Hers from Hill, Blaine, Liberty, Toole, Glacier, Pondera, Teton, and Cascade counties. The one-day event provided learning opportunities for members to share with their club and develop their leadership skills.

Workshops included parliamentary procedure, public speaking, knowing self and developing self-confidence, and time management for teens. Members also enjoyed a scavenger hunt and recreation that they could use with their club. Ignite talks (short, timed presentations) exposed members to future 4-H opportunities including being a camp counselor, ambassador, attending Congress, participating in Citizenship Washington Focus, hosting an exchange student, applying for scholarships, and more.

As a result of GROW, members set goals to become a county teen leader, run for a club office, compete at Congress, and participate in Citizenship



Five Glacier County 4-Hers attended the first regional 4-H GROW event in Great Falls in April. Photo by Kari Lewis.

Washington Focus. Parents reported that their child discussed bringing ideas back to their 4-H club and opportunities they wanted to take advantage of in the future. One parent summarized the day by saying, “The kids were both nervous to go. However, they are now looking forward to other opportunities from camps and workshops that they may be able to attend. The day really got them thinking.”

Home Alone and Prepared

With limited after school care in the community, an increasing number of youths are home alone with younger siblings, which prompted requests for youth first aid and CPR training. By working

together with the Glacier County EMS department, basic first aid and CPR training, and a Babysitting Basics class, were provided. The class attracted youth interested in babysitting, who serve in youth development positions such as a soccer coach, and those who watch younger siblings. Thirty-four youth from three counties and the Blackfeet Reservation attended the event and received training on the business of babysitting, saving and investing babysitting earnings, and emergency response skills.

The business of babysitting covered how to advertise for a babysitting job, questions to ask potential clients, and safety during babysitting. Youth were given numerous babysitting resources to add to their toolbox including family questionnaires, potential advertising methods, and ways to follow up with families following babysitting. Youth also received an MSU Extension credit card slider for analyzing scenarios of how much various expenses would cost if paid with a credit card versus saving and using babysitting earnings.

Over 90% of participants said the session was easy to understand, provided them with information relevant to their situation, and taught them something they didn't know. As a result, participants are better equipped to responsibly care for other youth and to jumpstart their savings through babysitting.



An increasing number of youths are home alone with younger siblings and the Babysitting Basics course equipped them to responsibly care for other youth. Photo by Kari Lewis.

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